

76 Food Intolerance Test:

Grains:

- Barley
- Corn (maize)
- Gluten (gliadin)
- Oat
- Rice
- Rye
- Wheat

Dairy:

- Cow's milk
- Egg – white
- Egg – yolk

Meat:

- Beef
- Chicken/Turkey
- Lamb
- Pork

Fish:

- Crustacean mix (crab, lobster, prawn/shrimp)
- Oily fish mix (herring, mackerel)
- Salmon/trout
- Tuna
- White fish mix (cod, haddock)

Nut Mix:

- (Almond, Brazil, Cashew, Hazelnut)

Vegetables:

- Carrot
- Cucumber
- Legume mix (Haricot, Pea, Peanut, Soya)
- Mushroom
- Mustard mix (broccoli, Brussel sprouts, cabbage, cauliflower)
- Onion
- Peppers (capsicum)/Paprika
- Potato

Fruit:

- Apple/Pear
- Berry Mix (Raspberry, Blackberry, Strawberry)
- Banana
- Citrus Mix (Grapefruit, Lemon, Lime, Orange)
- Melon mix (Cantaloupe, Honeydew, Watermelon)
- Olive
- Tomato

Other:

- Cocoa bean
- Coffee
- Herb Mix (Dill, Coriander, Parsley, Cumin)
- Hops
- Mint mix (Basil, Mint, Sage, Thyme)
- Spice Mix (Chilli Pepper, Ginger, Garlic)
- Sunflower seed
- Tea
- Yeast (brewers and bakers)