

FOOD & DRINK ITEMS ASSESSED

CEREALS & GRAINS

✓ Amaranth	✓ Barley	✓ Buckwheat	✓ Couscous
✓ Farro	✓ Flour, Almond	✓ Flour, Arrowroot	✓ Flour, Cassava
✓ Flour, Corn	✓ Flour, Oat	✓ Flour, Potato	✓ Flour, Sorghum
✓ Flour, Teff	✓ Kamut	✓ Polenta	✓ Porridge Oats
✓ Quinoa	✓ Rice, Brown	✓ Rice, White	✓ Rice, Wild
✓ Rye	✓ Semolina	✓ Spelt	✓ Wheat, Brown
✓ Wheat, Bulgar	✓ Wheat, White		

DAIRY & MILKS

✓ A-Lactalbumin	✓ Beta Lactoglobulin	✓ Butter	✓ Butter, Cow
✓ Butter, Goat	✓ Buttermilk	✓ Casein	✓ Cheese, Brie
✓ Cheese, Camembert	✓ Cheese, Cheddar	✓ Cheese, Cottage	✓ Cheese, Feta (Goat & Sheep)
✓ Cheese, Gouda	✓ Cheese, Gruyere	✓ Cheese, Halloumi	✓ Cheese, Manchego
✓ Cheese, Monterrey Jack)	✓ Cheese, Mozzarella Buffalo	✓ Cheese, Paneer	✓ Cheese, Parmasan
✓ Cheese, Pecorino Romano	✓ Cheese, Pepper Jack	✓ Cheese, Provolone	✓ Cheese, Ricotta
✓ Cheese, Roquefort	✓ Cheese, Stilton	✓ Cheese, Swiss	✓ Cream, Heavy Whipping
✓ Cream, Sour	✓ Creme, Fraiche	✓ Kefir	✓ Lactose
✓ Milk, Cow's	✓ Milk, Goat's	✓ Milk, Sheep's	✓ Quark
✓ Yogurt, Cow	✓ Yogurt, Goat	✓ Yogurt, Greek	

DAIRY ALTERNATIVES

✓ Milk (Almond)	✓ Milk (Coconut)	✓ Milk (Hemp)	✓ Milk (Oat)
✓ Milk (Rice)	✓ Milk (Soya)	✓ Yogurt (Almond)	✓ Yogurt (Coconut)
✓ Yogurt (Oat)	✓ Yogurt (Soya)		

DRINKS

✓ Beer	✓ Brandy	✓ Champagne	✓ Coconut Water
✓ Coffee, Black	✓ Gin	✓ Lager	✓ Port
✓ Prosecco	✓ Rum	✓ Sake	✓ Sambucca
✓ Schnapps	✓ Tea, Black	✓ Tea, Chamomile	✓ Tea, Green
✓ Tea, Jasmine	✓ Tea, Oolong	✓ Tea, Rooibos	✓ Tequila

✓ Vermouth	✓ Vodka	✓ Whisky
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FISH & SEAFOOD			
✓ Anchovies	✓ Black Bass	✓ Blue Mussels	✓ Clams
✓ Cod	✓ Crab	✓ Crayfish	✓ Flounder
✓ Haddock	✓ Hake	✓ Halibut	✓ Herring
✓ Jon Dory	✓ Lobster	✓ Mackerel	✓ Mahi Mahi
✓ Octopus	✓ Oysters	✓ Perch	✓ Pilchard
✓ Plaice	✓ Prawns	✓ Red Bass	✓ Red Snapper
✓ Salmon	✓ Sardine	✓ Scallops	✓ Seabass
✓ Shrimp	✓ Skate	✓ Sole	✓ Squid
✓ Swordfish	✓ Tilapia	✓ Trout (Brown)	✓ Trout (Rainbow)
✓ Tuna	✓ Whitebait		

