



LRA by ELISA/ACT®

Available exclusively through

ELISA/ACT Biotechnologies LLC

PROFESSIONAL CATALOG

THIS OVERVIEW FOR HEALTHCARE PROFESSIONALS PROVIDES A
COMPLETE GUIDE TO IMPLEMENTING

LRA BY ELISA/ACT®

PROVEN TESTS AND TREATMENT PLANS IN YOUR PRACTICE

ELISA/ACT Biotechnologies LLC

109 Carpenter Drive, Suite 100, Sterling, VA 20164

phone: 703.450.2980 • 800.553.5472 • fax: 703.450.2981 • clientservices@ELISA/ACT.com

www.ELISA/ACT.com



LRA by ELISA/ACT®

CATALOG CONTENTS	PAGE
Introduction	
Overview of LRA By ELISA/ACT®	4-5
Test Results.....	6
About the Founder.....	7
Getting Started	
Starting with LRA by ELISA/ACT®	8
Patient Preparation Instructions.....	9
Test Menu	10-21
Phlebotomy	22
Shipping	23

IMPORTANT NOTE

*LRA by ELISA/ACT® tests are direct payment only.
We do not accept insurance assignment.
Full payment must be submitted with sample.*

Testing details and other important information can be found in this catalog.

For any additional information please contact Client Services at **1.800.553.5472** or **ClientServices@ELISA/ACT.com**.

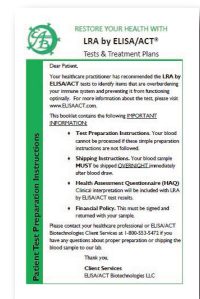
QUICK START

1. Complete Account Set-Up form to open ELISA/ACT account. Test kits can then be ordered. (see page 8 for details)

2. Phlebotomy: Review blood draw instructions (see page 22 for phlebotomy instructions).

3. Give patient the Test Prep Booklet at least 4 days prior to blood draw. (see page 9 for patient instructions)

4. Select tests to be performed. (see pages 10-21 for test menu)



SYMPTOM / CONDITION	RECOMMENDED TEST PANEL
Simple, recent onset	Basic or Enhanced Basic
Complex, multi-system, long term	Comprehensive, Professional's Choice, or All Inclusive

5. Complete requisition form.

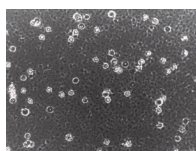
6. Schedule patient for blood draw or give patient the kit to take to blood draw location.

7. OVERNIGHT sample to ELISA/ACT Biotechnologies using the return shipping label & bag provided.

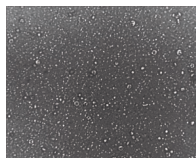
What Are The Causes Of Chronic Disease And Autoimmunity?



**Cells Speak...
We Listen**



Reactive



Non- Reactive

The Lymphocyte Response Assay (LRA) by ELISA/ACT®, developed by **ELISA/ACT Biotechnologies LLC** (EAB), makes it possible to examine the general health of a patient's immune system by monitoring delayed hypersensitivity responses to over 500 common substances. The tests identify reactive substances, which may be provoking the patient's chronic condition. Patients are also provided a personalized treatment plan to help eliminate these sensitivities and restore overall health.

One of the major advancements in medicine in recent years has been our expanded understanding of the immune system and its far broader and more important role in general health and wellness. Initially, it was thought that our immune system was only involved in defending our bodies against threatening agents such as bacteria, viruses, and environmental "invaders". Medical science has now come to recognize that the immune system has defense as well as repair capabilities. The defense component of the immune system fights off the "invaders" that create disease, while the repair component plays an important role in restoring tissue and organs from damage that the disease state may have caused. If either the defense or repair function becomes overburdened or overstressed, immune dysfunction and disease may result.

Recent studies have shown that when the defense elements or lymphocytes (type of white blood cells) of the immune system are burdened due to the effects of foreign antigens, the vital repair process suffers. Organs and tissue weaken over time, and the body's ability to fight off future assaults is reduced. The effect of immune system dysfunction can result in chronic inflammatory and autoimmune diseases that often defy treatment.

The most common assaults that pose the greatest burden to our immune system on a daily basis are digestive remnants and environmental antigens. By identifying these antigens and eliminating them from our exposure, the immune burden can be reduced or eliminated, allowing the defense and repair systems to return to optimal function. The result is improved, sustainable health.

Scientific References

1. Altman LC. *Immunology and Allergy Clinics of North America: Autoimmune Diseases*. W.B. Saunders Company, Philadelphia, 1993; 13(2).
2. Bellanti JA. *Immunology III*. W.B. Saunders Company, Philadelphia, 1985.
3. Brostoff J and Challacombe SJ. *Food Allergy and Intolerance*. Balliere Tindall, England, 1987.
4. Concon JM, Newberg DS, and Eades SN. Lectins in Wheat Gluten Proteins. *J Agric Food Chem* 1983; 31:939-941.
5. Deuster P and Jaffe R. A Novel Treatment for Fibromyalgia Improves Outcomes in a Community-Based Study. *J Musculoskeletal Pain* 1998; 6(2):133-149.
6. Kaufman L and Reiss E. Serodiagnosis of Fungal Diseases in Manual of Clinical and Laboratory Immunology. *Am Soc Micro* 1992.
7. Lester MR. Sulfite Sensitivity: Significance in Human Health. *J Am Col Nutr* 1995; 14:229-232.
8. Jaffe R. Autoimmunity: Clinical Relevance of Biological Response Modifiers in Diagnosis, Treatment, and Testing, Part I. *Intl J Integrative Med* 2000; 2(2):16-22.
9. Jaffe R. Autoimmunity: Clinical Relevance of Biological Response Modifiers in Diagnosis, Treatment, and Testing, Part II. *Intl J Integrative Med* 2000; 2(4):58-65.

Note: For additional literature, please contact EAB's Client Services Department at 800.553.5472.

How Is LRA by ELISA/ACT® Testing Unique?

LRA by ELISA/ACT® tests are the first and only blood tests that provide a **complete** evaluation of the body's delayed immune response. A special blood drawing system, combined with simple patient test preparation instructions, prevents activation of lymphocytes prior to analysis. ELISA/ACT receives the patient's one-ounce blood sample within 24 hours and analyzes it promptly.

LRA by ELISA/ACT® tests are:

Comprehensive- The only test that detects all 3 delayed allergy pathways (Type II, Type III, and Type IV) and offers the most items for testing.

Functional- Identifying only symptom-provoking reactive substances, not merely the presence of antibodies, which can be harmful or protective.

Ex-vivo- The unique ex-vivo system tests the lymphocytes as though they are still in the bloodstream being exposed to foreign invaders, thereby, providing highly specific and accurate information.

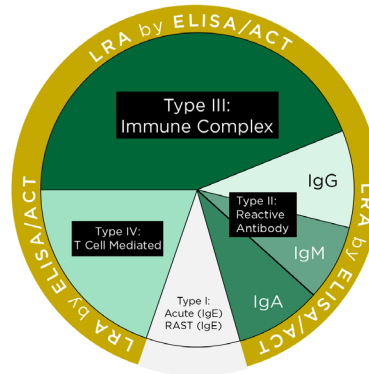
This complete assessment of delayed reactions is useful to patients & practitioners in developing a cost-effective, individualized treatment plan to improve the patient's overall health.

LRA by ELISA/ACT® vs Other Delayed Allergy Tests

LRA by ELISA/ACT® tests: LRA tests look directly at lymphocytes and only those items that cause reactions are identified.

LRA vs Antibody tests (IgG, IgG4): IgG tests measure the presence and amount of antibodies to certain items. By not distinguishing between symptom-provoking (harmful) and protective (helpful) antibodies however, these tests produce many false positives, making it more difficult for patients to comply with the program. In contrast, the LRA by ELISA/ACT® method identifies only reactive lymphocytes, providing the most accurate and specific results possible.

LRA vs Cytotoxic (or Cell Size) Tests: Cytotoxic or cell size tests use a device to detect and count particles in the blood that are over a particular size (10 microns). Unfortunately, reactive lymphocytes are not the only particles that are detected using this method; therefore, the method produces low accuracy and reproducibility. The LRA by ELISA/ACT® tests report on observable lymphocyte reactions only, producing accurate, specific and reproducible results.



LRA Testimonials

"The LRA test has been an invaluable tool in my functional practice. It helps me identify immune triggers, which previously had gone undetected. Most importantly, in an accurate, reproducible manner. Removing these reactive foods and environmental items has made it possible for me to manage and even reverse chronic illness such as auto-immunity, GI disorders, cognitive decline, and others."

Edward Catalano, DC
Little Falls, NJ

"ELISA/ACT Biotechnologies has proven itself over and over with successful patient outcomes as being the most accurate and thorough of the delayed onset allergy laboratories... The ability to comprehensively test chemicals, toxic metals, and preservatives is a game changer. We are able to go beyond just reactive food avoidance, but also into these non-food items and begin seeing what is really affecting the immune system. And it works, the really hard cases get better and patients are excited to have real answers to their health care concerns."

Brian McGuckin, DC, DABCI
Valparaiso, IN

"The LRA by ELISA/ACT® testing has become an integral part of treating patients who have otherwise unresolved autoimmune, dermatological, digestive, [or] endocrine dysfunction, among other conditions. It helps us target recommendations & customize patients' anti-inflammatory diets versus guessing what they should or shouldn't avoid. The resources provided by the lab make it easier for patients implement the findings into their lifestyle. The LRA is one of my favorite tools to use in practice!"

