

Prices | Test Panels

++ Practitioner ++



Functional Laboratory Tests

Alcat Food / Chemical INTOLERANCE Test

combined with the Cellular Nutrition Assays and/or Lifestyle Genetics

ALCATTEST

CNA CELLULAR
NUTRITION
ASSAYS

GENOMIC
INSIGHTS

Most popular test packages

BASIC PROFILE 1 <ul style="list-style-type: none">100 Foods <hr/> 100 foods € 330	METABOLISM PROFILE 1 <ul style="list-style-type: none">200 Foods45 Chem 1 <hr/> 245 items € 536	COMPREHENSIVE PROFILE 1 <ul style="list-style-type: none">200 Foods45 Chem 150 Phyto Basic20 Molds <hr/> 315 items € 654
BASIC PROFILE 2 <ul style="list-style-type: none">100 Foods45 Chem 1 <u>or</u> 50 Phyto Basic <hr/> 145/150 items € 426	METABOLISM PROFILE 2 <ul style="list-style-type: none">150 Foods95 Chem 1 and 220 Molds <u>or</u> 18 Biogenic Amines <hr/> 263/265 items € 573	COMPREHENSIVE PROFILE 2 <ul style="list-style-type: none">250 Foods95 Chem 1 and 2100 Phyto Plus <u>or</u> Phyto FEM20 Molds18 Biogenic Amines <hr/> 483 items € 930

Create a CUSTOMIZED PANEL using a flexible modular system

→ Chose a **Food/Basic Panel** (+) **Advanced Profile** (Example: 150 Food Panel + Chem 1 + Phyto Plus)

FOOD/BASIC PANELS	€ PRICE	+ ADVANCED PANELS (Add-on panels)	€ PRICE*
100 foods	330	45 CHEM 1 (additives pharmaceutical agents environmental chemicals)	89
100 foods VEGAN	330	50 CHEM 2 (expanded additives E-panel)	92
150 foods	404	50 PHYTO basic (Medicinal herbs Superfoods)	92
150 foods VEG (no fish/meat)	404	100 PHYTO plus (fitness-balance supplements)	178
200 foods	477	100 PHYTO fem (females menopause supplements)	178
200 foods VEG (no fish/meat)	477	20 MYK (molds)	39
250 foods	536	18 PHA (biogenic amines phytochemicals)	39

*If added to a food panel. Without a Basic Food Panel an additional €75 lab fee applies

Net prices in EUR: Pre-Payment via credit card, bank wire | Price incl. blood draw, tes tkit, test results (laboratory analysis, guidance notes, rotational concept, foods to avoid list)
Shipping fee (24h courier)


Blood Collection Up to 100 test agents: 10ml | up to 250 test agents: 20ml | up to 250 test agents: 30ml

CNA (Cellular Nutrition Assays)

Micronutrients, antioxidants, botanical, and other

- **CMA** (Cellular Micronutrient Assay)
Micronutrient insufficiencies
- **Redox** (Overall antioxidative capacity), **APA** (Antioxidant Protection Assay) Particular beneficial antioxidants

Blood Collection: Whole Blood
(requires immediate shipment)



100 items € 399 | add on €299* **SAVE € 100**

*Add on to an Alcat Panel

TRIPLE BUNDLES on inquiry



Add a Lifestyle Genetic Profile.

Example: In **combination** with an **Alcat Test** profile, the **Cellular Nutrition Assays**, and, the **Methyl Detox Profile**, a comprehensive perspective on foods to avoid, as well as which foods and nutrients (including methyl-donors) to emphasize in the diet and supplementation, is achieved.