FRUITS			
✓ Apple	✓ Apricot	✓ Avocado	✓ Balsam Pear
✓ Banana	✓ Bilberry	✓ Blackberry	✓ Blueberries
✓ Carambola	✓ Cherries	✓ Cranberry	✓ Dates
✓ Figs	✓ Gooseberries	✓ Grapefruit	✓ Grapes (Green)
✓ Grapes (Red)	✓ Guava	✓ Kiwi	✓ Lemons
✓ Lime	✓ Loquat	✓ Lychee	✓ Mandarins
✓ Mango	✓ Mangosteen	✓ Melon (Galia)	✓ Melon (HoneyDew)
✓ Mulberries	✓ Nectarine	✓ Oranges	✓ Papaya
✓ Passion Fruit	✓ Peaches	✓ Pear	✓ Pineapple
✓ Plums (Damsons)	✓ Pomegranate	✓ Prunes	✓ Quince
✓ Raisins	✓ Raspberries	✓ Strawberries	✓ Watermelon
✓ Waxberry Fruit	✓ Wine (Red)	✓ Wine (White)	

HERBS & SPICES			
✓ All Spice	✓ Aniseed	✓ Basil (Dried)	✓ Bay Leaf
✓ Caraway	✓ Cardamom	✓ Cinnamon	✓ Cliantro
✓ Clove	✓ Cumin	✓ Curry	✓ Dill
✓ Fenugreek	✓ Garlic	✓ Ginger (Dried)	✓ Horse Radish
✓ Mace	✓ Marjoram	✓ Mint	✓ Miso
✓ Mustard	✓ Nutmeg	✓ Oregano	✓ Paprika
✓ Parsley (Dried)	✓ Pepper (Black)	✓ Pepper (White)	✓ Rosemary

✓ Sage	✓ Salt (Pink Himalayan)	✓ Salt (Sea)	✓ Soy Sauce
✓ Tarragon	✓ Thyme (Dried)	✓ Turmeric	✓ Vanilla
✓ Vinegar (Apple Cider)	✓ Vinegar (Clear)	✓ Vinegar (Malt)	

LEGUMES

✓ Black Bean	✓ Black Eyed Pea	✓ Broadbeans	✓ Chickpeas
✓ Edamame Beans	✓ Kidney Beans	✓ Lentils	✓ Lima Beans
✓ Natto	✓ Navy Beans	✓ Sheitan	✓ Soyabeans
✓ Tofu			

MEATS & EGGS

✓ Bacon	✓ Beef	✓ Bison	✓ Chicken
✓ Cornish Hen	✓ Duck	✓ Egg White	✓ Egg Yolk
✓ Elk Meat	✓ Goat	✓ Goose	✓ Hare
✓ Lamb	✓ Liver (Cow)	✓ Liver (Lamb)	✓ Liver (Pork)
✓ Moose	✓ Mutton	✓ Pork	✓ Rabbit
✓ Sausage (Pork)	✓ Turkey	✓ Veal	✓ Venison

NUTS

✓ Almonds	✓ Brazil Nuts	✓ Cashew	✓ Chestnuts
✓ Coconut	✓ Hazelnut	✓ Macademia Nuts	✓ Peanuts
✓ Pecan Nuts	✓ Pine Nuts	✓ Pistachios	✓ Walnuts

OILS & FATS

✓ Avocado Oil	✓ Beef Dripping	✓ Chicken Fat	✓ Coconut Oil
✓ Cod Liver Oil	✓ Evening Primrose Oil	✓ Flaxseed Oil	✓ Ghee
✓ Goose Fat	✓ Hemp Seed Oil	✓ Lard	✓ Olive Oil
✓ Peanut Oil	✓ Pumpkin Seed Oil	✓ Sesame Oil	✓ Sunflower Oil

SEEDS

✓ Chia Seeds	✓ Fennel Seeds	✓ Flaxseeds	✓ Hemp Seeds
✓ Poppy Seeds	✓ Pumpkin Seeds	✓ Sesame Seeds	✓ Sunflower Seeds

SUGARS & MISC

✓ Baobab	✓ Barley Grass	✓ Chlorella	✓ Chocolate (Dark)
✓ Chocolate (Milk)	✓ Coco Powder	✓ Guar Gum	✓ Honey
✓ Maple Syrup	✓ Molasses	✓ Sugar (Beet)	✓ Sugar (Brown)
✓ Sugar (White)	✓ Wheatgrass	✓ Yeast	