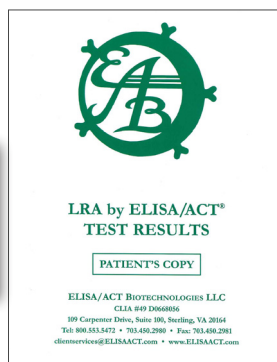
Erika Mennerick, DC, Cert. MDT
Elburn, IL

Personalized Test Results

Patient results are typically released 7 to 10 business days after sending in a sample. The comprehensive results report includes:

- An accurate, detailed list of items, identifying up to 512 substances as non-reactive, moderately reactive, or strongly reactive
- An easy-to-use guide explaining each reactive item, along with suggestions for substitutions
- A laminated wallet card listing reactive items, helpful when grocery shopping or dining out.
- Optional individualized, nutritional supplement, and behavioral recommendations based on the patient's health assessment questionnaire completed prior to the test (if requested)
- Steps to Health, including a link to 'Joy in Living: The Alkaline Way', which explains the LRA by ELISA/ACT® program and how to easily & effectively incorporate the program into the patient's lifestyle.

ELISA/ACT LRA RESULTS		Patient, Sample
		60862 5/20/2009
		Expected Re-Test Date is 11/21/2009
STRONG REACTIONS		
Potato, White	Honey	Candida albicans
Gum, Agar	Carbon Disulfide	Heptachlor
MODERATE REACTIONS		
Corn	Beet	Celery
Yogurt (Cow)	Fusarium vasinectum	Calcium Propionate
Quin, Ascorb	Nitrosamine Ma	
MODERATE FOOD GROUPS:		
COW DAIRY		



LRA Success Stories

"My daughter struggled with severe eczema for 5 years, and her condition significantly improved following your testing and treatment plan. We are incredibly happy with the results and I always recommend your company to people dealing with the same issues."

A parent from Stuart, FL*

"For years I had stomach issues which seemed incurable...after a full year of dairy-free/gluten-free eating, there was still very little change to how I was feeling. [My practitioner] used the LRA test and tested over 200 known allergen reactors to pinpoint exactly which foods I should avoid along with recommending a vitamin and supplement plan. Within 3 weeks, I felt better than normal."

A patient from Washington, NJ*

"My son developed excema at 6 months old. His pediatrician prescribed antibiotics & cortisone, but said the excema could still last until he was 2 years old. I searched for alternate treatments & discovered the LRA test. Since he is under 2, I had myself tested, consulted with the clinical specialist on staff, and applied my results to my son. His excema is almost completely gone! I am so thankful for the outcome and that he doesn't have to be on medication at such a young age."

A patient from Sterling, VA*

*Names and reports on file with EAB

A Window of Opportunity to Repair and Restore Tolerance

To begin the process of repairing the immune system, ELISA/ACT Biotechnologies recommends substituting reactive items with non-reactive alternatives for 3–6 months, depending on the severity of the reaction. After this period, the patient can slowly add these substances back to his/her diet one at a time, usually without experiencing any symptoms. Upon following the LRA by ELISA/ACT® program, patients likely will notice health improvements in as soon as a few days or weeks. We recommend retesting within a year to evaluate the patient's progress and identify any new sensitivities.

About the Founder

Russell M. Jaffe, MD, Ph.D., CCN, NACB



Dr. Russell M. Jaffe is the lab director of **ELISA/ACT Biotechnologies LLC** and Fellow of the Health Studies Collegium. Through his expertise in non-invasive studies of cells, he developed novel tests for blood platelet survival, fibrinogen survival, platelet aggregation, and lymphocyte response (LRA by ELISA/ACT®). He also developed the first test for traces of blood in stool that is not made falsely negative by ascorbate (vitamin C). Dr. Jaffe received his BS, Ph.D., and MD from the Boston University School of Medicine. He completed residency training in clinical chemistry at the National Institutes of Health (1973 - 1979) and is board certified in Clinical Pathology and in Chemical Pathology. Dr. Jaffe is the recipient of the Merck, Sharp & Dohm Excellence in Research Award, the J.D. Lane Award, and the U.S.P.H.S. Meritorious Service Award. He was also named an International Scientist of the Year (2003) by the International Biographical Commission for his contributions to Medicine, Biochemistry, and Clinical Immunology. Dr. Jaffe teaches and lectures widely on the causes and consequences of immune defense and repair function in health and disease. His research interests focus on outcome studies based on effective, comprehensive care guidelines and practice parameters.

Franzblau C, Faris B, Salcedo B, Jaffe R, and Crombie G. Chemistry and biosynthesis of crosslinks in elastin. Chemistry and molecular biology of the extra cellular matrix, ed. Balazas. Academic Press 1970; pp. 617-641.

Jaffe R and Deykin D. Evidence for the structural requirements for the aggregation of platelets by collagen. J Clin Invest 1974; 53:875-883.

Jaffe R and Deykin D. Proceedings: Bindings of collagen to platelets. Throm Diath Haemorrh September 1975; 34(1):330-32.

Jaffe R, Kasten B, MacLowry JD, and Young D. False negative occult blood tests caused by ascorbic acid. Ann Int Med 1975; 83:824-826.

Jaffe R. Platelet interaction with connective tissue. Physiological reaction of blood platelets, ed. Gordon. Elsevier 1976; pp. 261-292.

Jaffe R. The science of wellness medicine. Proceedings: 2nd international symposium on human functioning. Wichita: Biosynergetics Institute, 1978.

Jaffe R and Zierdt W. An occult blood test procedure not subject to inhibition by reducing substances. J Lab Clin Med 1978; 93:879-886.

Pitas R, Nelson C, Jaffe R, and Mahley R. 15, 1-Tetracosadienoic acid content of sphingolipids for platelets and erythrocytes of animals fed diets high in saturated or polyunsaturated fats. Lipids 1978; 13:551-6.

Jaffe R and Bell I. Ecological factors in learning and behavioral disorders. The Osteopathic Physician 1980; 47(3):25-33.

Jaffe R. HSC information handbook for use with your immune enhancements program. Health Studies Collegium, Thirteenth Edition, 1987-93.

Jaffe R. Immune reconstitution: A programmatic approach. Health Studies Collegium, 1989.

Jaffe R and Kruesi OR. The biological-immunology window: A molecular view of psychiatric case management. J Applied Nutr 1993; 44(2):1-15.

Jaffe R. Tryptophan update: Helpful adjunct innocent bystander. J Nutr Med 1994; 4:133-139.

Jaffe R. A novel treatment for fibromyalgia improves clinical outcomes in a community-based study. J Musculoskeletal Pain 1998; 6(2):133-149.

Jaffe R. Autoimmunity: Clinical relevance of biological response modifiers in diagnosis, treatment, and testing, Part I. Intl J Integrative Med 2000; 2(2):16-22.

Jaffe R. Autoimmunity: Clinical relevance of biological response modifiers in diagnosis, treatment, and testing, Part II. Intl J Integrative Med 2000; 2(4):58-65.

Jaffe R and Brown S. Acid-Alkaline balance and its effect on bone health. Intl J Integrative Med 2000; 2 (6):7-18.

Jaffe, R. First Line Comprehensive Care. Part I: Chronic Autoimmune Disease Management by Causes Rather than Symptomatic Consequences. Seminars in Integrative Medicine 2005 (Jun);3 (2): 44-60.

Jaffe, R. First Line Comprehensive Care. Part II: Anthropogenic Xenobiotics in Functional Medicine. Managing Persisting Bioaccumulating Pollutants: Toxic Minerals, Biocides, Hormone Mimics, Solvents, and Chemical Disruptors. Seminars in Integrative Medicine 2005 (Sep) 3; (3): 79-92.

Jaffe, R. Functional Lab Tests to Evaluate Immune Competencies in Chronic Illness and Chronic Infection: Part 1. Townsend Letter for Doctors and Patients 2006; Jan: 87-89.

Jaffe, R. Functional Lab Tests to Evaluate Immune Competencies in Chronic Illness and Chronic Infection: Part 2. Townsend Letter for Doctors and Patients 2006; Feb/Mar: 107-109.

Jaffe, R, Nash R, Ash, R, Schwartz, N, Corish, R, Born, T, Lazarus, H. Healthcare transparency: Opportunity or mirage. J Management Development 2006; 25 (10): 981-995.

Jaffe R, Mani J, DeVane J, Mani H. Tolerance loss in diabetics: Association with foreign antigen exposure. Diabetic Medicine: A Journal of the British Diabetic Association 2006 Aug;23(8): 924-5.

Jaffe, R, Nash R, Ash, R, Schwartz, N, Corish, R, Born, T, Lazarus, H. An equation of health: Role of transparency and opacity in developing healthcare efficacy measures and metrics..J Management Development 2007; 26 (5): 441-458.

Jaffe, R. First-Line Comprehensive Care III Update on Immune System Lab Tests for Fibromyalgia-Chronic Fatigue-Metabolic Syndrome: Continuum of Treatment-Resistant Pain and Fatigue: Optimum Clinical Management Improves Outcomes and Reduces Risks and Treatment Complications as Supported by New Data. Townsend Letter for Doctors and Patients 2008; Jan: 87-94.

Jaffe, R, Nash R, Ash, R, Schwartz, N, Corish, R, Lazarus, H. Role of transparency in managing outcome successes: Causes and 'end use / last cost' as decision guides. J Management Development 2008; 27 (10): 1086-1114.

