



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.

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	Pea, Chick Pea, Green Pepper, Green	Apple Avocado Blueberry	Pineapple Plum Pomegranate
Bacon Duck Lamb Pork Turkey	Sea Bass Snapper Swordfish Trout Tuna	Quinoa Rice Rye	Broccoli Butternut Squash Cabbage Carob Carrot Cauliflower Celery Collard Greens Cucumber Lettuce Onion, White	Potato, Sweet Pumpkin Spinach Zucchini	Cantaloupe Cherry Cranberry Grape, White Grapefruit Honeydew Melon Lemon Lime Olive, Green Orange Peach Pear	Raspberry Strawberry Watermelon
		Cocoa Kidney Bean Lentils Navy Bean Pinto Bean			Cashew Coconut Dill Seed English Walnut Flax Seed Hazelnut Pecan Sesame Seed Sunflower Seed	Agave Aspartame Basil Benzoic Acid BHA Canola Oil Cinnamon Garlic Ginger Hops MSG Mushroom Mustard Oregano Paprika
Sheep's Milk Venison	Anchovy Mackerel Sardine Oyster Squid	Amaranth Buckwheat Sorghum Spelt Black Bean Green Bean	Arugula Brussel Sprouts Eggplant Kale Summer Squash	Acai Berry Apricot Fig Goji Berry Kiwi Mango Monk Fruit Papaya	Brazil Nut Chia Seed Hemp Seed Macadamia Nut Pine Nut Pistachio	Cilantro Cloves Coconut Oil Cumin Hemp Protein (CBD) Honey Maple Syrup
						Pepper, Black Pepper, Chili Peppermint Polysorbate 80 Red #3 Red #40 Rosemary Saccharin Spirulina Sugarcane Tea, Black Vanilla Wine, Red Yeast, Baker's Yellow #6

Gut Barrier Panel

Candida, Zonulin, Occludin, LPS (Lipopolysaccharides)

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