



# LRA by ELISA/ACT® Testing Categories

## Direct Payment / Cash Only

### BASIC TESTING

144 TESTS

#### FOODS (66 ITEMS)

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

#### ENVIRONMENTAL CHEMICALS (15 ITEMS)

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

#### ADDITIVES/PRESERVATIVES (15 ITEMS)

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

#### MOLDS (28 ITEMS)

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

#### F, D & C COLOR ADDITIVES (20 ITEMS)

Annatto	Carmoisine	Green #3	Red #3
Blue #1	D & C Green #5	Orange #4	Red #40
Blue #2	D & C Orange #5	Ponceau 2R	Yellow #10
Brilliant Black	D & C Red #33	Ponceau 4R	Yellow #5
Carmine/Cochineal	D & C Violet #2	Red #2	Yellow #6

**FOODS (166 ITEMS)**

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

**ENVIRONMENTAL CHEMICALS (60 ITEMS)**

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

continued

**MOLDS (28 ITEMS)**

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

**ADDITIVES/PRESERVATIVES (27 ITEMS)**

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

**F, D & C COLOR ADDITIVES (20 ITEMS)**

Annatto	Carmoisine	Green #3	Red #3
Blue #1	D & C Green #5	Orange #4	Red #40
Blue #2	D & C Orange #5	Ponceau 2R	Yellow #10
Brilliant Black	D & C Red #33	Ponceau 4R	Yellow #5
Carmine/Cochineal	D & C Violet #2	Red #2	Yellow #6

**TOXIC MINERALS/METALS (12 ITEMS)**

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

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Antimony	Cadmium	Mercury	Tin/Stannous Chloride
Arsenic	Gold	Nickel (II) Chloride	Titanium Dioxide

**MEDICATIONS (25 ITEMS)**

Acetaminophen (Tylenol)	Diazepam (Valium)	Mesalamine (Asacol)	Streptomycin
Amitriptyline (Elavil)	Docosanol (Abreva)	Methylphenidate (Ritalin)	Tetracycline
Amoxicillin	Erythromycin	Naproxen (Aleve)	
Ampicillin	Fluconazole (Diflucan)	Nystatin	
Aspirin/Coal Tar	Guaifenesin (Mucinex)	Omeprazole (Prilosec)	
Cephalexin (Keflex)	Hydroxychloroquine	Penicillamine	
Ciprofloxacin (Cipro)	(Plaquenil)	Penicillin	
Clarithromycin (Biaxin)	Ibuprofen	Piroxicam (Feldene)	