Jaffe, R. Functional lab tests to evaluate immune competencies in chronic illness and chronic infection: Part 3. Townsend Letter for Doctors and Patients 2009; Jan:80-90.

Jaffe R. Food Reactivities: Diagnosing and Treating Food Allergies, Intolerances, and Celiac Disease in Food and Nutrients in Disease Management. Edited by Ingrid Kohlstadt, CRC Press, Feb 2009: 241-255.

Jaffe R. Immune Defense and Repair Systems in Biologic Medicine: Clinical Relevance of Biological Response Modifiers in Autoimmunity: Diagnosis, Treatment, Tests, and Interpretation (Part I). Townsend Letter for Doctors and Patients 2009; Oct: 82-89.

Jaffe R. Immune Defense and Repair Systems in Biologic Medicine: Clinical Relevance of Biological Response Modifiers in Autoimmunity: Diagnosis, Treatment, Tests, and Interpretation (Part II). Townsend Letter for Doctors and Patients 2009; Nov: 90-98.

Jaffe R. Immune Defense and Repair Systems in Biologic Medicine: Clinical Relevance of Biological Response Modifiers in Autoimmunity: Diagnosis, Treatment, Tests, and Interpretation (Part III). Townsend Letter for Doctors and Patients 2009; Dec: 76-80.

Jaffe R. LRA by ELISA/ACT® Tests: Lymphocyte Response Assays (LRA) Are More Sensitive, Specific, Predictive, and Accurate for Determining Delayed Allergy to Foods and Chemicals: Letter to the Editor. Townsend Letter for Doctors and Patients 2010; Aug/Sep: 91-92.

Jaffe R. The Alkaline Way: Integrative Management of Autoimmune Conditions. Townsend Letter for Doctors and Patients 2010; Nov: 44-51.

Jaffe R. Diabetes as an Autoimmune-Immune Dysfunction Syndrome in Bioactive Foods in Chronic Disease States. Edited by Ronald Ross Watson, Elsevier, Inc: in press

1) Complete a New Account Setup form to open your account. Test kits can then be ordered from the Client Services department. Each test kit includes:

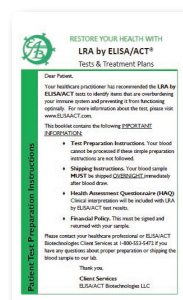


- 5 vacutainers (4 large and 1 small)
- 1 vacutainer holder (hub)
- 19 gauge butterfly needle
- Phlebotomy instructions
- Shipping instructions
- Large plastic diagnostic bag
- Alcohol Prep Pad
- Absorbent Pad
- Prepaid UPS or FedEx airbill
- Requisition form
- Test preparation booklet
- Refrigerant pack (2 in summer months)

Note: Vacutainers have an expiration date. Please call for replacements if expired.
Please do not discard entire test kit!

2) Give patient the Test Prep Booklet at least 4 days prior to blood draw date. (see page 9 of this catalog for patient instructions)

The Test Prep Booklet contains important instructions that must be followed exactly for all of our test panels (including non-food blocks). The test prep booklet also includes **Financial Policy** (to be signed by patient and returned with sample), **Final Checklist**, and **Health Assessment Questionnaire (HAQ)**.



3) Review phlebotomy instructions (page 22)

If you do not have a phlebotomist, we can refer you to a phlebotomy service. The patient will need a kit if the blood is being drawn outside of your office. If giving kit to patient, please make sure shipping supplies are included.

4) Choose the test panel to be performed (pages 10-21)

TEST SELECTION GUIDE

SYMPTOM / CONDITION	RECOMMENDED TEST PANEL
Simple, recent onset	Basic or Enhanced Basic
Complex, multi-system, long term	Comprehensive, Professional's Choice, or All Inclusive

5) Fill out the Requisition Form completely.

Make sure test panel is marked and payment or payment information is included. Please refer to the Professional Price Overview for pricing. If submitting a Health Assessment Questionnaire, please indicate your choice of generic or brand name supplement recommendations on the requisition form. Contact us for additional information regarding these options.

IMPORTANT

If you draw blood on a Friday, please call EAB at 800.553.5472 with the airbill's tracking number to ensure Saturday delivery.

DO NOT draw blood on a Saturday, Sunday, the day before a U.S. holiday, or on a U.S. Holiday.

Patient Preparation Instructions

Blood Cannot Be Processed If Instructions Are Not Followed!

This preparation process minimizes the potential for lymphocyte activation prior to analysis from medications (steroids, aspirin) & other substances that could interfere with lymphocyte reactions being tested. These instructions are included in the Patient Test Prep Booklet that should be given to patients at least 4 days prior to the blood draw. **If a medication in question is not listed below or in the Patient Test Prep Booklet, please contact Client Services to verify the appropriate avoidance time prior to the blood draw.**

At Least Four (4) Days Prior To The Test (NOTE: Consult with your practitioner before stopping any treatment or medications)

- Stop taking steroids & cortisone inhalers, pills & creams. Ask your practitioner for the Steroid Bridge to assist with the four-day avoidance.
- Stop taking Enbrel (etanercept), Humira (adalimumab), Remicade (infliximab), Xeljanz (tofacitinib) and other TNF or JAK inhibitors.
- Wait two weeks after the infusion/injection of a steroid/cortisone suspension.
- Include a complete list of any medications, vitamins, or herbs you have been taking with the sample.
- If receiving allergy shots or vaccinations, please contact Client Services for optimal timing of LRA by ELISA/ACT® test.

NOTE: Theophylline (aminophylline) may, on rare occasions, interfere with the tests due to its mild antihistamine activity. The patient should be given the option of either taking the test during a drug-free interval or taking the test anyway, and if invalid results occur, retaking the test at no additional charge.

Two (2) Days (48 Hours) Prior To The Test

Stop taking all over-the-counter antihistamines, antihistamine-containing prescriptions, and aspirin (acetyl-salicylate) containing compounds such as:

Alka Seltzer	Bayer	Equagesic	Midol	Pepcid	Talwin Compound
Anacin	Bufferin	Excedrin	MonoGesic	Sine-Off	Triacimicin
Arthritis Pain Formula	Ecotrin	Vanquish	Percodan	Sudafed PE Nighttime	

(See your practitioner or pharmacist to review your medications' aspirin content.) **NOTE:** Some topical shampoos, lotions, creams, etc. contain salicylic acid. While these should not interfere with the test, they should be avoided if possible during the 48-hour period prior to the test.

12 HOURS OF WATER-ONLY FASTING IS REQUIRED FOR THE 12 HOURS BEFORE YOUR BLOOD DRAW:

- Do not eat or drink anything except water
- Drink plenty of water (spring or tap) up until the time of your blood draw.
- Do not take vitamins or medications other than those listed here (see right). Always consult your prescribing physician before stopping your medication.
- From the time of your evening meal until the blood draw the following morning, brush your teeth with water only (no toothpaste).
- Do not wash your hands, hair, or body with anything but water. Avoid smoking and second-hand smoke. Do not use any beauty products or toiletries.

During the 12 Hour fast you may take the following if needed:

- Birth control pills/estrogens
- Blood pressure medications or water pills
- Insulin or other hormones (such as thyroid hormones)
- Anticonvulsants
- Heart medications, except quinidine
- Coumadin (blood thinner)
- Zovirax (acyclovir)
- Advil, Tylenol, & other NSAIDs - NOT Aspirin

JUST BEFORE YOUR 12 HOUR FAST BEGINS YOU SHOULD:

- Take a shower/bath using a simple soap and shampoo only (no added fragrance, perfume, deodorant, moisturizer, or conditioner). We suggest an unscented glycerin soap, or baby shampoo.
- Do not use any deodorants, body lotions, creams, saline solution, scented hand soap, lip balm, hair products, fragrance/sprays, makeup, other beauty products or toiletries after you've washed off.
- You may brush your teeth with toothpaste before the 12 hour fast begins, but not after.

THE DAY OF THE BLOOD DRAW:

- Do not take another shower, use any soap, beauty products or toiletries, or wash your hands/face until after the blood draw.
- Do not brush your teeth with toothpaste, only rinse your mouth with water.
- Do not eat breakfast or take any medications, supplements, or vitamins prior to the blood draw.
- Drink a lot of water up until the time of blood draw.

Available Test Panels

OVERVIEW OF COMBINATION TEST PANELS

	LRA by ELISA/ACT® TEST panel	# of Foods	# of Environmental Chemicals	# of Additives/Preservatives	# of F, D & C Additives	Includes 28 Molds	Includes 14 Toxic Minerals / Metals	Additional Blocks Included
Recommended for: Simple, Recent-onset conditions	Basic	66	15	15	20	Yes		
	Enhanced Basic	134	15	15	20	Yes		
Recommended for: Complex, Long-Term Conditions	Comprehensive	166	61	28	20	Yes	Yes	
	Comprehensive Testing Plus Medications	166	61	28	20	Yes	Yes	Medications
	Professional's Choice	238	61	28	20	Yes	Yes	
	Professional's Choice Plus	238	61	45	20	Yes	Yes	
	All Inclusive (requires 8 tubes)	238	61	45	20	Yes	Yes	Medications, Dander/ Hair/Feathers, Therapeutic Herbs, Therapeutic Foods

NOTE: We do NOT recommend testing children under two years old. We recommend testing the child's mother and applying her results to the child. For additional questions, please contact Client Services at (800) 553-5472.

