1. **SCAN FOODS AS BALancers**
   Scanning for digital signatures of foods as balancers helps you focus on foods that will best assist you in reaching your wellness goals.

2. **SCAN FOR MORE THAN 450 FOODS**
   Hundreds of digital signatures of foods are available to scan in several different categories, including vegetables, fruits, fats & oils, beans and legumes, and beverages.

3. **SCAN FOODS AS STRESSORS**
   Scan for digital signatures of foods and related items that are considered stressors to the body, such as herbicides, GMO foods, food additives, and pesticides.

4. **FILTER OUT FOODS BASED ON DIET**
   Selecting any diets you may be following before the bio-survey removes those items from scan results, making the reports more helpful and insightful.

5. **GAIN KEY INSIGHTS FROM REPORTS**
   The 10 reports break down your top overall food Virtual Items, top food items by category, top non-coherent food items, and more to reveal key insights about your diet choices.

6. **USE AS A SHOPPING LIST**
   Use your top food Virtual Items as a shopping list, and choose top foods from each category to add variety to your diet.