



SIMPLIFY

Holistic Nutrition Consulting
& Functional Medicine Health
and Wellness Coaching

We are very excited to offer 3 different FIT Tests now to our clients!



FIT 22 PLUS

- Tests for the 22 most reactive foods we see
- 1-hour Post-Test Review with Silke
- Finger prick with 3 blood spots (can be done at home)
- **Gut Barrier Panel** for Candida, Zonulin, Occludin, and Lipopolysaccharides (LPS)



FIT 132

- Tests for 132 foods/additives/extracts
- 45-minute Post-Test Review with Silke
- 7-day meal plan
- Invitation to the APP that shows your test results, your personalized meal plan, and possible cross reactions on your smart phone
- Finger prick with 5 blood spots (can be done at home)
- **Gut Barrier Panel** for Candida, Zonulin, Occludin, and Lipopolysaccharides (LPS)



FIT 176

- Tests for 176 foods/additives/extracts
- 1-hour Post-Test Review with Silke
- 7-day meal plan
- Invitation to the APP that shows your test results, your personalized meal plan, and possible cross reactions on your smart phone
- Finger prick with 5 blood spots (can be done at home)
- **Gut Barrier Panel** for Candida, Zonulin, Occludin, and Lipopolysaccharides (LPS)

For all new clients, Silke is available for a 30-minute complimentary meeting to answer all your questions and get to know you.

All tests are available on www.SimplifyHolisticNutrition.com.

Please call +1 (781) 883-5951 to ask questions or make an appointment!



Foods We Test



Dairy

Casein
Cow's Milk
Goat's Milk
Egg Yolk
Egg White
Sheep's Milk
Whey

Grains

Amaranth
Barley
Buckwheat
Gliadin
Millet
Oat
Quinoa
Rice
Rye
Sorghum
Spelt
Wheat, Gluten
Wheat, Whole

Fruits

Acai Berry
Apple
Apricot
Avocado
Banana
Blueberry
Cantaloupe
Cherry
Cranberry
Eggplant

Fig

Grape, White
Seedless
Kiwi
Goji Berry
Grapefruit
Honeydew Melon
Lemon
Lime
Mango
Monk Fruit
Olive, Green
Onion, White
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Raspberry
Strawberry
Watermelon

Additives

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

Vegetables

Artichoke
Arugula
Asparagus
Beets
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carob
Carrot
Cauliflower
Celery
Cilantro
Collard Greens
Corn
Cucumber
Kale
Lettuce
Parsley
Pea, Chick
Pea, Green
Pepper, Green
Potato, Sweet
Potato, White
Pumpkin
Spinach
Summer Squash
Tomato
Zucchini

Microbes

Candida
Yeast, Baker's
Yeast, Brewer's

Beans

Black Bean
Cocoa
Coffee
Green Bean
Kidney Bean
Lentils
Navy Bean
Pinto Bean
Soybean

Spices

Basil
Cinnamon
Cloves
Cumin
Garlic
Ginger
Hops
Mustard
Oregano
Paprika
Pepper, Black
Pepper, Chili
Peppermint
Rosemary
Turmeric
Vanilla

Fish

Anchovy
Codfish
Flounder
Halibut
Mackerel

Sardine

Salmon
Snapper
Swordfish
Trout
Tuna

Meats

Beef
Bacon
Chicken
Duck
Lamb
Pork
Turkey
Venison

Extracts & Miscellaneous

Agave
Canola Oil
Coconut Oil
Hemp Protein (CBD)
Honey
Maple Syrup
Mushroom
Spirulina
Sugarcane
Tapioca
Tea, Black
Vinegar
Wine, Red

Seeds

Chia Seed
Dill Seed
Flax Seed
Hemp Seed
Sesame Seed
Sunflower Seed

Shellfish

Clam
Crab
Lobster
Oyster
Scallops
Sea Bass
Shrimp
Squid

Test Key

FIT 22

FIT 132

FIT 176