TEST PANEL SELECTION GUIDE

SYMPTOM / CONDITION	RECOMMENDED TEST PANEL
Simple, recent-onset	Basic or Enhanced Basic Pages 11-12
Complex, multi-system, long term	Comprehensive, Professional's Choice or All Inclusive Pages 13-15

Healthcare professionals may contact Client Services at 800.553.5472 for a current price list.

Combination Panels

ELISA/ACT Biotechnologies offers a variety of combination test panels to meet the needs of each patient. For patients with simple, recent onset conditions, we recommend the BASIC or ENHANCED BASIC Test Panel.

BASIC PANEL

144 ITEMS

Foods (66 ITEMS)

Almond	Cinnamon	Grape/Raisin, Green	Peanut	Sugar, Corn
Apple	Coffee, Decaf & Reg	Grape/Raisin, Red	Pear	Tea, Black
Banana	Cola	Grapefruit	Pepper, Black	Tobacco
Barley	Corn (Maize)	Lamb/Mutton	Pork/Bacon/Ham	Tomato
Bean, Soya	Cottonseed Oil	Lemon	Potato, Sweet	Tuna
Beef/Veal	Crab	Lettuce, Romaine	Potato, White	Turkey
Broccoli	Cranberry	Lobster	Rice, Brown	Vanilla
Cabbage/Brussels Sprouts	Cucumber	Milk, Pasteurized (Cow)	Rice, White	Wheat
Cantaloupe/Honeydew	Egg, White (Chicken)	Millet	Rye	Yeast, Baker's
Carrot	Egg, Yolk (Chicken)	Mustard Greens/Spice	Salmon/Lox	Yeast, Brewer's
Cauliflower	Flaxseed / Linseed Oil	Oats	Shrimp	
Cheese, Processed (Cow)	Garlic	Olive	Squash	
Chicken	Ginger	Onion, Yellow	Strawberry	
Chocolate/Cocoa	Gluten	Orange	Sugar, Cane/Sucanat	

Environmental Chemicals (15 ITEMS)

1,2 Dichlorobenzene	Chloroform	Organophosphates
2,4,5 T	Cis-Dichloroethylene (1,2 Dichloroethylene)	Soap (SDS/SLS)
Benzene	Cyclohexylamine	Toluene
Carbon Tetrachloride	Endrin	Vinyl Chloride
Chlordane	Methylene Chloride (Dichloromethane)	Xylene

Additives/Preservatives (15 ITEMS)

Aspartame/NutraSweet	Gum, Locust Bean	Propyl Gallate
BHA	MSG (Monosodium Glutamate)	Saccharine
BHT	Nitrates/Nitrites	Sodium Benzoate
Calcium Propionate	Polysorbate 60	Sodium Propionate
Diacetyl (2,3-Butanedione)	Potassium Bromate	Sulfite/Metabisulfite

Molds (28 ITEMS)

Alternaria alternata	Cladosporium herbarum	Helminthosporium sativum	Rhodotorula
Aspergillus fumigatus	Epicoccum nigrum	Mucor mucedo	Scopulariopsis brevicaulis
Aspergillus niger	Epidermophyton floccosum	Mucor racemosus	Stemphylium botryosum
Aspergillus oryzae	Fusarium solani	Penicillium notatum/chrysogenum	Trichoderma harzianum
Botrytis cinerea	Fusarium vasinfectum	Penicillium roqueforti	Thricothecium roseum
Candida albicans	Geotrichum candidum	Pullularia pullulans	Trichophyton mentagrophytes interdigitale
Cladosporium cladosporioides	Helminthosporium halodes	Rhizopus stolonifer/nigricans	Trichophyton rubrum

F, D & C Color Additives (20 ITEMS)

Annatto	D&C Green #8	FD&C Green #3	FD&C Red #3
FD&C Blue #1	D&C Green #5	D&C Orange #4	FD&C Red #40
FD&C Blue #2	D&C Orange #5	D&C Red #22	D&C Yellow #10
Brilliant Black	D&C Red #33	D&C Red #28	FD&C Yellow #5
Carmine/Cochineal	D&C Violet #2	FD&C Red #2	FD&C Yellow #6

ENHANCED BASIC PANEL

212 ITEMS

Includes **BASIC** Test Panel
and the **additional 68 foods** listed below.

Alfalfa	Caraway Seed	Leek	Rabbit
Algae (Chorella)	Catfish	Macadamia Nut	Radish
Algae (Spirulina)	Chard	Mace	Rapeseed / Canola Oil
Arrowroot	Coriander	Marjoram	Rhubarb
Anchovy	Date	Milk, Raw (Cow)	Rice, Basmati
Anise Seed	Deer / Venison	Nectarine	Rose Hips
Artichoke	Duck / Goose	Okra	Rutabaga
Baking Powder	Endive	Parsnip	Sardine
Bass	Gelatin	Pea, Black-eyed	Scallion / Spring Onion
Bean, Garbanzo	Gin (Juniper Berries)	Pepper, Cayenne	Spearmint
Bean, Navy	Grapeseed Oil	Pepper, White	Tamarind
Blackberry	Hazelnut / Filbert	Perch/Mackerel	Tangerine / Mandarin
Bok Choi	Horseradish	Pimiento	Orange Turmeric
Boysenberry	Hydrogenated Oil	Pistachio	Turnip Greens
Brazil Nut	Kelp/Seaweed	Poppy Seed	Walnut, English
Buffalo	Kombu	Pomegranate	Watercress
Butter, Clarified (Ghee)	Lactoglobulin	Psyllium Seed	Whey

For patients with more complex, long term conditions, we recommend the larger combination panels found on pages 13-15.

Combination Test Panels

ELISA/ACT Biotechnologies offers a variety of combination test panels to meet the needs of each patient. For patients with complex, long term, multi-system conditions or symptoms we recommend one of the more comprehensive combination test panels (Comprehensive, Comprehensive + Medications, Professional's Choice, Professional's Choice Plus or All Inclusive).

Individual test blocks may also be added to create the specific test panel to meet your clinical needs.

The All Inclusive Test Panel tests all substances offered by **ELISA/ACT Biotechnologies**.

COMPREHENSIVE TEST PANEL				317 ITEMS
FOODS (166 ITEMS)				
Almond	Cheese, Processed (Cow)	Gladiin	Papaya	Spelt
Amaranth	Cheese, Romano (Sheep)	Gluten	Paprika	Spinach
Apple	Cheese/Milk (Goat)	Grape/Raisin, Green	Parsley	Squash
Apricot	Cherry	Grape/Raisin, Red	Pea, Green/Snow	Strawberry
Asparagus	Chestnut	Grapefruit	Peach	Tilapia
Avocado	Chicken	Haddock	Peanut	Sugar, Beet
Banana	Chive	Honey	Pear	Sugar, Cane/Sucanat
Barley	Chocolate/Cocoa	Hops	Pecan	Sugar, Corn
Basil	Cilantro	Kale	Pepper, Bell	Sugar, Maple
Bay Leaf	Cinnamon	Kamut	Pepper, Black	Sunflower
Bean, Kidney	Clam	Kiwi	Pepper, Chili/Red	Swordfish
Bean, Lima	Clove	Lactalbumin	Peppermint	Tapioca
Bean, Mung	Coconut	Lamb/Mutton	Pineapple	Tarragon
Bean, Pinto	Cod Liver Oil	Lemon	Plum/Prune	Tea, Black
Bean, Soya	Codfish	Lentils, Red, Green	Pork/Bacon/Ham	Thyme
Bean, String/Wax	Coffee, Decaf & Reg	Lettuce, Iceberg	Potato, Sweet	Tobacco
Beef/Veal	Cola	Lettuce, Red Leaf	Potato, White	Tofu
Beet	Collard Greens	Lettuce, Romaine	Pumpkin	Tomato
Blueberry	Corn (Maize)	Lime	Quinoa	Triticale
Broccoli	Cottonseed Oil	Lobster	Raspberry	Trout
Buckwheat/Kasha	Crab	Malt	Rice, Brown	Tuna
Butter, Whole (Cow)	Cranberry	Mango	Rice, White	Turbot/Whitefish
Cabbage/Brussels Sprouts	Cucumber	Milk, Pasteurized (Cow)	Rice, Wild	Turkey
Cantaloupe/Honeydew	Cumin	Millet	Rosemary	Vanilla
Carob	Currant	Molasses	Rye	Walnut Oil, Black
Carrot	Curry	Mushroom	Safflower Oil	Watermelon
Casein (Cow)	Dill	Mustard Greens/Spice	Sage	Wheat
Cashew	Egg, White (Chicken)	Nutmeg	Salicylate	Yeast, Baker's
Cauliflower	Egg, Yolk (Chicken)	Oats	Salmon/Lox	Yeast, Brewer's
Celery	Eggplant	Olive	Scallop	Yogurt (Cow)
Chamomile	Fig	Onion, Yellow	Sesame/Tahini	
Cheese, Brick (Cow)	Flaxseed/Linseed Oil	Orange	Shrimp	
Cheese, Cottage (Cow)	Garlic	Oregano	Snapper	
Cheese, Parmesan (Cow)	Ginger	Oyster	Sole/Flounder/Halibut	

COMPREHENSIVE TEST PANEL (CONTINUED)

Environmental Chemicals (61 ITEMS)

