



TEST YOUR INTOLERANCE

IMPROVING LIVES SINCE 2008

## FOOD ITEMS TESTED

A-Lactalbumin	Carob	Elk/Moose Meat
Algae	Carrot	Endives
Almond	Casein	Eucalyptus
Amaranth	Cashew Nut	Fennel
Anchovy	Castor Bean	Fennel Seed
Anise	Cauliflower	Fenugreek
Apple	Cayenne	Fig
Apricot	Celery	Flaxseed
Asparagus	Chamomile Tea	Garlic
Aubergine	Cheddar cheese	Gelitin
Avocado	Cherry	Ginger
Beta Lactoglobulin	Chestnut	Gluten
Banana	Chick Pea	Goat's Milk
Barley	Chicken Meat	Grape
Barley Flour	Chilli Pepper	Grapefruit
Basil	Chub Mackerel	Green Coffee Beans
Bay Leaf	Chufas	Green Beans
Beef	Cinnamon	Green Pepper
Beetroot	Clam	Green Tea
Bell Pepper	Clove	Guar Guar Gum
Black Pepper	Cocoa Bean	Guava
Black Tea	Coconut	Gum Arabic
Blackberry	Cod	Hake
Blackcurrant	Coffee	Halibut
Blue Mussel	Conalbumin	Hazelnut
Blueberry	Coriander	Hemp Flour
Boiled Milk	Corn Meal	Herring
Bovine Lactoferrin	Courgette	Honey
Bovine Serum Albumin	Cow's Milk	Hops
Brazil Nut	Cow's Milk Whey	Horse Meat
Bread – Rye	Crab	Isphagula
Bread – Wheat	Cranberry	Jujube fruit
Broad Bean	Crayfish	Kamut
Broccoli	Cucumber	Kiwi Fruit
Bromelin	Cumin	Kohlrabi
Brussels sprouts	Curry (Santa Maria)	Lamb
Buckwheat	Dandelion	Laurel
Butter Fat	Date	Leeks
Cabbage – Green, Red & White	Dill	Lemon
Cacao	Dinkel Flour	Lemon Verbena
Carambola	Dried All Spice Berries	Lentils
Caraway	Duck	Lettuce – (7 Varieties)
Cardamon	Eel	Lime
	Egg – White & Yolk	Lime Blossom Tea



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Linseed	Parsnip	Spinach
Lobster	Passion Fruit	Squid
Lovage	Pea	Strawberry
Lysozyme	Peach	Sugar (Beet)
Macadamia Nuts	Peanut	Sunflower Seed
Mace	Pear	Swede
Mackerel	Pecan	Sweet Chestnut
Maize Corn	Persimmon	Sweet Potato
Mallow Tea	Pilchard	Sweet Corn
Malt	Pine Nut	Swordfish
Mandarin	Pineapple	Tapioca
Mango	Pistachio Nut	Tarragon
Maple Syrup	Plaice	Tea
Mare's Milk	Plum	Thyme
Marjoram	Poppy Seed	Tomato
Mate Tea	Pork	Triticale
Melon – Honeydew	Potato	Trout
Milk Fat	Pumpkin	Tuna
Milk Lactose & Powder	Pumpkin Seed	Turkey Meat
Millet	Quinoa	Turmeric
Millet Seed	Rabbit	Vanilla
Mixed Fish	Radish	Veal
Mixed Fish	Rapeseed	Vegetable (Mixed)
Mixed Seafood	Raspberry	Venison
Mixed Spices	Red Bass	Walnut
Mint	Red Beet	Watermelon
Mould Cheese	Red Currant	Wheat
Mushroom	Red Kidney Bean	White Bean
Mustard	Rice	Yeast
Mutton	Rice Flour	
Nettle	Rooibos Tea	
Oat Flour	Rosehip Tea	
Oats	Rosemary	
Octopus	Runner Beans	
Olive	Rye	
Onion	Rye Flour	
Orange	Semolina	
Oregano	Sesame Seed	
Ovalbumin	Sheep's Milk	
Oyster	Sheep's Milk Whey	
Pacific Squid	Shrimp	
Papaya	Snail	
Paprika	Sole	
Parsley	Soya Bean	