Also available:

- **Telomere** Length Test
- **CICA** - Celiac, IBS, Crohn's Array; gut health assessment using different novel genetic, serological/antibody and cellular assessments



FUNCTIONAL GENETICS | SPECIALTY TESTS


METHYL DETOX PROFILE

Functional Genetics

5 GENES:**

- **MTHFR** | **MTR** | **MTRR** | **COMT** | **AHCY**
metabolic pathways function

Blood Collection:
(blue tube or swab)



€ 399 | add on €299*

The Methyl Detox Profiles include testing the following SNPs per gene: **MTHFR: C677T and A1298C | **COMT**: G472A and G304A | **MTR**: C3518T and A2756G | **MTRR**: A66G | **AHCY**: C112T, G367A and g.G32878481C


*Add on to an Alcat Panel

CICA /Celiac, IBS, & Crohn's Array

Integrative GI marker

- **4 GENES**:**
Celiac disease - HLA-DQ2.5 | HLA-DQ8
Crohn's disease - ATG16L1 | NOD2
- **ANTIBODY:** Total Serum IgA, tTG (IgG and IgA), DGP Antibody (IgG, IgA), ASCA (IgG, IgA)

Blood Collection:
(requires immediate shipment)



€ 499 | add on € 399*

The CICA includes testing the following SNPs per gene: **ATG16L1: T300A | **NOD2**: L1007fsinsC, R702W, G908R

→ Alcat 250 Food Panel and Alcat Comprehensive Profile 2 are compatible with CICA (all gluten containing grains and grain alternatives tested)




TELOMERE LENGTH

Functional Genetics - Protective Telomere Function

- Protecting chromosomes against genome instability

Blood Collection:
(requires immediate shipment)



€ 299 | add on € 199*

Connect with us
alcat@medicalgroup.sk

For QUESTIONS and PANEL OPTIONS feel free to connect with us!

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Alcat Basic Profiles

Food Profiles | gluten, gliadin, wheat, casein, whey, cow's milk, egg, and *Candida albicans* are included in all profiles.

	ALCAT 100 100 foods	ALCAT 150 150 foods / Alcat 100 + 50	ALCAT 200 200 foods / Alcat 150 + 50	ALCAT 250 250 foods / Alcat 200 + 50
Vegetables	asparagus, avocado, bell pepper mix, broccoli, brussels sprouts, butternut squash, cabbage, carrot, cauliflower, celery, cucumber, eggplant, green pea, lettuce, mushrooms, olive, onion, pinto bean, spinach, squash, string bean, soybean, sweet potato, tomato, white potato	artichoke, beetroot, black-eyed pea, chickpea, kidney bean, lentil bean, lima bean, navy bean, pumpkin, radish, tapioca, turnip	acorn squash, bok choy, endive, fava bean, fennel, kale, leek, mung bean, okra, parsnip, romaine lettuce, swiss chard, zucchini	adzuki bean, arugula, bear's garlic, black bean, boston bibb lettuce, cannellini bean, capers, chestnut, chicory, collard greens, escarole, grape leaf, leaf lettuce, lupini bean, mustard greens, savoy cabbage, shallot, shiitake mushroom, scallion, spaghetti squash
Fruit	apple, banana, blueberry, cantaloupe, cherry, cranberry, grape, grapefruit, lemon, lime, orange, peach, pear, pineapple, plum, strawberry, watermelon	apricot, blackberry, date, fig, honeydew (melon), kiwi, mango, papaya, raspberry	black currant, nectarine, pomegranate, rhubarb	guave, lychee, persimmon, star fruit, tangerine
Sea/Fish	clam, codfish, crab, halibut, lobster, salmon, scallop, shrimp, snapper, sole, tuna	bass, haddock, herring, oyster, sardine, tilapia, trout	anchovies, catfish, crayfish, flounder, mackerel, mussel, squid, swordfish, whitefish	carp, mahi-mahi
Meat	beef, chicken, lamb, pork, turkey	duck, veal	beef liver, pheasant, quail, venison	chicken liver, goose, rabbit
Nuts	almond, cashew, cocoa, coconut, peanut, pecan	hazelnut, pistachio, walnut	brazil nut, macadamia, pine nut	bitter almond
Spices/Herbs Other	basil, black pepper, cinnamon, coffee, garlic, ginger, green tea, mustard, oregano, parsley, tea, vanilla	bay leaf, caraway, cayenne pepper, clove, cumin, dill mix, mint, nutmeg, paprika, safflower, sage, sunflower, thyme	anise seed, cardamom, chamomile, chili pepper, coriander, curry, jalapeno pepper, kelp, liquorice, rosemary, saffron, tarragon, turmeric	allspice, arrow root, canola oil, chives, cilantro, hemp, horseradish, nutritional yeast, seaweed wakame, taro, water chestnut, yam
Candida albicans¹ Sugar related	baker's yeast, brewer's yeast, candida albicans, cane sugar, carob, fructose (HFCS), honey, hops	beet sugar, malt	maple syrup	molasses, nutritional yeast
Gluten/Grains	barley, corn, gliadin, gluten, millet, oat, rice, rye, sesame, wheat	buckwheat, flaxseed	quinoa, spelt	amaranth seed, brown rice, chia, teff, sorghum, wild rice
Milk/Lactose/Egg	casein, cow's milk, egg white, egg yolk, goat's milk, whey		sheep's milk	