1,2 Dichlorobenzene	Cis-Dichloroethylene	Halogenated Biocide	Polyvinylpyrrolidone/Povidone
2,4,5 T	(1,2- Dichloroethylene)	Heptachlor	Propylene Glycol (1,2-Propanediol)
2,4 D	Cyclohexylamine	Hexachlorocyclohexane	Pyrene
2-Methyl Pentane	DBCP (1,2 Dibromo-3-chloropropane)	Isopropyl Ether	Selenium Sulfide
3-Methyl Pentane	DDT	Latex	Silicates/Silicon Dioxide
Aldrin	DEET	Maleic Anhydride	Silicone
Benzaldehyde	Detergent (Synthetic)	Metallic Catalyst	Soap (SDS/SLS)
Benzene	Dibutyl Phthalate	Methoxychlor	Tert-Butyl-Ethyl Ether (TBEE)
Benzopyrene	Dieldrin	Methylene Chloride	Tert-Butyl-Methyl Ether (TBME)
Benzyl Acetate	Endrin	(Dichloromethane)	Tetrachloroethylene
Beryllium Oxide	Ethyl Acetate	Morpholine	Toluene
Carbamates	Ethyl Acetoacetate	Nitrosamine Mix	Trichloroethylene (TCE)
Carbon Disulfide	Ethyl Butyrate	Organophosphates	Vinyl Chloride
Carbon Tetrachloride	Ethylene Dibromide	Pentachlorophenol (PCP) and Solvents	Xylene
Chlordane	Formaldehyde	Petroleum By-Products	
Chloroform	Glyphosate	Phenol	
		Phthalates	

Molds (28 ITEMS)

Alternaria alternata	Cladosporium herbarum	Helminthosporium sativum	Rhodotorula
Aspergillus fumigatus	Epicoccum nigrum	Mucor mucedo	Scopulariopsis brevicaulis
Aspergillus niger	Epidermophyton floccosum	Mucor racemosus	Stemphylium botryosum
Aspergillus oryzae	Fusarium solani	Penicillium notatum/chrysogenum	Trichoderma harzianum
Botrytis cinerea	Fusarium vasinfectum	Penicillium roqueforti	Thricothecium roseum
Candida albicans	Geotrichum candidum	Pullularia pullulans	Trichophyton mentagrophytes interdigitale
Cladosporium cladosporioides	Helminthosporium halodes	Rhizopus stolonifer/nigricans	Trichophyton rubrum

Additives/Preservatives (28 ITEMS)

Aspartame/Nutrasweet	Gum, Agar	Nitrates/Nitrites	Sodium Benzoate
BHA	Gum, Carrageenan	Pinene	Sodium Fluoride
BHT	Gum, Guar	Polysorbate 60	Sodium Propionate
Caffeine	Gum, Locust Bean	Polysorbate 80	Sorbitol
Calcium Propionate	Gum, Tragacanth	Potassium Bromate	Stevia
Diacetyl (2,3 Butanedione)	Gum, Xanthan	Propyl Gallate	Sulfite/Metabisulfite
Gum, Acacia	MSG (Monosodium Glutamate)	Saccharine	Xylitol

F, D & C Color Additives (20 ITEMS)

Annatto	D&C Green #8	FD&C Green #3	FD&C Red #3
FD&C Blue #1	D&C Green #5	D&C Orange #4	FD&C Red #40
FD&C Blue #2	D&C Orange #5	D&C Red #22	D&C Yellow #10
Brilliant Black	D&C Red #33	D&C Red #28	FD&C Yellow #5
Carmine/Cochineal	D&C Violet #2	FD&C Red #2	FD&C Yellow #6

Toxic Minerals/Metals (14 ITEMS)

Aluminum	Cadmium	Mercury	Tin/Stannous Chloride
Antimony	Ethyl Mercury	Methyl Mercury	Titanium Dioxide
Arsenic	Gold	Nickel (II) Chloride	
Barium Sulfate	Lead	Silver	

COMPREHENSIVE w/MEDS TEST PANEL

349 ITEMS

Includes **Comprehensive** Test Panel and the
Medication Block 32 shown on page 21.

PROFESSIONAL'S CHOICE TEST PANEL

389 ITEMS

Includes **Comprehensive** Test Panel and the additional
72 foods listed below.

Acai Berry	Boysenberry	Grape Seed Oil	Parsnip	Rose Hips
Alfalfa	Brazil Nut	Hazelnut/Filbert	Pea, Black-eyed	Rutabaga
Algae (Chlorella)	Buffalo	Horseradish	Pepper, Cayenne	Sardine
Algae (Spirulina)	Butter, Clarified (Ghee)	Hydrogenated Oil	Pepper, White	Scallion/Spring Onion
Aloe	Caraway Seed	Kelp/Seaweed	Perch/Mackerel	Spearmint
Arrowroot	Catfish	Kombu	Pimiento	Tamarind
Anchovy	Chard	Lactoglobulin	Pistachio	Tangerine/Mandarin Orange
Anise Seed	Coriander	Leek	Pomegranate	Turmeric
Artichoke	Cream of Tartar	Macadamia	Poppy Seed	Turnip Greens
Baking Powder	Date	Mace	Psyllium Seed	Walnut, English
Bass	Deer/Venison	Marjoram	Rabbit	Watercress
Bean, Garbanzo	Duck/Goose	Milk, Raw (Cow)	Radish	Whey
Bean, Navy	Endive	Nectarine	Rapeseed/Canola Oil	
Blackberry	Gelatin	Okra	Rhubarb	
Bok Choi	Gin (Juniper Berries)	Palm Oil	Rice, Basmati	

PROFESSIONAL'S CHOICE PLUS TEST PANEL

406 ITEMS

Includes **Professional's Choice** Test Panel and the
additional **17 additives/preservatives** listed below.

Acesulfame	Glycerin, Vegetable	Menthol	Potassium Sorbate	Sodium Erythroate
Agave Nectar	Gum, Karaya	Methyl Paraben	Propyl Paraben	Splenda (Sucralose)
Camphor	Magnesium Stearate	Polyethylene Glycol	Sodium Alginate	
EDTA	Mannitol	Polysorbate 20		

ALL INCLUSIVE TEST PANEL

512 ITEMS

Includes **Professional's Choice Plus** Test Panel and the additional
blocks listed below (see pages 17, 20-21 for individual items in each block):

Medication Block 32
Dander/Hair/Feather Block 10
Therapeutic Herb Block 18
Therapeutic Food Block 46

Food Blocks

Each of the testing blocks listed here may be ordered individually or combined to create a custom panel to meet your patients' needs.

Food Block 46

Apple	Cauliflower	Cucumber	Milk, Pasteurized (Cow)	Potato, White	Tomato
Banana	Chicken	Egg, White (Chicken)	Mustard Greens/Spice	Rice, White	Tuna
Barley	Chocolate/Cocoa	Egg, Yolk (Chicken)	Oats	Rye	Turkey
Bean, Soya	Cinnamon	Gluten	Onion, Yellow	Shrimp	Wheat
Beef/Veal	Coffee, Decaf & Reg	Grape/Raisin, Green	Orange	Squash	Yeast, Baker's
Broccoli	Cola	Lamb/Mutton	Peanut	Strawberry	Yeast, Brewer's
Cabbage/Brussels Sprout	Corn (Maize)	Lemon	Pear	Sugar, Cane/Sucanat	
Carrot	Crab	Lobster	Pork/Bacon/Ham	Tea, Black	

Food Block 115

Includes **Food Block 46** and **69 foods** listed below.

Almond	Cantaloupe/Honeydew	Flaxseed/Linseed Oil	Millet	Pineapple	Sunflower
Apricot	Cashew	Garlic	Mushroom	Plum/Prune	Tilapia
Avocado	Celery	Ginger	Nutmeg	Potato, Sweet	Tarragon
Basil	Cheese, Brick (Cow)	Gliadin	Olive	Rice, Brown	Tobacco
Bean, Lima	Cheese, Processed (Cow)	Grape/Raisin, Red	Oregano	Rice, Wild	Trout
Bean, Mung	Cilantro	Grapefruit	Papaya	Safflower Oil	Vanilla
Bean, Pinto	Clam	Honey	Paprika	Salicylate	Walnut Oil, Black
Bean, String/Wax	Codfish	Hops	Pea, Green/Snow	Salmon/Lox	Watermelon
Beet	Collard Greens	Kale	Peach	Sesame/Tahini	Yogurt (Cow)
Buckwheat/Kasha	Cottonseed Oil	Lactalbumin	Pecan	Sole/Flounder/Halibut	
Blueberry	Cranberry	Lettuce, Iceberg	Pepper, Bell	Spinach	
Carob	Cumin	Mango	Pepper, Chili/Red	Sugar, Beet	

Food Block 166

Includes **Food Block 115** and **51 foods** listed below.

Amaranth	Cheese, Romano (Sheep)	Curry	Lettuce, Romaine	Quinoa	Swordfish
Asparagus	Cheese/Milk (Goat)	Dill	Lime	Raspberry	Tapioca
Bay Leaf	Cherry	Eggplant	Malt	Rosemary	Thyme
Bean, Kidney	Chestnut	Fig	Molasses	Sage	Tofu
Butter, Whole (Cow)	Chive	Haddock	Oyster	Scallop	Triticale
Casein (Cow)	Clove	Kamut	Parsley	Snapper	Turbot/Whitefish
Chamomile	Coconut	Kiwi	Pepper, Black	Spelt	
Cheese, Cottage (Cow)	Cod Liver Oil	Lentils, Red, Green	Peppermint	Sugar, Corn	
Cheese, Parmesan (Cow)	Currant	Lettuce, Red Leaf	Pumpkin	Sugar, Maple	

Food Block 238

Includes **Food Block 166** and **72 foods** listed below.

