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|----------------------------|------------------|----------------|-----------------|----------------|----------------|------------|
| Patient Information | [REDACTED] | Date of Birth: | [REDACTED] | Gender: | F | |
| Lab Information | Date Received: | 09/03/2025 | Date Collected: | 09/02/2025 | Date Reported: | 09/10/2025 |
| HCP: | TriCore Wellness | Clinic ID: | [REDACTED] | Lab ID: | [REDACTED] | |

 Lab Director
 Harold Alvarez, M.D.

| | | | | |
|---------------|-----------------|--------------|---------------------------------|-----------------|
| SEVERE | MODERATE | MILD* | ACCEPTABLE / NO REACTION | Item Count: 250 |
|---------------|-----------------|--------------|---------------------------------|-----------------|

| | | | | |
|--|--|--|---|---|
| ACORN SQUASH ASPARAGUS BOK CHOY FLAXSEED NUTMEG | ALMOND AMARANTH ANCHOVY APPLE APRICOT BANANA BASIL BELL PEPPER MIX BISON BLACK CURRANT BOSTON BIBB LETTUCE CABBAGE EGGPLANT PLANTAIN RHUBARB RICE (BRWN/WHT) SEA BASS VANILLA WALNUT | AGAVE* ALLULOSE* ARROWROOT* AVOCADO* BLACK BEANS* BLACK PEPPER* BLACK TEA* BRAZIL NUT* BRSSLS SPROUT* BUTTERNUT SQUASH* BUTTON MUSHROOM* CANNELLINI BEANS* CANTALOUPE* CARDAMOM* CASHEW* CATFISH* CAYENNE PEPPER* CHIA* CHICORY* CINNAMON* COCOA* CODFISH* DANDELION LEAF* DATE* DILL* DUCK* EGG WHITE* EGG YOLK* ESCAROLE* FLOUNDER* GARLIC* GRAPE* GUAVA* HADDOCK* HALIBUT* HAZELNUT* HONEY* KIWI* LAMB* LEAF LETT (RED/GRN)* LEMON* MAHI MAHI* MILLET* MUNG BEAN* MUSTARD GREENS* OAT (GLUTEN FREE)* OLIVE* PAPAYA* PECAN* PINEAPPLE* POPPY SEED* PUMPKIN* RASPBERRY* RED PALM FRUIT* SAFFRON* SAGE* SCALLION* SESAME* SHALLOTS* SHIITAKE MUSHRM* SHRIMP* SPINACH* STEVIA LEAF* SWEET POTATO* SWISS CHARD* TEFF* VENISON* WAKAME SEAWEED* WHITE POTATO* YELLOW SQUASH* ZUCCHINI SQUASH* | ADZUKI BEANS BROCCOLI CHICKPEA FAVA BEAN ICEBERG LETTUCE KELP LIMA BEAN ONION RADISH SOYBEAN TOMATO YELLOW PEA | VEGETABLES / LEGUMES ARTICHOKE CARROT COLLARD GREENS FENNEL SEED JALAPENO PEPP KIDNEY BEAN NAVY BEAN PARSNIP RED BEET SPAGHETTI SQUASH TURNIP ARUGULA CAULIFLOWER CUCUMBER GREEN PEA JICAMA LEEK NORI PINTO BEAN ROMAINE LETT STRING BEAN WATER CHESTNUT BLACK-EYED PEA CELERY ENDIVE HABANERO PEPPER KALE LENTIL BEAN OKRA PORTOBELLO MUSHRM RUTABAGA TARO ROOT WATERCRESS |
| FRUITS | | | | |
| BLACKBERRY CRANBERRY HONEYDEW MLN MANGO PEACH POMEGRANATE WATERMELON | BLUEBERRY DRAGON FRUIT JACKFRUIT MULBERRY PEAR STAR FRUIT | CAPERS FIG LIME NECTARINE PERSIMMON STRAWBERRY | CHERRY GRAPEFRUIT LYCHEE ORANGE PLUM TANGERINE | |
| MEAT | | | | |
| BEEF VEAL | CHICKEN | PORK | TURKEY | |
| DAIRY / EGGS | | | | |
| SEAFOOD | | | | |
| CLAM MACKEREL SALMON SOLE TUNA | CRAB MUSSEL SARDINE SWORDFISH | GROUPER OYSTER SCALLOP TILAPIA | LOBSTER POLLOCK SNAPPER (RED) TROUT | |
| GRAINS / STARCHES | | | | |
| BUCKWHEAT TAPIOCA | CORN WILD RICE | QUINOA | SORGHUM | |
| HERBS / SPICES | | | | |
| ALLSPICE CILANTRO GINGER PAPRIKA TARRAGON | ANCHO CHILI PEPP CLOVE HORSERADISH PARSLEY THYME | BAY LEAF CORIANDER SEED LICORICE PEPPERMINT TURMERIC | CHIVES CUMIN OREGANO ROSEMARY | |
| NUTS / OILS AND MISC. FOODS | | | | |
| BAKER'S YEAST CARAWAY COFFEE MACADAMIA MUSTARD SEED PISTACHIO | BREWER'S YEAST CAROB GREEN TEA MAPLE SUGAR NUTRITIONAL YEAST SAFFLOWER | CANE SUGAR CHAMOMILE HEMP MOLASSES PEANUT SPEARMINT | CANOLA (RAPESEED) COCONUT HOPS MONK FRUIT PINE NUT SUNFLOWER | |

