

FOOD PHENOLIC COMPOUNDS TEST KIT (14 vials)
Product Code 8025

Phenolic food compounds (also known as aromatic food compounds) occur naturally in all foods: they give the food colour and flavour and help to prevent premature decomposition.

Code	Name	Alternative Name	Occurences	Correlations
FP 1	Apiol		beef, cheese, chocolate, milk, oranges, peas, black pepper, soybeans, tomatoes, almonds, carrot, celery, lettuce, parsley, walnut, bay leaf, lemon	irregular menses, amenorrhea, menopausal flushing, breast tenderness, itching of skin, obesity, chronic fatigue, elbow pain
FP 2	Caffeic Acid		grass pollen, apple, artichoke, beans, carrot, cauliflower, grape, lettuce, olives, coffee	sinus congestion, headache, indigestion, joint pains, dizziness and tingling and numbness of extremities
FP 3	Cinnamic Acid		fruit, cheese, lettuce, tomatoes, clover pollen, sagebrush pollen; used as a flavouring, and in perfumes, cosmetics and medicinal products to give a spicy, oriental perfume;also used to make synthetic indigo dye	acne, eczema, psoriasis, bladder problems, chronic fatigue, hypoglycaemia, chest constriction, craving for fruit, headache, indigestion, sore throat
FP 4	Coumarin		wheat, rice, barley, corn, soy, cheese, beef, eggs, clover pollen, grass pollen	asthma, arthritis, low back pain, cervical neck pain, non-specific pruritis, chronic fatigue, abdominal bloating, ear congestion
FP 5	Eugenol		foods, perfumes, dental practice including in analgesics, cloves, cinnamon, pimento	chronic urticaria
FP 6	Gallic Acid		milk, apple, apricot, banana, barley, beans, beer, cashew nut, cheese, cocoa, egg, crab, cucumber, garlic, ginger, grape, olives, papaya, peach, peanut, pear, pineapple, potato, tea, tomato, wheat, yeast, food colourings	hyperactivity, ADHD, dyslexia, arthritis, low back problems, sciatica, chronic severe chest pain, nasal congestion, allergic rhinitis, sinusitis, headaches, dyspepsia, itching, chronic fatigue
FP 7	Indole		in all complete proteins, especially milk, clover pollen	bowel problems, asthma, sinus problems, mental disorientation, craving for milk, headaches, chronic fatigue
FP 8	Kaempferol		grass pollen, some flower pollens, widely distributed in fruit, tomatoes	

Code	Name	Alternative Name	Occurences	Correlations
FP 9	Phenyl Isothiocyanate		chicken, eggs, beef, cheese, lamb, peanuts	chronic arrhythmia, hypertension, arteriosclerosis, migraine headaches, hyperthyroidism, shoulder bursitis, burning arm pains, joint pains, chest constriction, heartburn, headaches, sinus congestion, tingling arms and legs
FP 10	Phloridzin	Phlorizin, Phloridzite	beef, cheese, beet sugar, soy, apples, strawberries	diabetes, collagen disease, active cancer, mood swings, light headedness, low back pain, headaches, shoulder pain, drowsiness and tiredness
FP 11	Piperine		beef, beet sugar, chicken, eggs, lamb, milk, tuna, turkey, yeast, black pepper, tomato, potato	arthritis, burning skin and face, chest congestion, sneezing
FP 12	Pyrrrole	Pyrole	found in chlorophyll so widely distributed in plants	chronic abdominal discomfort, mood swings, anxiety, depression, multiple sclerosis, skin rashes
FP 13	Rutin		clover pollen, grass pollen, ragweed pollen	joint pain, bruising, sinus congestion, constipation, hay fever, irritability
FP 14	Tyramine		beer, red wines, some cheese, bananas, red plums, figs, raisins, avocados, some beans, aubergine / eggplant, pickled herring, canned meats, salami, yoghurt, soup cubes, commercial gravies, chocolate, and soy sauce	migraine

Reference:

Abram Ber "Neutralization of Phenolic (Aromatic) Food Compounds In A Holistic General Practice" *The Journal of Orthomolecular Psychiatry* Volume 12, Number 4

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