

RMA FST™ Panel Options

RMA FST™ Enhanced

Over 220 Food Antigens

Cover all of your bases with our most comprehensive panel, the **RMA FST™ Enhanced**. It has all of the foods tested in the **RMA FST™ Basic** panel, plus over 80 more!

The **RMA FST™ Enhanced** panel includes some additional popular foods consumed in the North American diet, such as:

Flax Seed **Sweet Potato** Blueberry Quinoa Chamomile Honey Raisin **Tangerine** Chickpea Mango Rosemary Watermelon Couscous Peppermint Squash ...and many more!

RMA FST™ Vegetarian

Over 160 Food Antigens

Not worried about fish, seafood and meat? This panel is for you. The **RMA FST™ Vegetarian** panel has all of the vegetarian foods tested in the **RMA FST™ Enhanced** panel, including those listed under Dairy/Eggs.

Excludes the foods listed in the Fish/Seafood and Meat categories, but includes over 50 vegetarian foods not provided in the **RMA FST™ Basic** panel.

RMA FST™ Basic

Over 125 Food Antigens

Undiagnosed food sensitivities can affect quality of life. Take back control of your health with the *RMA FST™ Basic* panel, a personalized report of over 125 foods.

RMA FST™ Antigen List

(Continued on Second Side)

Category	RMA FST™ Basic			RMA FST™ Enhanced Everything in the Basic panel, plus		
	Alpha-lactalbumin	Egg White	Milk (Goat)	Milk (Buffalo)		
Dairy/Eggs	Beta-lactoglobulin	Egg Yolk	Milk (Sheep)			
	Casein	Milk (Cow)				
	Barley	Oat	Wheat	Couscous	Spelt	
Grains	Durum Wheat	Rye	Wheat Bran	Malt		
	Gliadin					
Grains (Gluten-free)	Buckwheat	Millet		Amaranth	Tapioca	
	Corn	Rice		Polenta		

Category	RMA FST™ Basic			RMA FST™ Enhanced Everything in the Basic panel, plus		
Fruit	Apple Apricot Avocado Banana Blackberry Blackcurrant Cherry Cranberry	Grape Grapefruit Kiwi Lemon Lime Melon (Honeydew) Nectarine Olive	Orange Peach Pear Pineapple Plum Raspberry Strawberry	Blueberry Date Fig Guava Lychee	Mango Mulberry Papaya Pomegranate Raisin	Redcurrant Rhubarb Tangerine Watermelon
Vegetables	Asparagus Beet Bell Peppers Broccoli Brussel Sprout Cabbage (Savoy/ White) Carrot	Cauliflower Celery Chicory Cucumber Eggplant Leek Lettuce	Onion Potato Soy Bean Spinach Tomato	Artichoke Arugula Cabbage (Red) Chard Fennel (Leaf)	Quinoa Radish Shallot Squash (Butternut) Squash (Summer)	Sweet Potato Turnip Watercress Yucca
Herbs/ Spices	Basil Chilli (Red) Cinnamon Clove Coriander (Leaf) Cumin	Dill Garlic Ginger Hops Mint Mustard Seed	Nutmeg Parsley Peppercorn (Black/White) Sage Thyme Vanilla	Aniseed Bayleaf Camomile Cayenne Curry Bean (Broad)	Ginkgo Ginseng Liquorice Marjoram Nettle	Peppermint Rosemary Saffron Tarragon
Nuts/Seeds	Almond Bean (Green) Bean (Red Kidney) Bean (White Haricot) Brazil Nut Cashew Nut	Canola Coconut Hazelnut Lentil Pea	Peanut Pistachio Sesame Seed Sunflower Seed Walnut	Bean (Broad) Chickpea	Flax Seed Macadamia Nut	Pine Nut Tiger Nut
Miscellaneous	Cane Sugar Carob Cocoa Bean	Coffee Mushroom Tea (Black)	Tea (Green) Yeast (Baker's) Yeast (Brewer's)	Agar Agar Aloe Vera Caper	Chestnut Cola Nut	Honey Transglutaminase

c	ategory	RMA FST™ Basic			Ev	RMA FST™ Enhanced Everything in the Basic panel, plus		
		Cod	Mussel	Sole	Anchovy	Cuttlefish	Sardine	
Je I	<u> </u>	Crab	Oyster	Swordfish	Barnacle	Eel	Sea Bream (Gilthead)	
he panel		Haddock	Plaice	Trout	Bass	Espaguette	Sea Bream (Red)	
in the rian pa	Fish/	Herring	Salmon	Tuna	Carp	Hake	Snail (Winkle)	
	Seafood	Lobster	Scallop	Turbot	Caviar	Monkfish	Spirulina	
T" Vegetar Sealood	Mackerel	Shrimp/Prawn		Clam	Octopus	Squid		
					Clam (Razor)	Perch	Wakame	
NOT I					Cockle	Pike		
RMA		Beef	Lamb	Veal	Goat	Ox	Rabbit	
B	Meat	Chicken	Pork	Venison	Horse	Partridge	Wild Boar	
		Duck	Turkey		Ostrich	Quail		

^{*} Rocky Mountain Analytical reserves the right to substitute/change allergens without notice.