CANDIDA ALBICANS
 NO REACTION

GLUTEN
 NO REACTION

GLIADIN
 MILD

CASEIN
 NO REACTION

WHEY
 NO REACTION

LACTOSE
 MILD

 Also eliminate these foods:
BARLEY, MALT, RYE, SPELT, WHEAT

 Also eliminate these foods:
GOAT'S MILK, SHEEP'S MILK

| | | | | | | |
|----------------------------|------------------|----------------|-----------------|------------|----------------|------------|
| Patient Information | [Redacted] | Date of Birth: | [Redacted] | Gender: | F | |
| Lab Information | Date Received: | 09/03/2025 | Date Collected: | 09/02/2025 | Date Reported: | 09/10/2025 |
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Harold Alvarez, M.D.

Your Test Results Explained.

Food Sensitivity/Intolerance is not always a straight-forward yes or no. There can be different degrees of reactivity, which can be altered through change of eating habits, stress levels, medical conditions, nutritional status and other factors that affect the body's immune system.

Your test results are divided into four distinct categories (denoted by the colored columns).

| | |
|---------------|--|
| Red | These items indicate a severe sensitivity and should be strictly avoided for a minimum of 6 months. |
| Orange | These items indicate a moderate sensitivity and should be strictly avoided for a minimum of 3 to 6 months. |
| Yellow | These items indicate a mild sensitivity and are also indicated by an asterisk on the rotation diet to aid the nutritional balance of your eating program as they should be eaten on 4 day rotational basis. If the items listed in the yellow section appear on the rotation plan and are consumed frequently, they should be considered for a 3 month avoidance period, especially if there are few red and orange reactive foods. |
| Green | These items are acceptable (non-reactive). It is recommend that they be consumed on a rotational basis, no more than every other day. |
| Blue | On your food results you will have 3 distinct blue boxes : Candida Albicans: it will include items that are known to exacerbate the Candida condition. Although you may not be sensitive/intolerant to these, it is recommended to avoid them, suggested by the Candida sensitivity. Gluten/Gliadin: it will include grain products that contain the protein gluten/gliadin, such as wheat, rye, barley, spelt, etc. Although you may not be sensitive/intolerant to these other grains, it is advisable to avoid them due to their gluten/gliadin content. A positive gluten/gliadin reaction result with negative wheat, rye, etc responses can occur when the isolated protein is tested in its more concentrated form. Casein/Whey: it will include products that contain casein/whey such as cow's milk, sheep's milk and goat's milk. Although you may not be sensitive/intolerant to these products listed, it is advisable to avoid or limit them because they contain the protein casein or whey. |

Cautions & Notes:

- a. Any item known to trigger an immediate reaction (Type 1, IgE mediated, allergic reaction) should be avoided. Positive results to molds and candida should be analyzed in conjunction with other results (IgE, skin tests and IgG levels) and not applied in isolation. Positive molds could be considered for desensitization.
- b. Healthcare providers should be alerted to the possibility that any non-reactive (green) item, to which there as has been no consumption or exposure for six months, should be introduced with caution.
- c. Alcat Test results are not designed to replace a consultation with a healthcare provider.