Vegetarian test panels | vegan, vegetarian (no fish/meat)

	VEGAN 100 100 vegan foods	VEG 150 150 vegetarian / 100 + 50	VEG 200 200 vegetarian / 150 + 50
Vegetables	asparagus, avocado, bell pepper mix, black-eyed pea, broccoli, brussel sprout, cabbage, carrot, cauliflower, celery, chickpea, cucumber, eggplant, garlic, green pea, iceberg lettuce, kidney bean, leek, lentil, lima bean, mushroom, navy bean, olive, onion, pinto bean, pumpkin, radish, red beet, soybean, spinach, string bean, sweet potato, tomato, white potato, yellow squash	endive, fava bean, kale, mung bean, okra, parsnip, portobello mushroom, rhubarb, romaine lettuce, Swiss chard, turnip, zucchini	acorn squash, adzuki bean, arugula, black bean, Bok Choy, Boston bibb lettuce, butternut squash, cannellini bean, chicory, collard greens, dandelion leaf, escarole, leaf lettuce, mustard green, scallions, shallots, Shitake mushroom, spaghetti squash, yam
Fruits	apple, apricot, banana, blackberry, blueberry, cantaloupe, cherry, cranberry, date, grape, grapefruit, honeydew melon, lemon, Lime, orange, papaya, peach, pear, pineapple, plum, raspberry, strawberry, watermelon	fig, kiwi, mango, nectarine, pomegranate	black currant, guava, lychee, mulberry, persimon, starfruit, tangerine
Nuts	almond, cashew, coconut, hazelnut, pecan, walnut	Brasil nut, macadamia nut, peanut, pine nut, pistacio	
Spices Herbs, Other	basil, bay leaf, black pepper, cayenne pepper, cinnamon, clove, cumin, dill, flaxseed, ginger, mustard, oregano, paprika, parsley, peppermint, sage, seaweed, sesame, sunflower, thyme, vanilla	caraway, chamomile, chili pepper, cacao, coffee, curry, jalapeno pepper, kelp, nutmeg, psyllium, rosemary, saffron, tarragon, tea, tumeric	arrow root, carpers, cardamon, chives, cilantro, coriander, fennel seed, hemp, horseradish, licorice, safflower, spearmint, water chestnut, watercress
Candida albicans¹ Sugar related	baker's yeast, brewer's yeast, Candida albicans, cane sugar, carob	fructose (HFCS), honey, hops, malt, maple sugar	molasses, nutritional yeast
Gluten, Grains	barley, buckwheat, corn, gliadin, gluten, millet, oat, rice, rye, wheat	sorghum, tapioca, whey	chia, quinoa, spelt, taro, teff, wild rice
Milk, Egg		casein, cow's milk, egg white, egg yolk, goat's milk	lactose, sheep's milk

Alcat Advanced Profiles

Chemical Profiles | in industrial food, cosmetics, detergents, textiles, medicines etc.