Acai Berry	Bean, Navy	Date	Lactoglobulin	Pepper, White	Rose Hips
Alfalfa	Blackberry	Deer/Venison	Leek	Perch/Mackerel	Rutabaga
Algae (Chlorella)	Bok Choi	Duck/Goose	Macadamia	Pimiento	Sardine
Algae (Spirulina)	Boysenberry	Endive	Mace	Pistachio	Scallion/Spring Onion
Aloe	Brazil Nut	Gelatin	Marjoram	Pomegranate	Spearmint
Arrowroot	Buffalo	Gin (Juniper Berries)	Milk, Raw (Cow)	Poppy Seed	Tamarind
Anchovy	Butter, Clarified (Ghee)	Grapeseed Oil	Nectarine	Psyllium Seed	Tangerine/Mandarin
Anise Seed	Caraway Seed	Hazelnut/Filbert	Okra	Rabbit	Turmeric
Artichoke	Catfish	Horseradish	Palm Oil	Radish	Turnip Greens
Baking Powder	Chard	Hydrogenated Oil	Parsnip	Rapeseed/Canola Oil	Walnut, English
Bass	Coriander	Kelp/Seaweed	Pea, Black-eyed	Rhubarb	Watercress
Bean, Garbanzo	Cream of Tartar	Kombu	Pepper, Cayenne	Rice, Basmati	Whey

Food Block 96

Almond	Casein (Cow)	Egg White (Chicken)	Lettuce, Romaine	Pineapple	Squash
Apple	Cashew	Egg Yolk (Chicken)	Milk, Pasteurized, (Cow)	Pork/Bacon/Ham	Strawberry
Apricot	Cauliflower	Flaxseed/Linseed Oil	Mushroom	Potato, Sweet	Sugar Cane/Sucanat
Asparagus	Celery	Garlic	Oats	Potato, White	Sugar, Corn
Avocado	Cheese, Brick (Cow)	Gelatin	Olive	Quinoa	Sulfite/Metabisulfite
Banana	Cheese, Cottage (Cow)	Glutadin	Onion, Yellow	Rapeseed/Canola Oil	Sunflower
Barley	Cheese, Processed (Cow)	Gluten	Orange	Raspberry	Tomato
Bean, Kidney	Cheese/Milk (Goat)	Grape/Raisin, Red	Oregano	Rice, White	Tuna
Bean, Soya	Chicken	Grapefruit	Paprika	Rye	Turkey
Bean, String/Wax	Chocolate/Cocoa	Haddock	Pea, Green/Snow	Salicylate	Vanilla
Beef/Veal	Coconut	Hazelnut/Filbert	Peach	Salmon/Lox	Walnut, English
Beet	Codfish	Honey	Peanut	Sesame/Tahini	Wheat
Blueberry	Coffee, Decaf & Reg	Kiwi	Pear	Shrimp	Whey
Broccoli	Corn (Maize)	Lamb/Mutton	Pecan	Sole/Flounder/Halibut	Yeast, Baker's
Candida Albicans	Cranberry	Lemon	Pepper, Bell	Spelt	Yeast, Brewer's
Carrot	Cucumber	Lentils, Red, Green	Pepper, Black	Spinach	Yogurt (Cow)

THERAPEUTIC Food Block 46

Adzuki/Adzuki Bean	Cellulose	Ginseng, American	Maca	Noni	Tamari
Allspice	Chia Seed	Ginseng, Chinese	Miso, Barley	Plum, Umboshi	Tea, Green
Astragalus	Chicory	Ginseng, Siberian	Miso, Brown	Quail	Wakame
Bamboo	Cucumber, Japanese	Goji Berry	Miso, Hatcho	Resin	Water Chestnut
Bladderwrack	Dong Quai	Gooseberry	Miso, White	Royal Jelly	Yaki Nori/Laver
Camu Camu	Dragon Fruit	Hemp	Mushroom, Maitake	Saffron	Yerba Mate
Cardamon	Dulse	Hijiki	Mushroom, Reishi	Sea Lettuce	
Cassava (Yuca)	Elderberry	Irish Moss	Mushroom, Shiitake	Star Fruit	

THERAPEUTIC Herb Block 18

Arnica	Echinacea	Hypericum/St. John's Wort	Slippery Elm
Artemesia Anua	Ephedra	Lemongrass	Valerian
Bergamot	Feverfew	Licorice	White Willow Bark
Black Cohosh	Goldenseal/Hydrastis	Lomatium	
Chrysanthemum	Hawthorne	Primrose Oil	

GLUTEN HYPERSENSITIVITY Block

Note: **Bold underlined** items are associated with gluten sensitivity. Non-bolded items are common gluten alternatives and used in "gluten-free" products.

Almond	Buckwheat/Kasha	<u>Gliadin</u>	Malt	Quinoa	Tapioca
Amaranth	Cashew	<u>Gluten</u>	Millet	Rice, Basmati	<u>Triticale</u>
Arrowroot	Cassava (Yuca)	Hazelnut/Filbert	<u>Oats</u>	Rice, Brown	Walnut, English
<u>Barley</u>	Chestnut	Hemp	Pea, Green, Snow	Rice, White	<u>Wheat</u>
Bean, Aduki/Adzuki	Chia	Hops	Peanut	Rice, Wild	
Bean, Garbanzo	Coconut	<u>Kamut</u>	Pecan	<u>Rye</u>	
Bean, Soya	Corn (Maize)	Lentils, Red, Green	Pistachio	Sesame/Tahini	
Brazil Nut	Flaxseed/Linseed Oil	Macadamia	Potato, White	<u>Spelt</u>	

Specialty Food Blocks

Each of the testing blocks listed here may be ordered individually or combined to create a custom panel to meet your patients' needs.

VEGAN Food Block 188 ITEMS

Açaí Berry	Brazil Nut	Curry	Macadamia	Pepper, White	Spinach
Alfalfa	Broccoli	Date	Mace	Peppermint	Squash
Algae (Chlorella)	Buckwheat/Kasha	Dill	Malt	Pimiento	Strawberry
Algae (Spirulina)	Cabbage/Brussels Sprouts	Eggplant	Mango	Pineapple	Sugar Cane/Sucanat
Almond	Cantaloupe/Honeydew	Endive	Marjoram	Pistachio	Sugar, Beet
Aloe	Caraway Seed	Fig	Millet	Plum/Prune	Sugar, Corn
Amaranth	Carob	Flaxseed/Linseed Oil	Molasses	Pomegranate	Sugar, Maple
Anise Seed	Carrot	Garlic	Mushroom	Poppy Seed	Sunflower
Apple	Cashew	Gin (Juniper Berries)	Mustard Greens/Spice	Potato, Sweet	Tamarind
Apricot	Cauliflower	Ginger	Nectarine	Potato, White	Tangerine/Mandarin
Arrowroot	Celery	Gluten	Nutmeg	Psyllium Seed	Tapioca
Artichoke	Chamomile	Grape Seed Oil	Oats	Pumpkin	Tarragon
Asparagus	Chard	Grape/Raisin, Green	Okra	Quinoa	Tea, Black
Avocado	Cherry	Grape/Raisin, Red	Olive	Radish	Thyme
Baking Powder	Chestnut	Grapefruit	Onion, Yellow	Rapeseed/Canola Oil	Tobacco
Banana	Chive	Hazelnut/Filbert	Orange	Raspberry	Tofu
Barley	Chocolate/Cocoa	Hops	Oregano	Rhubarb	Tomato
Basil	Cilantro	Horseradish	Palm Oil	Rice, Basmati	Triticale
Bay Leaf	Cinnamon	Hydrogenated Oil	Papaya	Rice, Brown	Turmeric
Bean, Garbanzo	Clove	Kale	Paprika	Rice, White	Turnip, Greens
Bean, Kidney	Coconut	Kamut	Parsley	Rice, Wild	Vanilla
Bean, Lima	Coffee, Decaf & Reg	Kelp/Seaweed	Parsnip	Rose Hips	Walnut Oil, Black
Bean, Mung	Cola	Kiwi	Pea, Black-Eyed	Rosemary	Walnut, English
Bean, Navy	Collard Greens	Kombu	Pea, Green/Snow	Rutabaga	Watercress
Bean, Pinto	Coriander	Leek	Peach	Rye	Watermelon
Bean, Soya	Corn (Maize)	Lemon	Peanut	Safflower Oil	Wheat
Bean, String/Wax	Cottonseed Oil	Lentils, Red, Green	Pear	Sage	Yeast, Baker's
Beet	Cranberry	Lettuce, Iceberg	Pecan	Salicylate	Yeast, Brewers
Blackberry	Cream of Tartar	Lettuce, Red Leaf	Pepper, Bell	Scallion/Spring Onion	
Blueberry	Cucumber	Lettuce, Romaine	Pepper, Black	Sesame/Tahini	
Bok Choi	Cumin	Lime	Pepper, Cayenne	Spearmint	
Boysenberry	Currant		Pepper, Chili/Red	Spelt	

VEGETARIAN Food Block 206 ITEMS

Includes **Vegan Food Block** and the **additional 18 food items** listed below.