Note:

- 1. Insufficient data exists to determine that non-reactive molds, pharmacoactive agents and environmental chemicals are in fact "safe". Nonetheless, it is reasonable to assume at this time that a moderate or strong cellular reaction on the test is indicative of a clinical sensitivity and avoidance, if possible, is recommended.
- 2. If tested for 50 foods or less, no rotational plan is provided.

For detailed information on each food and substance tested, and to better understand your results, please refer to our *Understanding Your Alcat Test Results eBooklet*. <https://cellsciencesystems.com/guide/>

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Lab Director
Harold Alvarez, M.D.

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|-----------------------------|---|--|--|--|
| GRAINS / STARCHES | ARROWROOT* OAT (GLUTEN FREE)* TAPIOCA WHITE POTATO* | MILLET* WILD RICE | CORN QUINOA SORGHUM SWEET POTATO* TEFF* | BUCKWHEAT |
| VEGETABLES / LEGUMES | ARTICHOKE BLACK-EYED PEA BUTTERNUT SQUASH* CARROT CELERY CHICKPEA FAVA BEAN KALE LEAF LETT (RED/GRN)* MUSTARD GREENS* ROMAINE LETT RUTABAGA TOMATO WAKAME SEAWEED* YELLOW PEA YELLOW SQUASH* | BROCCOLI BRSSLS SPROUT* BUTTON MUSHROOM* CAULIFLOWER CHIVES ENDIVE ESCAROLE* JICAMA KELP LENTIL BEAN SHALLOTS* SHIITAKE MUSHRM* ZUCCHINI SQUASH* | ARUGULA BLACK BEANS* COLLARD GREENS FENNEL SEED GREEN PEA HABANERO PEPPER HORSERADISH ICEBERG LETTUCE KIDNEY BEAN LEEK LIMA BEAN MUNG BEAN* NAVY BEAN ONION PINTO BEAN RADISH STRING BEAN TARO ROOT WATERCRESS | ADZUKI BEANS CANNELLINI BEANS* CUCUMBER DANDELION LEAF* JALAPENO PEPP NORI OKRA PARSNIP PORTOBELLO MUSHRM RED BEET SCALLION* SPAGHETTI SQUASH SPINACH* SWISS CHARD* TURNIP WATER CHESTNUT |
| FRUIT | CAPERS DATE* FIG GUAVA* KIWI* LEMON* MANGO PAPAYA* STRAWBERRY | AVOCADO* BLUEBERRY CRANBERRY DRAGON FRUIT JACKFRUIT PEAR PINEAPPLE* POMEGRANATE TANGERINE | BLACKBERRY CHERRY GRAPE* LIME NECTARINE PEACH PLUM RASPBERRY* STAR FRUIT | CANTALOUPE* GRAPEFRUIT HONEYDEW MLN LYCHEE MULBERRY OLIVE* ORANGE PERSIMMON PUMPKIN* RED PALM FRUIT* WATERMELON |
| PROTEIN | BEEF CODFISH* CRAB FLOUNDER* LAMB* OYSTER SARDINE SNAPPER (RED) SWORDFISH VEAL | CATFISH* CHICKEN EGG WHITE* EGG YOLK* MACKEREL MAHI MAHI* TILAPIA TUNA | DUCK* GROUPE HALIBUT* POLLOCK PORK SOLE SOYBEAN | CLAM HADDOCK* LOBSTER MUSSEL SALMON SCALLOP SHRIMP* TROUT TURKEY VENISON* |
| MISCELLANEOUS | ANCHO CHILI PEPP BAY LEAF CARAWAY CASHEW* CHAMOMILE CHIA* CHICORY* COCONUT CORIANDER SEED CUMIN HONEY* LICORICE PARSLEY PISTACHIO ROSEMARY SAFFLOWER TURMERIC | ALLSPICE BAKER'S YEAST BREWER'S YEAST CANE SUGAR CAYENNE PEPPER* CINNAMON* CLOVE GARLIC* GINGER HAZELNUT* HEMP HOPS MAPLE SUGAR MUSTARD SEED PAPRIKA PEPPERMINT SAFFRON* | ALLULOSE* BRAZIL NUT* CANOLA (RAPESEED) CARDAMOM* CILANTRO COCOA* COFFEE COW'S MILK DILL* GOAT'S MILK* MACADAMIA OREGANO PEANUT STEVIA LEAF* TARRAGON THYME | AGAVE* BLACK PEPPER* BLACK TEA* CAROB GREEN TEA MOLASSES NUTRITIONAL YEAST PECAN* PINE NUT POPPY SEED* SAGE* SESAME* SPEARMINT SUNFLOWER |

Patient Information



Date of Birth: [Redacted] Date Reported: 09/10/2025
 Date Received: 09/03/2025 Lab ID: [Redacted]
 HCP(39299): TriCore Wellness

The Alcat Test does not identify the **immediate allergic response** to foods. If you have true food allergies, please **continue to AVOID those foods**, even though they may not appear "reactive" on your Alcat Test results.