	Colorings	Preservatives / environmental chemicals alternative sugars / other	Antibiotics / Anti-Inflammatories / pain killer
Chem 1 45 items	annato yellow/orange (E160b), blue#1 (E133), blue#2 (E132), brilliant black (E151), lissamine (E142), red#3 erythrosine b (E127), red#40 (E129), yellow#5 tartrazine (E102), yellow#6 (E110)	ammonium chloride, aspartame (E951), benzoic acid (E210), chlorine, deltamethrine, ethylene glycol, fluoride, monosodium glutamate (MSG, E621), nickel sulfate, orris root, polysorbate 80 (E433), saccharine (E954), sodium metabisulfite (E223), sodium sulfite (E221), sorbic acid (E200)	acetaminophen, acetylsalicylic acid (aspirin), amoxicillin, ampicillin, clinoril, diclofenac (voltaren), diflunisal, flurbiprofen, gentamicin, ibuprofen, indometacin, ketoprofen, naproxen, neomycin, nystatine, penicillamine, penicilline, piroxicam, streptomycin, sulfamethoxazole, tetracycline
	Colourings	Preservatives / flavour enhancer / expanded additives	Food additives / sugar replacements
Chem 2 Expanded; 50 items	acid blue#3 (E131), beta-carotene (E160a), carmine (cochineal) (E120), camoisine red#5 (E122), quinoline yellow (E104), red#2 amaranth (E123), Ponceau 6R (E126)	acacia gum (E414), adipic acid (E355), ascorbic acid (E300), BHA (E320), BHT (E321), calcium phosphate (E341), citric acid (E330), EDTA (E385), fumaric acid (E297), lactic acid (E270), lecithin (E322), magnesium phosphate (E343), malic acid (E296), methenamine (E239), phosphoric acid (E338), potassium phosphate PM (E340), potassium sorbate (E202), potassium tartrate (E336), sodium acetate (E262), sodium benzoate (E211), sodium lactate (E325), sodium propionate (E281), succinic acid (E363)	alum, cyclodextrin (E459), d-lactitol (E966), erythritol (E968), glycerol (E422), hexylresorcinol (E586), invert sugar (E1103), isomalt (E953), lysozyme (E1105), mannitol (E421), methyl anthranilate, potassium hydroxide (E525), polydextrose (E1200), sodium bisulfate (E514), sodium cyclamate (E952), sodium pyrophosphate (E450c), sodium triphosphate (E451), sorbitol (E420), sucralose (E955), xylitol (E967)

+ Glyphosate individual substance on request

Phytoceutical Panel | Medicinal herbs and SuperFoods; tea, medicines, nutritional supplements etc.