Butter, Clarified (Ghee)	Cheese, Brick (Cow)	Cheese, Processed (Cow)	Egg White (Chicken)	Lactalbumin	Milk, Raw (Cow)
Butter, Whole (Cow)	Cheese, Cottage (Cow)	Cheese, Romano (Sheep)	Egg Yolk (Chicken)	Lactoglobulin	Whey
Butter, Whole (Cow)	Cheese, Parmesan (Cow)	Cheese/Milk (Goat)	Honey	Milk, Pasteurized (Cow)	Yogurt (Cow)

KOSHER Food Block 227 ITEMS

Acai Berry	Buffalo	Cream of Tartar	Leek	Pepper, Black	Spearmint
Alfalfa	Butter, Clarified (Ghee)	Cucumber	Lemon	Pepper, Cayenne	Spelt
Algae (Chlorella)	Butter, Whole (Cow)	Cumin	Lentils, Red, Green	Pepper, Chili/Red	Spinach
Algae (Spirulina)	Cabbage/Brussels Sprouts	Curran	Lettuce, Iceberg	Pepper, White	Squash
Almond	Cantaloupe/Honeydew	Curry	Lettuce, Red Leaf	Peppermint	Strawberry
Aloe	Caraway Seed	Date	Lettuce, Romaine	Perch/Mackerel	Sugar Cane/Sucanat
Amaranth	Carob	Deer/Venison	Lime	Pimiento	Sugar, Beet
Anchovy	Carrot	Dill	Macadamia	Pineapple	Sugar, Corn
Anise Seed	Casein (Cow)	Duck/Goose	Mace	Pistachio	Sugar, Maple
Apple	Cashew	Egg White (Chicken)	Malt	Plum/Prune	Sunflower
Apricot	Cauliflower	Egg Yolk (Chicken)	Mango	Pomegranate	Tamarind
Arrowroot	Celery	Eggplant	Marjoram	Poppy Seed	Tangerine/Mandarin
Artichoke	Chamomile	Endive	Milk, Pasteurized (Cow)	Potato, Sweet	Orange
Asparagus	Chard	Fig	Milk, Raw (Cow)	Potato, White	Tapioca
Avocado	Cheese, Brick (Cow)	Flaxseed/Linseed Oil	Millet	Psyllium Seed	Tarragon
Baking Powder	Cheese, Cottage (Cow)	Garlic	Molasses	Pumpkin	Tea, Black
Banana	Cheese, Parmesan (Cow)	Gin (Juniper Berries)	Mushroom	Quinoa	Thyme
Barley	Cheese, Processed (Cow)	Ginger	Mustard Greens/Spice	Radish	Tilapia
Basil	Cheese, Romano (Sheep)	Gliadin	Nectarine	Rapeseed/Canola Oil	Tobacco
Bass	Cheese/Milk (Goat)	Gluten	Nutmeg	Raspberry	Tofu
Bay Leaf	Cherry	Grape Seed Oil	Oats	Rhubarb	Tomato
Bean, Garbanzo	Chestnut	Grape/Raisin, Green	Okra	Rice, Basmati	Triticale
Bean, Kidney	Chicken	Grape/Raisin, Red	Olive	Rice, Brown	Trout
Bean, Lima	Chive	Grapefruit	Onion, Yellow	Rice, White	Tuna
Bean, Mung	Chocolate/Cocoa	Haddock	Orange	Rice, Wild	Turbot/Whitefish
Bean, Navy	Cilantro	Hazelnut/Filbert	Oregano	Rose Hips	Turkey
Bean, Pinto	Cinnamon	Honey	Palm Oil	Rosemary	Turmeric
Bean, Soya	Clove	Hops	Papaya	Rutabaga	Turnip, Greens
Bean, String/Wax	Coconut	Horseradish	Paprika	Rye	Vanilla
Beef/Veal	Cod Liver Oil	Hydrogenated Oil	Parsley	Safflower Oil	Walnut Oil, Black
Beet	Codfish	Kale	Parsnip	Sage	Walnut, English
Blackberry	Coffee, Decaf & Reg	Kamut	Pea, Black-Eyed	Salicylate	Watercress
Blueberry	Cola	Kelp/Sea Weed	Pea, Green/Snow	Salmon/Lox	Watermelon
Bok Choi	Collard Greens	Kiwi	Peach	Sardine	Wheat
Boysenberry	Coriander	Kombu	Peanut	Scallion/Spring Onion	Whey
Brazil Nut	Corn (Maize)	Lactalbumin	Pear	Sesame/Tahini	Yeast, Baker's
Broccoli	Cottonseed Oil	Lactoglobulin	Pecan	Snapper	Yeast, Brewer's
Buckwheat/Kasha	Cranberry	Lamb/Mutton	Pepper, Bell	Sole/Flounder/Halibut	Yogurt (Cow)

HALAL Food Block 236 ITEMS

Includes **Kosher Food Block**
and the **additional 9 food items** listed below.

Catfish	Crab	Oyster	Scallop	Swordfish
Clam	Lobster	Rabbit	Shrimp	

Other Individual Blocks

Dander/Hair/Feather Block 10 ITEMS

Cat Dander (<i>Felis catus</i>)	Goose Feathers (<i>Anser anser</i>)	Sheep Wool (<i>Ovis aries</i>)
Dog Dander (<i>Canis familiaris</i>)	Guinea Pig Hair (<i>Cavia porcellus</i>)	Turkey Feathers (<i>Meleagris gallopavo</i>)
Duck Feathers (<i>Anas platyrhynchos</i>)	Horse Dander (<i>Equus caballus</i>)	
Goat Hair/Skin Scraping (<i>Capra hircus</i>)	Rabbit Hair (<i>Oryctolagus cuniculus</i>)	

Additive/Preservative Block 15 ITEMS

Aspartame/Nutrasweet	Diacetyl (2,3-Butanedione)	Polysorbate 60	Sodium Benzoate
BHA	Gum, Locust Bean	Potassium Bromate	Sodium Propionate
BHT	MSG (Monosodium Glutamate)	Propyl Gallate	Sulfite/Metabisulfite
Calcium Propionate	Nitrates/Nitrites	Saccharine	

Additive/Preservative Block 28 ITEMS

Includes **Additive/Preservative Block 15** and the additional **13 Additives/Preservatives** listed below.

Caffeine	Gum, Guar	Pinene	Sorbitol
Gum, Acacia	Gum, Tragacanth	Polysorbate 80	Stevia
Gum, Agar	Gum, Xanthan	Sodium Fluoride	Xylitol
Gum, Carrageenan			

Additive/Preservative Block 45 ITEMS

Includes **Additive/Preservative Block 28** and the additional **17 Additives/Preservatives** listed below.

Acesulfame	Gum, Karaya	Methyl Paraben	Propyl Paraben
Agave Nectar	Magnesium Stearate	Polyethylene Glycol	Sodium Alginate
Camphor	Mannitol	Polysorbate 20	Sodium Erythrobate
EDTA	Menthol	Potassium Sorbate	Splenda (Sucralose)
Glycerin, Vegetable			

F, D, & C Color Additive Block 20 ITEMS

Annatto	D&C Green #8	FD&C Green #3	FD&C Red #3
FD&C Blue #1	D&C Green #5	D&C Orange #4	FD&C Red #40
FD&C Blue #2	D&C Orange #5	D&C Red #22	D&C Yellow #10
Brilliant Black	D&C Red #33	D&C Red #28	FD&C Yellow #5
Carmine/Cochineal	D&C Violet #2	FD&C Red #2	FD&C Yellow #6

Toxic Mineral Metal Block 14 ITEMS

Aluminum	Cadmium	Mercury	Tin/Stannous Chloride
Antimony	Ethyl Mercury	Methyl Mercury	Titanium Dioxide
Arsenic	Gold	Nickel (II) Chloride	
Barium Sulfate	Lead	Silver	

Medication Block 32 ITEMS

Acetaminophen (Tylenol)	Ciprofloxacin (Cipro)	Gabapentin (Neurontin)	Nystatin
Amitriptyline (Elavil)	Clarithromycin (Biaxin)	Guaifenesin (Mucinex)	Omeprazole (Prilosec)
Amoxicillin	Cyclobenzaprine (Flexeril)	Hydroxy-chloroquine (Plaquenil)	Penicillamine
Ampicillin	Docosanol (Abreva)	Ibuprofen	Penicillin
Aspirin/Coal Tar	Duloxetine (Cymbalta)	Mesalamine (Asacol)	Piroxicam (Feldene)
Atorvastatin (Lipitor)	Erythromycin	Metaxalone (Skelaxin)	Sertraline (Zoloft)
CBD Oil	Fluconazole (Diflucan)	Metformin (Glucophage)	Streptomycin
Cephalexin (Keflex)	Fluoxetine (Prozac)	Naproxen (Aleve)	Tetracycline

Mold Block 28 ITEMS

Alternaria alternata	Cladosporium herbarum	Mucor mucedo	Rhodotorula
Aspergillus fumigatus	Epidermophyton floccosum	Mucor racemosus	Trichoderma harzianum
Aspergillus niger	Fusarium solani	Penicillium frequentans	Thricothecium roseum
Aspergillus oryzae	Fusarium vasinfectum	Penicillium notatum/chrysogenum	Trichophyton mentagrophytes goetzii
Botrytis cinerea	Geotrichum candidum	Penicillium roqueforti	Trichophyton mentagrophytes interdigitale
Candida albicans	Helminthosporium halodes	Pullularia pullulans	Trichophyton rubrum
Cladosporium cladosporioides	Helminthosporium sativum	Rhizopus stolonifer/nigricans	Trichophyton schoenleinii

Environmental Chemical Block 15 ITEMS

1,2 Dichlorobenzene	Chlordane	Cyclohexylamine	Soap (SDS/SLS)
2,4,5 T	Chloroform	Endrin	Toluene
Benzene	Cis-Dichloroethylene	Methylene Chloride	Vinyl Chloride
Carbon Tetrachloride	(1,2 Dichloroethylene)	(Dichloromethane)	Xylene
		Organophosphates	

Environmental Chemical Block 30 ITEMS

Includes **Environmental Chemical Block 15** and the **additional 15 items** listed below.