CANDIDA ALBICANS

You have no reaction to Candida Albicans.

GLUTEN

GLIADIN

You have no reaction to Gluten and mild reaction to Gliadin, eliminate these foods:

BARLEY, MALT, RYE, SPELT, WHEAT

CASEIN

WHEY

LACTOSE

You have no reaction to Casein or Whey.

COW'S MILK, GOAT'S MILK, SHEEP'S MILK

ACORN SQUASH
 ASPARAGUS
 BOK CHOY
 FLAXSEED
 NUTMEG

ALMOND
 ANCHOVY
 APRICOT
 BASIL
 BISON
 BOSTON BIBB LETTU
 EGGPLANT
 RHUBARB
 SEA BASS
 VANILLA

AMARANTH
 APPLE
 BANANA
 BELL PEPPER MIX
 BLACK CURRANT
 CABBAGE
 PLANTAIN
 RICE (BRWN/WHT)
 SHEEP'S MILK
 WALNUT

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CASEIN

WHEY

LACTOSE

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COW'S MILK, GOAT'S MILK, SHEEP'S MILK

ACORN SQUASH
 ASPARAGUS
 BOK CHOY
 FLAXSEED
 NUTMEG

ALMOND
 ANCHOVY
 APRICOT
 BASIL
 BISON
 BOSTON BIBB LETTU
 EGGPLANT
 RHUBARB
 SEA BASS
 VANILLA

AMARANTH
 APPLE
 BANANA
 BELL PEPPER MIX
 BLACK CURRANT
 CABBAGE
 PLANTAIN
 RICE (BRWN/WHT)
 SHEEP'S MILK
 WALNUT

AGAVE*
 BLACK BEANS*
 BRSSLS SPROUT*
 CANTALOUPE*
 CAYENNE
 PEPPER*
 COCOA*
 DILL*
 ESCAROLE*
 GRAPE*
 HAZELNUT*
 LAMB*
 MILLET*
 OLIVE*
 POPPY SEED*
 SAFFRON*
 SHALLOTS*
 STEVIA LEAF*
 VENISON*
 ZUCCHINI
 SQUASH*

ALLULOSE*
 BLACK PEPPER*
 BUTTERNUT
 SQUASH*
 CARDAMOM*
 CHIA*
 CODFISH*
 DUCK*
 FLOUNDER*
 GUAVA*
 HONEY*
 LEAF LETT (RED/GR
 MUNG BEAN*
 PAPAAYA*
 PUMPKIN*
 SAGE*
 SHIITAKE MUSHRM*
 SWEET POTATO*
 WAKAME
 SEAWEED*

ARROWROOT*
 BLACK TEA*
 BUTTON
 MUSHROOM*
 CASHEW*
 CHICORY*
 DANDELION LEAF*
 EGG WHITE*
 GARLIC*
 HADDOCK*
 KIWI*
 LEMON*
 MUSTARD
 GREENS*
 PECAN*
 RASPBERRY*
 SCALLION*
 SHRIMP*
 SWISS CHARD*
 WHITE POTATO*

AVOCADO*
 BRAZIL NUT*
 CANNELLINI
 BEANS*
 CATFISH*
 CINNAMON*
 DATE*
 EGG YOLK*
 GOAT'S MILK*
 HALIBUT*
 LACTOSE*
 MAHI MAHI*
 OAT (GLUTEN
 FREE)
 PINEAPPLE*
 RED PALM FRUIT*
 SESAME*
 SPINACH*
 TEFF*
 YELLOW
 SQUASH*

AGAVE*
 BLACK BEANS*
 BRSSLS SPROUT*
 CANTALOUPE*
 CAYENNE
 PEPPER*
 COCOA*
 DILL*
 ESCAROLE*
 GRAPE*
 HAZELNUT*
 LAMB*
 MILLET*
 OLIVE*
 POPPY SEED*
 SAFFRON*
 SHALLOTS*
 STEVIA LEAF*
 VENISON*
 ZUCCHINI
 SQUASH*