	Phyto Basic 50 phytoceuticals	Phyto Plus Phyto Basic + 50 fitness-balance	Phyto Fem-Meno Phyto basic + 50 female-menopause
Phytoceuticals HHerbs, SuperFoods, Adaptogenes	acai berry, agave, aloe vera, ashwagandha, astragalus, barley grass, bee pollen, bilberry, black nut, cascara, chlorella, cottonseed, dandelion, echinacea, essiac, feverfew, ginko biloba, goji berry, goldenseal, grape seed extract, gurana seed, gymnema sylvestre, hawthorn berry, huperzine, kava kava, lutein, maitake mushroom, mangosteen, milk thistle, mullein leaf, noni berry, pau d'arco bark, pine bark, red clover flower, red yeast rice, reishi mushroom, resveratrol, rhodiola, rooibos tea, schizandra berry, senna, spirulina, st. john wort, stevia leaf, valerian, vinpocetine, watercress, wheatgrass, wormwood, yellow dock	alfalfa, american ginseng, blue green algae, burdock, butcher's broom, calendula, cat's claw, catuaba, chaparral, chondroitin, cnidium monnieri, damiana, deer antler velvet, dong quai, elderberry, elderflower, eucalyptus, fo-ti root, glucosamine, goldenrod, gotu kola, horny goat weed, juniper berry, korean ginseng, lobelia, lo han guo, lycopene, maca root, mistletoe, mucuna pruriens, muria puama, myrrh, nettle leaf, pumpkin seed, pygeum bark, rehmannia, rose petal, sarsaparilla, saw palmetto, sea buckthorn, funegreek, siberian ginseng, skull cap, stinging nettle root, sweet woodruff, tribulus terrestris, uva ursi, yarrow, yerba mate, yohimbe bark	alfalfa leaf, arnica, black cohosh, blessed thistle, blue cohosh, boswellia, buchu leaf, bupleurum, burdock, butcher's broom, calendula, cat's claw, chaparral root, chaste berry, cramp bark, damiana, dong quai, evening primerose, false unicorn, fo-ti root, gotu kola, horse chestnut, horsetail, irish moos, juniper berry, korean ginseng, lavender, lemon balm, lobelia, maca root, marshmallow root, mistletoe, motherwort, myrrh, nettle leaf, pennyroyal, peony root, red clover flower, red raspberry leaf, rehmannia root, sarsaparilla, siberian ginseng, skull cap, slippery elm, squaw vine, uva ursi, white willow bark, wild yam root, yarrow, yerba mate

Molds

	Molds found in food (grains), house, garden, nature etc.
MYK 20 items	Alternaria alternate, Aspergillus fumigatus, Aureobasidium pullulans, Botrytis cinerea, Candida albicans, Cephalosporium, Cladosporium herbarum, Curvularia spicifera, Epicoccum nigrum, Fusarium oxysporum, Geotrichum candidum, Helminthosporium, Hormodendrum, Monila sitophila, Mucor racemosus, Penicillium, Phoma herbarum, Rhizopus nigricans, Rhodotorula rubra, Spondylocladium, Trichoderma

Biogenic amines

	Phytochemicals & pharmacoactive agents; in chocolate, cheese, red wine etc.
PHA 18 items	aflatoxin, caffeic acid, chlorogenic acid, coumarin, dopamine, gallic acid, histamine, maltodextrine, nicotine, octopamine, phenylalanin, phenylethylamin, piperonal, rutin, serotonin, sodium lauryl sulfate, tryptophan, tyramine

✓ **Pediatric Panel** on request: 50 foods (+45/50 additives) recommended for children up to 3 years

Intracellular micronutrient insufficiencies | potential intracellular long-term deficiencies

52 test items | CMA (Cellular Micronutritional Assay)

VITAMINS

Thiamine (vitamin B1)
 Riboflavin (vitamin B2)
 Biotin
 Cobalamin (vitamin B12)
 Folate (vitamin B9)
 Nicotinamide (Niacin, vitamin B3)
 Pantothenic Acid
 Pyridoxine (vitamin B6)
 Vitamin C
 Vitamin A
 Vitamin D
 Vitamin E (Delta-tocotrienol)
 Vitamin K1
 Vitamin K2-MK7
 Vitamin K2-MK4

MINERALS

Boron
 Calcium
 Chromium
 Copper
 Iodine
 Iron
 Lithium
 Magnesium
 Manganese
 Molybdenum
 Potassium
 Selenium
 Strontium
 Vanadium
 Zinc

AMINO ACIDS

Arginine
 Asparagine
 Cysteine
 Glutamine
 Glycine
 Histidine
 Isoleucine
 Leucine
 Lysine
 Serine
 Methionine
 Phenylalanine
 Taurine
 Threonine
 Tryptophan
 Tyrosine
 Valine