VEGETABLES

✓ Artichoke	✓ Arugula	✓ Asparagus	✓ Beans (Green)
✓ Beetroot	✓ Bell Pepper (Green)	✓ Bell Pepper (Orange)	✓ Bell Pepper (Red)
✓ Bell Pepper (Yellow)	✓ Bok Choy (Pak Choy)	✓ Broccoli	✓ Brussell Sprouts
✓ Cabbage	✓ Carrots	✓ Cassava	✓ Cauliflower
✓ Celery	✓ Cilantro (Fresh)	✓ Cucumber	✓ Eggplant
✓ Endive	✓ Escarole	✓ Fennel	✓ Garlic
✓ Hearts Of Palm	✓ Kale	✓ Kohlrabi	✓ Leeks
✓ Lettuce (Iceberg)	✓ Mushroom (Oyster)	✓ Mushroom (Portobello)	✓ Mushroom (Shiitake)
✓ Okra	✓ Olives (Black)	✓ Olives (Green)	✓ Onion (Red)
✓ Onion (White)	✓ Parsley	✓ Peas (Garden)	✓ Plantain
✓ Potato (Sweet)	✓ Potato (White)	✓ Pumpkin	✓ Radish
✓ Rutabaga	✓ Sea Vegetables (Kelp)	✓ Spinach	✓ Squash (Butternut)
✓ Swede	✓ Swiss Chard	✓ Tomatoes	✓ Turnip
✓ Watercress	✓ Yams	✓ Zucchini	

ENVIRONMENTAL & HOUSEHOLD ITEMS AND METALS

HOUSEHOLD			
✓ Aetrex (Herbicide)	✓ Ajax (w Bleach)	✓ Aldicarb (Carbamate Insecticide)	✓ Asulox (Herbicide)
✓ Attack (Insecticide)	✓ Banvel (Herbicide)	✓ Basudin (Plant Protector)	✓ Black Flag (Ant Roach Killer)
✓ Black Flag (Pest Control)	✓ Bleach (Generic)	✓ Bovine Cattle Vaccination	✓ Clorox Bleach
✓ Comet Disinfectant	✓ Comet Liquid Cleaner	✓ Counter All Purpose Cleaner	✓ Deodorant Spray (Generic)
✓ Desiccant Bag	✓ Desiccant Silica Gel	✓ Dieldrin (Insecticide)	✓ Endosulfan (Fungicide)
✓ Escort (Herbicide)	✓ Euparen (Multi Fungicide)	✓ Fantastik All Purpose Cleaner	✓ Folimat (Insecticide)
✓ Formula 409 (All Purpose Cleaner)	✓ Fruit Fungicide	✓ Fumigant (General)	✓ Fungicide (Brambles)
✓ Gramaxone (Insecticide)	✓ Grazon (Herbicide)	✓ Guthion (Insecticide)	✓ Hair Spray (Generic)
✓ Henna (Generic)	✓ Hi Care (Insect Repellent)	✓ Imaden (Insecticide)	✓ Insecticide Agriculture (General)
✓ Ivomec (Cattle Dewormer)	✓ Laundry Detergent (General)	✓ Laundry Detergent (w Phosphates)	✓ Lawn Chemical (General)
✓ Lawn Doctor (Insect Treatment)	✓ Lawn Insecticide (Turpentine Kerosene)	✓ Lysol Deodorizing Cleaner	✓ Lysol Direct Disinfectant
✓ Lysol Pine Action Cleaner	✓ Manzate (Fungicide)	✓ Mesurol (Snail Insecticide)	✓ Mr. Clean (General Cleaner)
✓ Murphy Oil Soap	✓ Network (Weed Killer)	✓ Nexa Spray (Nasal Spray)	✓ Paint Mix (Generic)
✓ Paint Oil (Generic)	✓ Paint Thinner (Generic)	✓ Pine Cleanser (Generic)	✓ Pine Oil (Candles Wax Melts)
✓ Pine Sol Floor Cleaner	✓ Pledge (Household Cleaner)	✓ Polyram (Fungicide)	✓ Preeglone (Herbicide)
✓ PX 70 (Laundry Detergent)	✓ Pyrox (Insecticide)	✓ QUATS (Quaternary Ammonium Compounds)	✓ Ripcord Insecticide
✓ Ronilan (Fungicide)	✓ RootX (Root Killer Sewer Lines)	✓ Rubigan (Fungicide)	✓ Saprol (Fungicide)
✓ Sentry Detergent (Professional Laundry Cleaner)	✓ Shirlan (Fungicide)	✓ Simazine (Herbicide)	✓ Sodium Lauryl Sulfate Cleaner
✓ Soft Scrub (Cleaner)	✓ Spic and Span (Cleaner)	✓ Stearidonic Acid (Water Bacteria)	✓ Thiovit Jet (Fungicide)
✓ Top Job Ammonia	✓ Tordon 22k (Herbicide)	✓ Tordon RTU (Herbicide)	✓ Touchweeder (Herbicide)
✓ Trigger (Weedkiller)	✓ Trihalomethanes (THM)	✓ Varnish Liquid Coating (General)	✓ Warbex (Pesticide)