ALLULOSE*
 BLACK PEPPER*
 BUTTERNUT
 SQUASH*
 CARDAMOM*
 CHIA*
 CODFISH*
 DUCK*
 FLOUNDER*
 GUAVA*
 HONEY*
 LEAF LETT (RED/GR
 MUNG BEAN*
 PAPAAYA*
 PUMPKIN*
 SAGE*
 SHIITAKE MUSHRM*
 SWEET POTATO*
 WAKAME
 SEAWEED*

ARROWROOT*
 BLACK TEA*
 BUTTON
 MUSHROOM*
 CASHEW*
 CHICORY*
 DANDELION LEAF*
 EGG WHITE*
 GARLIC*
 HADDOCK*
 KIWI*
 LEMON*
 MUSTARD
 GREENS*
 PECAN*
 RASPBERRY*
 SCALLION*
 SHRIMP*
 SWISS CHARD*
 WHITE POTATO*

AVOCADO*
 BRAZIL NUT*
 CANNELLINI
 BEANS*
 CATFISH*
 CINNAMON*
 DATE*
 EGG YOLK*
 GOAT'S MILK*
 HALIBUT*
 LACTOSE*
 MAHI MAHI*
 OAT (GLUTEN
 FREE)
 PINEAPPLE*
 RED PALM FRUIT*
 SESAME*
 SPINACH*
 TEFF*
 YELLOW
 SQUASH*

VEGETABLES / LEGUMES

| | | | |
|-----------------|------------------|----------------|-----------------|
| ADZUKI BEANS | ARTICHOKE | ARUGULA | BLACK-EYED PEA |
| BROCCOLI | CARROT | CAULIFLOWER | CELERY |
| CHICKPEA | COLLARD GREENS | CUCUMBER | ENDIVE |
| FAVA BEAN | FENNEL SEED | GREEN PEA | HABANERO PEPPER |
| ICEBERG LETTUCE | JALAPENO PEPP | JICAMA | KALE |
| KELP | KIDNEY BEAN | LEEK | LENTIL BEAN |
| LIMA BEAN | NAVY BEAN | NORI | OKRA |
| ONION | PARSNIP | PINTO BEAN | PORTOBELLO |
| RADISH | RED BEET | ROMAINE LETT | MUSHRM |
| SOYBEAN | SPAGHETTI SQUASH | STRING BEAN | RUTABAGA |
| TOMATO | TURNIP | WATER CHESTNUT | TARO ROOT |
| YELLOW PEA | | | WATERCRESS |

VEGETABLES / LEGUMES

| | | | |
|-----------------|------------------|----------------|-----------------|
| ADZUKI BEANS | ARTICHOKE | ARUGULA | BLACK-EYED PEA |
| BROCCOLI | CARROT | CAULIFLOWER | CELERY |
| CHICKPEA | COLLARD GREENS | CUCUMBER | ENDIVE |
| FAVA BEAN | FENNEL SEED | GREEN PEA | HABANERO PEPPER |
| ICEBERG LETTUCE | JALAPENO PEPP | JICAMA | KALE |
| KELP | KIDNEY BEAN | LEEK | LENTIL BEAN |
| LIMA BEAN | NAVY BEAN | NORI | OKRA |
| ONION | PARSNIP | PINTO BEAN | PORTOBELLO |
| RADISH | RED BEET | ROMAINE LETT | MUSHRM |
| SOYBEAN | SPAGHETTI SQUASH | STRING BEAN | RUTABAGA |
| TOMATO | TURNIP | WATER CHESTNUT | TARO ROOT |
| YELLOW PEA | | | WATERCRESS |

FRUITS

| | | | |
|--------------|--------------|------------|------------|
| BLACKBERRY | BLUEBERRY | CAPERS | CHERRY |
| CRANBERRY | DRAGON FRUIT | FIG | GRAPEFRUIT |
| HONEYDEW MLN | JACKFRUIT | LIME | LYCHEE |
| MANGO | MULBERRY | NECTARINE | ORANGE |
| PEACH | PEAR | PERSIMMON | PLUM |
| POMEGRANATE | STAR FRUIT | STRAWBERRY | TANGERINE |
| WATERMELON | | | |