Benzyl Acetate	Ethyl Butyrate	Petroleum By-Products & Solvents	Propylene Glycol (1,2-Propanediol)
Dibutyl Phthalate	Formaldehyde	Phenol	Silicates/Silicon Dioxide
Dieldrin	Latex	Phthalates	Silicone
Ethyl Acetate	Methoxychlor	Polyvinylpyrrolidone/Povidone	

Environmental Chemical Block 61 ITEMS

Includes **Environmental Chemical Block 30** and the **additional 31 items** listed below.

2,4-D	Carbon Disulfide	Halogenated Biocide	Pentachlorophenol (PCP)
2-Methyl Pentane	DBCP (1,2 Dibromo-3-chloropropane)	Heptachlor	Pyrene
3-Methyl Pentane	DDT	Hexachlorocyclohexane	Selenium Sulfide
Aldrin	DEET	Isopropyl Ether	Tert-Butyl-Ethyl Ether (TBEE)
Benzaldehyde	Detergent (Synthetic)	Maleic Anhydride	Tert-Butyl-Methyl Ether (TBME)
Benzopyrene	Ethyl Acetoacetate	Metallic Catalysts	Tetrachloroethylene
Beryllium Oxide	Ethylene Dibromide	Morpholine	Trichloroethylene (TCE)
Carbamates	Glyphosate	Nitrosamine Mix	

Silicone Hypersensitivity Block 19 ITEMS

Aluminum	D&C Violet #2	Phenol	Titanium Dioxide
Aspergillus niger	FD&C Blue #2	Polyvinylpyrrolidone/Povidone	Toluene
Benzene	Formaldehyde	Silicates/Silicon Dioxide	Vinyl Chloride
Candida albicans	Latex	Silicone	Xylene
D&C Green #5	Petroleum By-Products & Solvents	Tin/Stannous Chloride	

Phlebotomy Instructions

IMPORTANT!!!

If the patient has NOT followed the mandatory fasting and all additional preparation instructions, DO NOT draw the specimen!!

1. Pull back Velcro strip to remove kit contents. **Do not discard Velcro strip.**
2. Remove packaging from the butterfly tubing.
3. Attach adapter/holder combination to the infusion set by screwing the adapter into the vacutainer holder/hub and use that for drawing the vacutainer tubes.
4. Uncap butterfly needle. Apply tourniquet. Prepare arm with alcohol pad. Dry with sterile gauze. **Draw sample with 19 gauge needle provided.** *A 19 gauge needle must be used or sample activation and damage is likely. For questions about using the 19g needle, please contact Client Services.*
5. Draw the small 3 ml tube first, followed by the remaining 6 ml tubes. It is important to completely fill each tube. **NOTE: All Inclusive panels require 8 large (6 ml) tubes.**
6. If patient needs to be stuck more than once – you will need to start from the beginning with a new needle in a different location, using a new 3 ml tube. If stuck more than once with same needle – the sample will not be good.
7. Gently invert each vacutainer tube three to four times after you withdraw it from holder. **DO NOT SHAKE!**
8. **Label all tubes with patient name, practitioner name, date & time of blood draw.** Initial and mark date & time of blood draw on patient's requisition form.
9. **Refrigerate sample(s).** All of the specimens and cool pack should be refrigerated until ready to send (**DO NOT FREEZE, or cells will get damaged in transit to the lab!**).
10. Call UPS or FedEx the same day to pick up sample, or drop off directly at a store location (do NOT use an access point or drop box). **WE MUST RECEIVE THE SAMPLE ON THE NEXT DAY.**

**** If there is a problem or complication with the blood draw ****

please contact Client Services at **800.553.5472**

Please note issue(s) with draw in **Phlebotomist's Notes** on requisition form.

Specimen Preparation & Shipping

Preparing Specimen for Transport

Chill the cool pack in the refrigerator at least three (3) hours. **DO NOT FREEZE, otherwise cells will be damaged upon arrival.**

Blood in the vacutainers should be kept refrigerated before packing and shipping (**DO NOT SPIN**).

For Shipment

1. For packing the vacutainer specimen, please follow these instructions:
 - Place the labeled vacutainers in the biohazard bag with the absorbent gauze.
 - Put the paperwork in the pouch of the biohazard bag.
 - Place the bag in the Styrofoam box on top of the foam liner.
 - Place the cool pack (or **2 cool packs in summer**) on top of the blood vials.
 - Close the lid and secure the Styrofoam box with Velcro strips provided.
2. Place Styrofoam box into the cardboard box. These materials are needed to fully protect the specimen and keep it cool in transit.
3. Place the cardboard box into the plastic diagnostic bag.
4. Call UPS or FedEx (in the morning if possible) for pick up the same day.

WE MUST RECEIVE BLOOD SAMPLE OF LIVING CELLS OVERNIGHT.

If sending a sample on a Friday, please call Client Services at 1-800-553-5472 to ensure sample arrives on Saturday. Please have the patient's name, test panel & tracking number (on the shipping bag) for reference.

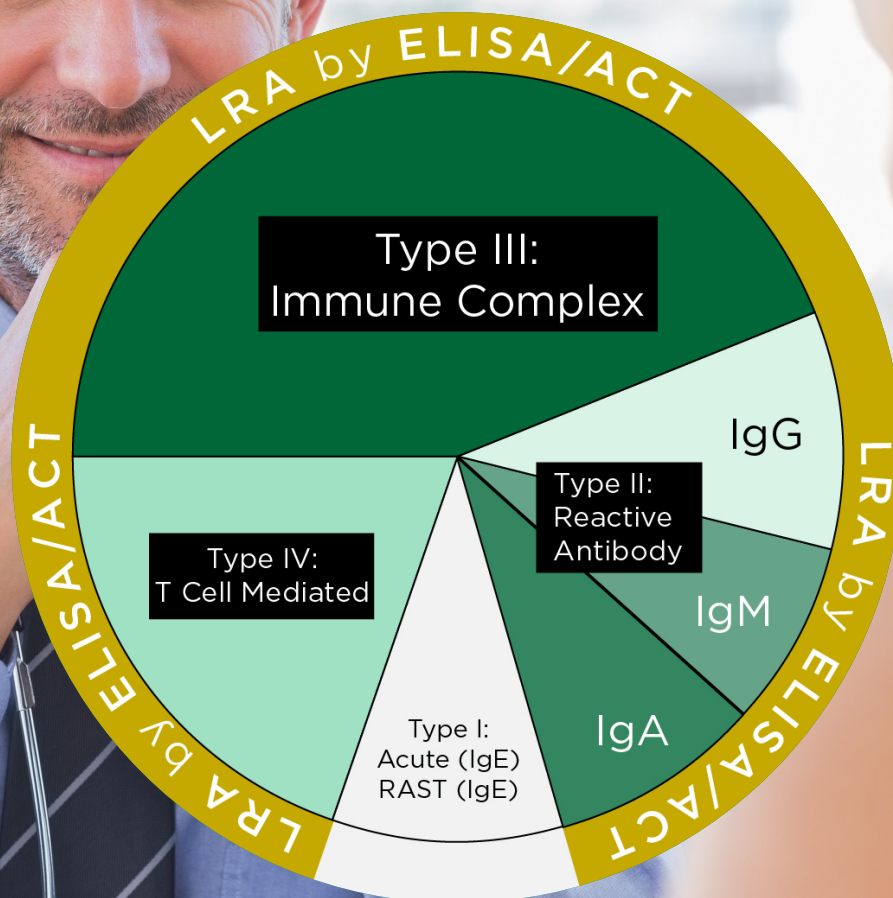


Final Check

- ☐ Patient fasted and followed all preparation instructions
- ☐ Payment is included with sample in transport box
- ☐ Tubes labeled & Requisition Form filled out completely and included with sample
(If no test panel is marked, the lab will run the Comprehensive 317 item panel)

If you have any questions, please contact our Client Services Department at 800-553-5472 or email clientservices@ELISA ACT.com.

**FUNCTIONAL LYMPHOCYTE RESPONSE ASSAYS (LRA) BY ELISA/ACT
ARE ABLE TO DETECT ALL DELAYED ALLERGY RESPONSES**



LRA by ELISA/ACT® is a true cell culture. Comprehensive, ex vivo, functional procedures have been proven in clinical outcome studies to provide superior, sustained improvements and long-term remissions in autoimmune and immune dysfunction conditions

June 2018

ELISA/ACT Biotechnologies LLC

109 Carpenter Drive, Suite 100, Sterling, VA 20164

phone: 703.450.2980 or 800.553.5472 • fax: 703.450.2981 • clientservices@ELISA/ACT.com

www.ELISA/ACT.COM

