

42 Food Intolerance Test:

Grains:

- Barley
- Corn (maize)
- Oat
- Rice
- Wheat

Dairy:

- Cow's milk
- Whole egg

Meats:

- Chicken/turkey
- Pork/beef

Fish:

- Fish mix (cod, haddock)
- Shellfish mix (crab, lobster, prawn/shrimp)

Nuts:

- Nut mix (almond, brazil, cashew, hazelnut)

Vegetables:

- Legume mix (haricot, pea, peanut, soya)
- Mustard mix (broccoli, Brussel sprouts, cabbage, cauliflower)
- Potato

Fruit:

- Apple/pear
- Berry mix (raspberry, blackberry, strawberry)
- Citrus mix (grapefruit, lemon, lime, orange)

Other:

- Spice mix (chilli pepper, garlic, ginger)
- Yeast (brewers and bakers)