OTHER NUTRIENTS

Alpha-ketoglutarate
 Carnitine
 Choline
 Glutathione
 Inositol

Individually protective antioxidants

48 test items | APA (Antioxidant Protection Assay)

BOTANICALS, PLANT EXTRACTS, PIGMENTS, PHYTONUTRIENTS

Acai Berry
 Andrographis
 Astaxanthin
 Astragalus
 Camu Camu
 Chlorophyll
 Echinacea
 Elderberry
 Frankincense
 Gingko biloba
 Goji Berry
 Grape Seed
 Green Tea
 Lavender

Lutein
 Lycopene
 Maitake mushroom
 Mangosteen
 Milk Thistle
 Noni Berry
 Piperine
 Pomegranate
 Pycnogenol
 Quercetin
 Resveratrol
 Rhodiola Root
 Shiitake mushroom
 Sulforaphane
 Turmeric
 Wild Cherry Bark
 Zeaxanthin

ANTIOXIDANT AND ANTI-INFLAMMATORY NUTRIENTS, AND ENZYMES

Beta-carotene
 Catalase
 Coenzyme Q10
 Glutathione
 NADH
 Pyrroloquinoline
 Selenium
 Super Oxide Dismutase (SOD)
 Vitamin C
 Vitamin E (Delta tocotrienol)
 Zinc

FATTY ACIDS

Docosahexaenoic acid (DHA)
 Eicosapentaenoic acid (EPA)
 Linoleic Acid
 Lipoic Acid
 Oleic Acid (omega 9)
 Palmitoleic acid (omega 7)

Publication Alcat Test and the Cellular Nutrition Assays



CONCLUSION: This study suggests that high food sensitivity is associated with a higher nutrient deficiency, a stronger oxidative stress response and a lower immune redox status.

→ Interestingly, food sensitivity reactions, not only promote inflammation but also impair nutritional status, according to the study.

Citation: Steele I, Allright D, Deutsch R; A randomized observational analysis examining the correlation between patients' food sensitivities, micronutrient deficiencies, oxidative stress response and immune redox status. **Functional Foods in Health and Disease.** 2020; 10(3): 127- 138. DOI: <https://doi.org/10.31989/ffhd.v10i3.695>

Functional Laboratory Testing aimed at personalized nutrition and prevention of chronic inflammation and autoimmune disease.

Cell Science Systems GmbH (CSS) is the Europe-wide provider of the Alcat Test for food/chemical sensitivity and related health communication. Independent studies of universities e.g. Yale School of Medicine, University of Illinois, Baylor Medical College or the University of Pavia confirm the effectiveness of the Alcat Test and that the direct cell response is a scientifically based way to identify immunologically complex and often delayed immune reactions.

ALCATTEST

CNA CELLULAR NUTRITION ASSAYS

<p><i>Effective for</i></p> <p>Gut and skin disorders, overweight, arthritis, headaches, chronic fatigue, and other conditions related to INFLAMMATION</p>	Answers what to eat and what not to eat	Identifies intracellular micronutrient deficiencies & protective antioxidants	<p><i>Micronutrients</i></p> <p>Intracellular potential long-term deficits: foods and supplements that are individually tailored.</p>
	Identifies triggers of inflammation (immune cell degranulation)	Measures cell proliferation (lymphocytes) & cells' ability to resist oxidative stress	
	Basis for a healthy & anti-inflammatory diet	Basis for targeted nutrients & food supplements	

The Cellular Nutrition Assays are now available in combination with the Alcat Test.

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Also available from Cell Science Systems:

- Methyl-Detox-Profile
- CICA – Celiac, IBS, Crohn's Assay /genetic, serologic (antibodies) and cellular parameter combined
- Telomere Length test

More information: www.alcat.sk

ALCATTEST

CNA CELLULAR NUTRITION ASSAYS

GENOMIC INSIGHTS