✓ Weedol Pathclear (Weedkiller)	✓ Windex (Ammonium Hydroxide)	✓ Zep (Cleaner w Ammonium Chloride)
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ENVIRONMENTAL			
✓ Alder (Alnus Glutinosa)	✓ Alder Tree	✓ American Hornbeam	✓ Ampicilloyl
✓ Animal Epithelium	✓ Anisakis (Parasite)	✓ Apple Tree	✓ Artemia Salina
✓ Ash Tree	✓ Aspen Tree	✓ Aster	✓ Barley Crop
✓ Bee	✓ Beech Tree	✓ Beech, American (Fagus Sylvatica)	✓ Bermuda Grass
✓ Bingleaf Lupine	✓ Birch Tree	✓ Black Locust Tree	✓ Blackberry Bush
✓ Bovine Cattle	✓ Bromus Grass	✓ Buckwheat Crop	✓ Buttercup Flower
✓ Calluna Vulgaris	✓ Canaries	✓ Cat	✓ Chamomile Flower
✓ Chenopodium	✓ Cherry Tree	✓ Chicken Droppings	✓ Chicken Feathers
✓ Chilean Pine	✓ Chrysanthemum / Mums	✓ Clover Plant	✓ Colonial Bentgrass
✓ Common Bluebell	✓ Common Juniper	✓ Common Laburnum	✓ Common Lilac
✓ Common Oak Tree	✓ Common Reed	✓ Common Thistle	✓ Common Wallflower
✓ Common Wheat Crops	✓ Cotton Crops	✓ Crested Dog's Tail	✓ Currant Bushes
✓ Daffodil	✓ Dahlia	✓ Dandelion Plant	✓ Dead Nettle
✓ Deer Epithelium	✓ Dock Leaves	✓ Dog	✓ Dog Serum Albumin
✓ Domestic Canary	✓ Domestic Cat	✓ Domestic Dog	✓ Downy Birch
✓ Duck Feathers	✓ Dust	✓ Dust Mites	✓ Elderberry Plant
✓ Elm Tree	✓ European Beech	✓ European Hazelnut	✓ European Lime
✓ Ferret Epithelium	✓ Fireweed	✓ Fox Epithelium	✓ Fungus
✓ Goats	✓ Golden Hamster	✓ Goldenrod	✓ Goose Feathers
✓ Guinea Pig	✓ Hop Plant	✓ Horse	✓ Horse Bot Fly
✓ Horse Chestnut	✓ House Dust Mite	✓ Jacaranda Tree	✓ Japanese Cedar
✓ Japanese Millet	✓ Kentucky Bluegrass	✓ Lambsquarter Wild Spinach	✓ Larch
✓ Latex Fluid	✓ Leather	✓ Linden Tree	✓ Lycra
✓ Maize Plant (Corn)	✓ Mangrove	✓ Meadow Fescue	✓ Meadow Foxtail
✓ Mesquite Trees (Prosopis Spp.)	✓ Mice	✓ Mice Urine Proteins	✓ Mink Epithelium
✓ Mistletoe	✓ Mold Airborne Spores	✓ Mosquito	✓ Moth
✓ Mugwort	✓ Mulberry Tree	✓ New York Aster	✓ Norway Spruce
✓ Nylon	✓ Oat Crops	✓ Orange Jasmine	✓ Orchard Grass
✓ Oxeye Daisy	✓ Parakeet	✓ Parakeet Droppings	✓ Parrot Feathers
✓ Pear Tree	✓ Penicilloyl	✓ Perennial Ryegrass	✓ Pigeon
✓ Pigeon Droppings	✓ Pigweed	✓ Pine Tree	✓ Planetree, London

