



**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 (FIT 22 Plus Package 1) or 30-minute Post-Test Review (FIT 22 Plus Package 2) 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](http://www.SimplifyHolisticNutrition.com).

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



**KBMO Diagnostics FIT Test**  
**Foods We Test**



176 Foods, Colorings, Additives & Gut Barrier Panel

132 Foods, Colorings, Additives & Gut Barrier Panel

**22 Foods, Colorings & Additives**

DAIRY/EGG	FISH	GRAINS	VEGETABLES	FRUITS	NUTS/SEEDS	SPICES/ MISCELLANEOUS			
Casein Cow's Milk Egg White Egg Yolk	Salmon	Gliadin Wheat, Gluten Wheat, Whole	Corn Potato, White Tomato	Banana Pineapple	Almond Peanut	Turmeric Yeast, Brewer's			
MEATS	SEAFOOD	BEANS							
Beef Chicken	Shrimp	Coffee Soy Bean							
Goat's Milk Whey	Codfish Flounder Halibut	Barley Millet Oat	Artichoke Asparagus Beets Broccoli Butternut Cabbage Carob Carrot Cauliflower Cocoa Clam Crab Lobster Scallops	Pea, Chick Pea, Green Pepper, Green Potato, Sweet Squash Pumpkin Spinach Cranberry Zucchini Grape, White Grapefruit Lemon Lime Olive, Green Orange Peach Pear	Apple Avocado Blueberry Cantaloupe Cherry Cranberry Grape, White Grapefruit Honeydew Melon Lemon Lime Olive, Green Orange Peach Pear	Cashew Coconut Dill Seed English Walnut Flax Seed Hazelnut Pecan Sesame Seed Sunflower Seed	Agave Aspartame Basil Benzoic Acid BHA Flax Seed Hazel Nut Pecan Sesame Seed Sunflower Seed	Pepper, Black Pepper, Chili Peppermint Polysorbate 80 Red #3 BHA Canola Oil Cinnamon Garlic Hops MSG Mushroom Mustard Oregano Paprika	Spirulina Sugarcane Tea, Black Vanilla Wine, Red Yeast, Baker's Yellow #6
Sheep's Milk	Anchovy Mackerel	Amaranth Buckwheat	Arugula Brussel Sprouts	Acai Berry Apricot Fig Goji Berry Summer Squash	Brazil Nut Chia Seed Hemp Seed Macadamia Nut Pine Nut Pistachio	Cilantro Cloves Coconut Oil Cumin Pine Nut Pistachio	Parsley Stevia Tapioca Vinegar Hemp Protein (CBD) Honey Maple Syrup		
Venison	Sardine Oyster Squid	Sorghum Spelt	Eggplant Kale	Kiwi Mango Monk Fruit Papaya					
		Black Bean Green Bean							

Gut Barrier Panel

Candida, Zonulin, Occludin, LPS (Lipoplysaccharides)

Gut Barrier Panel is included on all FIT Tests  
 The Gut Barrier Panel is also a standalone test