



Name: \_\_\_\_\_, \_\_\_\_\_

Date: \_\_/\_\_/\_\_

Our Basic Sensitivity Test includes 38 items. The ones typed in **red** are your current sensitivities from your test results. We recommend avoiding these common allergens for **3 weeks** or until your next sensitivity test (best **schedule for 2-4 weeks after** this test- See our [subscription packages](#) for best prices).

### Basic Sensitivity Test of 38 items

Animal Fat  
Animal Hair  
Barley  
Cat  
Cheese  
Chemicals  
Chocolate  
Coffee  
Corn  
Dairy  
Dander  
Dog  
Dust  
Egg  
Fish  
Garlic  
Gluten  
Grass  
Green Beans  
Latex  
Milk  
Mites  
Mold  
Nuts (General)

Oats  
Peanuts  
Penicillin  
Perfumes  
Pollen  
Rye  
Salt  
Shellfish  
Soy  
Sugar  
Sulphites  
Tomatoes  
Vegetable Oil  
Wheat

#### Got Gut Q's?

Feel free to contact us at:  
[hi@gutcanbehappy.com](mailto:hi@gutcanbehappy.com)  
1-480-TST-FOOD

