



LRA by ELISA/ACT® Testing Blocks

Direct Payment / Cash Only

FOOD BLOCK 115

Almond	Celery	Gluten	Paprika	Spinach
Apple	Cheese, Brick (Cow)	Grape/Raisin, Green	Pea, Green, Snow	Squash
Apricot	Cheese, Processed (Cow)	Grape/Raisin, Red	Peach	Strawberry
Avocado	Chicken	Grapefruit	Peanut	Sucanat
Banana	Chocolate/Cocoa	Honey	Pear	Sugar, Beet
Barley	Cilantro	Hops	Pecan/Pine	Sugar, Cane
Basil	Cinnamon	Kale	Pepper, Chili, Red	Sunflower
Bean, Lima	Clam	Lactalbumin	Pepper, Green, Red, Yellow	Tarragon
Bean, Mung	Codfish	Lamb/Mutton	Pineapple	Tea, Black
Bean, Pinto/Frijole	Coffee, Decaf & Reg	Lemon	Plum/Prune	Tobacco
Bean, Soya	Cola	Lettuce, Iceberg	Pork/Bacon/Ham	Tomato
Bean, String/Wax	Collard Greens	Lobster	Potato, Sweet/Yam	Trout
Beef/Veal	Corn (Maize)	Mango	Potato, White	Tuna
Beet	Cottonseed Oil	Milk, Pasteurized (Cow)	Rice, Brown	Turkey
Blueberry	Crab	Millet	Rice, White	Vanilla
Broccoli	Cranberry	Mushroom	Rice, Wild	Walnut Oil, Black
Buckwheat/Kasha	Cucumber	Mustard Greens, Spice	Rye	Watermelon
Cabbage/Brussels Sprouts	Cumin	Nutmeg	Safflower Oil	Wheat
Cantaloupe/Honeydew	Egg, White (Chicken)	Oats	Salicylate	Yeast, Baker's (Geotrichum)
Carob	Egg, Yolk (Chicken)	Olive	Salmon/Lox	Yeast, Brewer's (Torula)
Carrot	Flaxseed/Linseed Oil	Onion, Yellow	Sesame/Tahini	Yogurt (Cow)
Cashew	Garlic	Orange	Shrimp	
Cauliflower	Ginger	Oregano	Sole/Flounder/Halibut	
	Gliadin	Papaya		