✓ Plantain Tree	✓ Poplar	✓ Primroses	✓ Privet
✓ Prosopis Tree	✓ Quackgrass	✓ Quince Tree	✓ Rabbit
✓ Rabbit Urine Proteins	✓ Ragweed	✓ Rapeseed	✓ Rat
✓ Red Fescue	✓ Ribwort Plantain	✓ Rose Flower	✓ Rubber
✓ Rubber Tree	✓ Rye Crops	✓ Salt Cedar Tree	✓ Saltbush Melde (Artiplex Spp.)
✓ Scotch Heather	✓ Scotch Pine	✓ Sheep's Wool (Fleece)	✓ Shrubs
✓ Sorrel	✓ Spelt Crops	✓ Stinging Nettle	✓ Storage Mites
✓ Strawberry Bush	✓ Sweet Vernal Grass	✓ Tall Oatgrass	✓ Tansy Ragwort
✓ Timothy Grass	✓ Tin (Canned Food)	✓ Tobacco	✓ Tulip
✓ Tumbleweed	✓ Velvet Grass	✓ Walnut Tree	✓ Washington Hawthorn
✓ Wasp	✓ Wild Oat Crops	✓ Willow	✓ Wool
✓ Wormwood Crops			

METALS			
✓ Aluminum	✓ Antimony	✓ Arsenic	✓ Barium
✓ Beryllium	✓ Bismuth	✓ Boron	✓ Bromine
✓ Cadmium	✓ Caesium	✓ Calcium Carbonate	✓ Chlorine
✓ Cobalt	✓ Copper Oxide	✓ Dysprosium	✓ Elemental Phosphorus
✓ Fluorine	✓ Gadolinium	✓ Germanium	✓ Hafnium
✓ Hexavalent Chromium	✓ Indium	✓ Iron Oxide	✓ Lead
✓ Lithium	✓ Lutetium	✓ Magnesium-Oxide	✓ Manganese Oxide
✓ Mercury	✓ Metallic Molybdenum (Mo)	✓ Nickel	✓ Palladium
✓ Platinum	✓ Plutonium	✓ Potassium (Heavy Metal)	✓ Povodine-Iodine
✓ Radium	✓ Rhodium	✓ Rubidium	✓ Ruthenium
✓ Silicon	✓ Silver	✓ Sodium Sulfate	✓ Strontium
✓ Tantalum	✓ Thallium	✓ Thorium	✓ Tin
✓ Titanium	✓ Uranium	✓ Vanadium	✓ Zinc Oxide
✓ Zirconium			

VITAMINS, MINERALS & FATTY ACIDS

VITAMINS

✓ Choline	✓ Vitamin A	✓ Vitamin B1	✓ Vitamin B12
✓ Vitamin B2	✓ Vitamin B3	✓ Vitamin B5	✓ Vitamin B6
✓ Vitamin B7	✓ Vitamin B9	✓ Vitamin C	✓ Vitamin D
✓ Vitamin E	✓ Vitamin K		

MINERALS

✓ Biotin	✓ Calcium	✓ Chromium	✓ Copper
✓ Iodine	✓ Magnesium	✓ Molybdenum	✓ Phosphorus
✓ Potassium	✓ Selenium	✓ Sodium	✓ Sulphur
✓ Zinc			

FATTY ACIDS

✓ Co-Q10	✓ DHA	✓ EPA	✓ Omega 3
✓ Omega 6			

GUT WELLNESS & DIGESTION DATA

PROBIOTIC DATA

✓ Acidophilus Bifidum	✓ Bacillus Coagulans	✓ Bifidobacterium Infantis	✓ Enterococcus Faecalis
✓ Lactobacillus Acidophilus	✓ Lactobacillus Reuteri	✓ Saccharomyces Boulardii	✓ Streptococcus Faecium
✓ Streptococcus Thermophilus	✓ Streptomyces		

YEAST & FUNGI

✓ Aspergillus Fumigatus	✓ Aspergillus Niger	✓ Candida Albicans	✓ Candida Glabrata
✓ Candida Krusei	✓ Candida Parapsilosis	✓ Malassezia Furfur	

DIGESTION DATA

✓ Amylase	✓ Hydrochloric Acid	✓ Lipase	✓ Pepsin
✓ Protease			

ABOUT THE ITEMS ASSESSED:

The items shown represent reference items included within the AFIL general wellness technology wellness assessment. AFIL does not measure the presence, quantity, concentration, deficiency, infection, overgrowth, toxicity, or clinical level of any listed item in the body. Results reflect non-diagnostic wellness response patterns generated through AFIL's assessment methodology and proprietary reference framework.

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