

## Chart- Basic Allergens – SHOW Method

Patient's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

	Date Treated	Date Cleared
1.	MBB	
2.	Vitamin B Complex	
3.	Candida / Yeast	
4.	Eggs [Amino Acids]	
5.	Sugars	
6.	Spring Pollen	
7.	Grains	
8.	Gluten	
9.	Dairy / Milk	
10.	Peanuts	
11.	Soy / Beans	
12.	Tree Nuts	
13.	Vitamin C	
14.	Tree Pollen	
15.	Vitamin A	
16.	Vitamin D	
17.	Vitamin E	
18.	Vitamin F / Ω3 FA	
19.	Vitamin K	
20.	Wheat / Gliadin	
21.	Grasses	
22.	Calcium	
23.	Iron	
24.	Minerals	
25.	Iodine	
26.	Shellfish	
27.	Animal Fats	
28.	Vegetable Fats	
29.	Spices / Phenols	
30.	Weeds / Hayfever	
31.	Basic Molds	
32.	Nightshade Veg	
33.	Sulphur	
34.	Salt	
35.	Dog / Cat Hair	
36.	Dust	
37.	Gout(Xanthine oxidase)	
38.	Herbicides / Pesticides	
39.	Cold / Flu Viruses	
40.	Basic Bacteria	