



Rocky Mountain Analytical
Changing lives, one test at a time

Standard IgG-IgE

Standard IgG - IgE Allergens List

96 General Food Panel*		
Almond	Crab, Dungeness	Pepper, Green Bell
Amaranth Flour	Cranberry	Pineapple
Apple	Cucumber	Plum
Apricot	Egg White, Chicken	Pork
Avocado	Egg Yolk, Chicken	Potato, Sweet
Banana	Duck Egg	Potato, White
Barley	Filbert	Pumpkin
Bean, Kidney	Garlic	Radish
Bean, Lima	Gliadin, Wheat	Raspberry, Red
Bean, Pinto	Gluten, Wheat	Red Snapper
Bean, Soy	Grape, Red	Rice, White
Bean, String	Grapefruit	Rye
Beef	Halibut	Salmon, Pacific
Beet	Honey	Scallop
Blueberry	Lamb	Sesame
Broccoli	Lemon	Shrimp, Western
Buckwheat	Lentil	Sole
Cabbage, White	Lettuce	Spelt
Carrot	Lobster, American	Spinach, Green
Casein	Milk	Squash, Zucchini
Cauliflower	Milk, Goat	Strawberry
Celery	Mushroom, Common	Sugar Cane
Cheese, Cheddar	Oat	Sunflower
Cheese, Cottage	Olive, Black	Tomato, Red
Cheese, Mozzarella	Onion, White	Tuna, YellowFin
Chicken	Orange	Turkey
Clam, Manila	Papaya	Walnut
Cocoa Bean	Pea, Green	Wheat, whole
Coconut	Peach	Whey
Cod, Atlantic	Peanut, Runner	Yeast, Baker's
Coffee Bean	Pear	Yeast, Brewer's
Corn	Pecan	Yogurt

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96 Vegetarian*		
Almond	Coconut	Peanut, Runner
Amaranth Flour	Coffee Bean	Pear
Apple	Corn	Pecan
Apricot	Cranberry	Pepper, Green Bell
<i>Artichoke</i>	Cucumber	Pineapple
Avocado	<i>Eggplant</i>	<i>Pistachio</i>
Banana	Egg White, Chicken	Plum
Barley	Egg Yolk, Chicken	Potato, Sweet
Bean, Kidney	Duck Egg	Potato, White
Bean, Lima	Filbert	Pumpkin
Bean, Pinto	<i>Flaxseed</i>	<i>Quinoa</i>
Bean, Soy	Garlic	Radish
Bean, String	Gliadin, Wheat	Raspberry, Red
<i>Bean sprouts</i>	Gluten, Wheat	Rice, White
Beet	Grape, Red	Rye
<i>Black Pepper</i>	Grapefruit	Sesame
Blueberry	Honey	Spelt
Broccoli	<i>Kamut</i>	Spinach, Green
<i>Brown rice</i>	Lemon	Squash, Zucchini
Buckwheat	Lentil	Strawberry
Cabbage, White	Lettuce	Sugar Cane
<i>Cantaloupe</i>	Milk	Sunflower
Carrot	Milk, Goat	Tomato, Red
Casein	<i>Millet</i>	Walnut
<i>Cashew</i>	Mushroom, Common	<i>Watermelon</i>
Cauliflower	<i>Navy Bean</i>	Wheat, whole
Celery	Oat	Whey
Cheese, Cheddar	Olive, Black	Yeast, Baker's
Cheese, Cottage	Onion, White	Yeast, Brewer's
Cheese, Mozzarella	Orange	Yogurt
<i>Cherry</i>	Papaya	
<i>Chili pepper</i>	Pea, Green	
Cocoa Bean	Peach	

Italicized text/shaded boxes are the 16 extra fruits & vegetables (tested in place of meats in General 96 Panel).



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48 Herbs & Spices*	
Aloe Vera	Allspice
Ashwaganda	Basil
Astragalus	Bay Leaf
Bilberry	Cinnamon
Black Cohosh	Cloves
Chamomile	Cumin Seed
Dandelion	Curry
Dong quai	Dill
Echinacea angustifolia	Fennel
Goldenseal	Ginger
Grape Seed	Horse Radish
Green Tea	Marjoram
Gymnema	Mustard
Licorice	Nutmeg
Milk Thistle	Oregano
Psyllium	Paprika
Rose Hips	Parsley
Saw palmetto	Pepper, Black
Siberian Ginseng	Pepper, Cayenne
Spirulina	Peppermint
St. John's Wort	Rosemary
Uva-Ursi	Sage
Valerian	Thyme
Wild Yam	Vanilla

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64 Inhalant Panel-IgE / 16 Mini-Inhalant-IgG

Trees	Trees	Weeds
Acacia	Sweet Gum	Poverty Weed
Alder, White	Sycamore, Eastern	Rabbit Bush
Ash, White	Sycamore, Western	Ragweed, Short
Beech, America	Walnut, Black	Ragweed, Western
Birch, White	Walnut, English	Russian Thistle
Box Elder		Sagebush, Common
California Pepper	Grasses	Saltbush, Annual
Cedar, Mountain	<i>Bermuda</i>	Sheep Sorrel
Cottonwood	<i>Bahia</i>	Stinging Nettle
Cypress, Arizona	<i>Brome, Smooth</i>	
Elm Mix	Fescue Meadow	Indoor
Eucalyptus	<i>Johnson</i>	<i>Cat antigen</i>
Hazel Nut, American	<i>Rye, Perennial</i>	<i>Cockroach, German</i>
Hickory, White	<i>Sweet Vernal</i>	<i>Dog epithelium</i>
Maple, Red	<i>Timothy</i>	<i>Dust Mite Mix</i>
Mesquite		<i>House Dust</i>
Mulberry, Red	Weeds	
Mulberry, White	Dog Fennel	
Oak, Arizona	English Plantain	Molds
Oak, Black	Firebrush	<i>Alternaria tenuis</i>
Oak, White	Iodine Bush	<i>Aspergillus fumigatus</i>
Palm, Queen	Lambs Quarters	<i>Cladosporium herbarum</i>
Pecan	Marshelder, Rough	<i>Penicillum notatum</i>
Pine Mix	Mugwort, Common	
Pine, Western White	Pigweed, Rough	

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Mini-Inhalant Panel

Italicized text/shaded boxes indicate the 16 inhalants found in the Mini-Inhalant IgG Panel. Non-italicized allergens are IgE only.