FRUITS

| | | | |
|--------------|--------------|------------|------------|
| BLACKBERRY | BLUEBERRY | CAPERS | CHERRY |
| CRANBERRY | DRAGON FRUIT | FIG | GRAPEFRUIT |
| HONEYDEW MLN | JACKFRUIT | LIME | LYCHEE |
| MANGO | MULBERRY | NECTARINE | ORANGE |
| PEACH | PEAR | PERSIMMON | PLUM |
| POMEGRANATE | STAR FRUIT | STRAWBERRY | TANGERINE |
| WATERMELON | | | |

MEAT

| | | | |
|------|---------|------|--------|
| BEEF | CHICKEN | PORK | TURKEY |
| VEAL | | | |

MEAT

| | | | |
|------|---------|------|--------|
| BEEF | CHICKEN | PORK | TURKEY |
| VEAL | | | |

DAIRY / EGGS**DAIRY / EGGS****SEAFOOD**

| | | | |
|----------|-----------|---------|---------------|
| CLAM | CRAB | GROUPE | LOBSTER |
| MACKEREL | MUSSEL | OYSTER | POLLOCK |
| SALMON | SARDINE | SCALLOP | SNAPPER (RED) |
| SOLE | SWORDFISH | TILAPIA | TROUT |
| TUNA | | | |

SEAFOOD

| | | | |
|----------|-----------|---------|---------------|
| CLAM | CRAB | GROUPE | LOBSTER |
| MACKEREL | MUSSEL | OYSTER | POLLOCK |
| SALMON | SARDINE | SCALLOP | SNAPPER (RED) |
| SOLE | SWORDFISH | TILAPIA | TROUT |
| TUNA | | | |

GRAINS / STARCHES

| | | | |
|-----------|-----------|--------|---------|
| BUCKWHEAT | CORN | QUINOA | SORGHUM |
| TAPIOCA | WILD RICE | | |

GRAINS / STARCHES

| | | | |
|-----------|-----------|--------|---------|
| BUCKWHEAT | CORN | QUINOA | SORGHUM |
| TAPIOCA | WILD RICE | | |

NUTS / OILS AND MISC. FOODS

| | | | |
|---------------|-------------------|------------|-------------------|
| BAKER'S YEAST | BREWER'S YEAST | CANE SUGAR | CANOLA (RAPESEED) |
| CARAWAY | CAROB | CHAMOMILE | COCONUT |
| COFFEE | GREEN TEA | HEMP | HOPS |
| MACADAMIA | MAPLE SUGAR | MOLASSES | MONK FRUIT |
| MUSTARD SEED | NUTRITIONAL YEAST | PEANUT | PINE NUT |
| PISTACHIO | SAFFLOWER | SPEARMINT | SUNFLOWER |

NUTS / OILS AND MISC. FOODS

| | | | |
|---------------|-------------------|------------|-------------------|
| BAKER'S YEAST | BREWER'S YEAST | CANE SUGAR | CANOLA (RAPESEED) |
| CARAWAY | CAROB | CHAMOMILE | COCONUT |
| COFFEE | GREEN TEA | HEMP | HOPS |
| MACADAMIA | MAPLE SUGAR | MOLASSES | MONK FRUIT |
| MUSTARD SEED | NUTRITIONAL YEAST | PEANUT | PINE NUT |
| PISTACHIO | SAFFLOWER | SPEARMINT | SUNFLOWER |

HERBS / SPICES

| | | | |
|----------|------------------|----------------|----------|
| ALLSPICE | ANCHO CHILI PEPP | BAY LEAF | CHIVES |
| CILANTRO | CLOVE | CORIANDER SEED | CUMIN |
| GINGER | HORSERADISH | LICORICE | OREGANO |
| PAPRIKA | PARSLEY | PEPPERMINT | ROSEMARY |
| TARRAGON | THYME | TURMERIC | |

HERBS / SPICES

| | | | |
|----------|------------------|----------------|----------|
| ALLSPICE | ANCHO CHILI PEPP | BAY LEAF | CHIVES |
| CILANTRO | CLOVE | CORIANDER SEED | CUMIN |
| GINGER | HORSERADISH | LICORICE | OREGANO |
| PAPRIKA | PARSLEY | PEPPERMINT | ROSEMARY |
| TARRAGON | THYME | TURMERIC | |