

KBMO Diagnostics FIT Test

The Foods We Test (UK)



KBMO

DIAGNOSTICS

FIT 176 Foods

FIT 132 Foods

FIT 22 Foods

DAIRY / EGGS

Casein
Cow's Milk
Egg White
Egg Yolk

MEATS

Beef
Chicken

FISH

Salmon

SEAFOOD

Shrimp

GRAINS

Wheat, Whole
Wheat, Gluten
Wheat, Gliadin

BEANS

Coffee
Soy Bean

VEGETABLES

Corn
Potato, White
Tomato

FRUITS

Banana
Pineapple

NUTS / SEEDS

Almond
Peanut

SPICES

Turmeric

MICROBES

Yeast, Brewer's

Goat's Milk
Whey

Bacon
Duck
Lamb
Pork
Turkey

Cod
Flounder
Halibut
Sea Bass
Snapper
Swordfish
Trout
Tuna

Clam
Crab
Lobster
Scallops

Barley
Millet
Oat
Rice
Rye

Cocoa
Kidney Bean
Lentils
Haricot Bean
Pinto Bean

Artichoke
Asparagus
Beetroot
Broccoli
Cabbage
Carob
Carrot
Cauliflower
Celery
Spring Greens
Cucumber
Lettuce
Chickpea
Green pea
Green pepper
Pumpkin
Spinach
Courgette
Onion, White
Butternut Squash
Sweet Potato

Apple
Avocado
Blueberry
Cantaloupe
Cherry
Cranberry
Grape, White
Grapefruit
Lemon
Lime
Olive, Green
Orange
Peach
Pear
Plum
Pomegranate
Raspberry
Strawberry
Watermelon
Honeydew Melon

Cashew
Coconut
Dill Seed
English Walnut
Flax seed
Hazelnut
Pecan
Sesame seed
Sunflower seed
Quinoa

Basil
Cinnamon
Garlic
Ginger
Hops
Mustard
Oregano
Paprika
Pepper, Black
Pepper, Chilli
Peppermint
Rosemary
Vanilla

Yeast, Baker's

ADDITIVES

Aspartame
Benzoic acid
BHA
MSG
Polysorbate 80
Red #3
Red #40
Saccharin
Yellow #6

EXTRACTS

Agave
Rapeseed oil
Mushroom
Spirulina
Sugar cane
Tea, Black
Wine, Red

Sheep's Milk

Venison

Anchovy
Mackerel
Sardine

Oyster
Squid

Amaranth
Buckwheat
Sorghum
Spelt
Tapioca

Black Bean
Green Bean

Rocket
Kale
Marrow
Aubergine
Brussels Sprouts

Acai Berry
Apricot
Fig
Kiwi
Goji Berry
Mango
Monk Fruit
Papaya

Brazil Nut
Chia Seed
Hemp Seed
Macadamia Nut
Pine Nut
Pistachio

Coriander
Cloves
Cumin
Parsley

Vinegar

Coconut Oil
Hemp Protein (CBD)
Honey
Maple Syrup
Stevia

All foods are tested in both raw and cooked form.

The Gut Barrier Panel is included with all FIT Tests (and is also available as a standalone test).