

FOOD INTOLERANCE ITEMS TESTED FOR:

DAIRY

Alpha-Lactalbumin
Beta-Lactoglobulin
Butter, Cow
Butter, Goat
Butter, Sheep
Buttermilk
Casein
Cheese, Brie
Cheese, Camembert
Cheese, Cheddar
Cheese, Cottage
Cheese, Feta (Goat)
Cheese, Feta (Sheep)
Cheese, Gouda
Cheese, Gruyere
Cheese, Halloumi
Cheese, Manchego
Cheese, Monterrey Jack
Cheese, Mozzarella
Cheese, Paneer
Cheese, Parmesan
Cheese, Pecorino Romano
Cheese, Pepper Jack
Cheese, Provolone
Cheese, Ricotta
Cheese, Roquefort
Cheese, Stilton
Cheese, Swiss
Cream, Heavy Whipping
Cream, Sour
Creme fraiche
Kefir
Lactose
Milk, Cow

Milk, Goat
Milk, Sheep
Yogurt, Cow
Yogurt, Goat
Yogurt, Greek
Margarine, vegetable
Milk, Almond
Milk, Coconut
Milk, Hemp
Milk, Oat
Milk, Rice
Milk, Soya
Yogurt, Almond
Yogurt, Coconut
Yogurt, Oat
Yogurt, Soya

DRINKS

Beer-Ale
Apple juice
Beer
Brandy
Champagne
Cider (apple)
Coffee-decaffeinated
Coffee-black
Coffee-espresso
Cranberry juice
Gin (redistilled)
Green Tea
Hot chocolate
Tea-Kombucha

Beer-Lager
Lemonade
Orange juice
Pineapple juice
Pisco-brandy
Pomegranate juice
Prosecco
Red wine
Rose wine
Rum (sugarcane)
Sake (fermented rice)
Sambuca (anise-liqueur)
Shaoxing wine (Huangdi)
Tea-black
Tea-chamomile
Tea-earl grey
Tea-green
Tea-jasmine
Tea-marshmallow
Tea-oolong
Tea-rooibos
Tea-white
Tea-yerba mate
Tequila
Tomato juice
Vermouth
Vodka

Whisky

White wine

egg options

Albumin (egg white)

Apo vitellin (egg yolk)

Chicken Egg

FRUITS

Acai berry

Apples

Apple (Braeburn)

Apple (Fuji)

Apple (Gala)

Apple (Golden Delicious)

Apple (Granny Smith)

Apple (Jazz)

Apple (Pink Lady)

Apricot (Prunus)

Avocado (Persia)

Banana (Musaceae Musa)

Bell pepper (Paprika)

Bilberry (Vaccinium myrtillus)

Blackberry (Rubus fruticosus)

Blackcurrant (Ribes nigrum)

Blueberry (Vaccinium Cyanococcus)

Cantaloupe (Melon)

Carambola

Cherry, Black (Prunus serotina)

Citron

Coconut (Cocos nucifera)

Cranberry (*Vaccinium macrocarpon*)

Cucumber (*Cucumis sativus*)

Currants (red)

Currants (black)

Date (*Phoenix dactylifera*)

Eggplant (auberge)

Elderberry (*Sambucus nigra*)

Fig (*Ficus carioca*)

Galia melon

Goji berry (*Lyceum barb arum*)

Goji berry (*Lyceum Chinese*)

Gooseberry (*Ribes uva-crispa*)

Grape (*Vitis vinifera*)

Grapefruit (*Citrus paradisi*)

Grapes (Purple)

Grapes (Green)

Grapes (Red)

Guava (*Psidium guajava*)

Honeydew melon

Kiwifruit (*Actinidia*)

Lemon (*Citrus limon*)

Lime (*Citrus micrantha*)

Lime (*Citrus latifolia*)

Lychee (*Litchi chinensis*)

Mango (*Mangifera indica*)

Nectarines

Olive (*Olea europaea*)

Orange (*Citrus sinensis*)

Orange Mandarin

Papaya

Passionfruit
Peach (*Prunus persica*)
Pear (*Malena Pyrus*)
Persimmon (*Diospyros kaki*)
Persimmon (*Diospyros virginiana*)
Pineapple (*Ananas comosus*)
Plantain (*Musa paradisiaca*)
Plum (*Prunus*)
Pomegranate (*Punica granatum*)
Pomelo (*Citrus maxima*)
Prune (Dried *Prunus*)
Pumpkin Squash
Quince
Raisin
Raspberry (*Rubus idaeus*)
Raspberry (*Rubus strigosus*)
Cherry, Sour (*Prunus cerasus*)
Strawberry (*Fragaria ananassa*)
Cherry, Sweet (*Prunus avium*)
Tomato (*Solanum lycopersicum*)
Watermelon (*Citrullus lanatus*)
Zucchini (*Cucurbita pepo*)

GRAINS

Amaranth
Arrowroot (starch)
Barley
Barley Gluten (hordeins)
Bread-brown
Bread-white

Buckwheat (*Fagopyrum esculentum*)
Buckwheat (bitter) *Fagopyrum tataricum*
Chickpea flour
Common millet
Corn
Corn Amylum (starch)
Couscous (wheat durum)
Farro
Finger millet
Flour corn (amylacea)
Foxtail millet
Freekeh
Garbanzo flour
Hops
Little millet
Millet
Muesli Cereal
Noodles-wheat
Oats Cereal
Oat Bread
Oat Gluten (avenins)
Oatmeal
Parkin (cake)
Pasta (wheat durum)
Pearl millet
Popcorn (everta)
Porridge

Quinoa
Rice (African)
Rice (long-grained)
Rice (short-grained)
Rice (starch)
Rice (Wild)
Rice-white
Rolled Oats
Rye Bread
Rye (ergot fungi)
Rye Gluten (secalins)
Semolina (wheat durum)
Sorghum
Soya Flour
Spelt (spelta)
Sprouted wheat
Steel-cut oats
Sweet corn (rugosa)
Sweet corn (saccharata)
Taco shells-corn
Tapioca (starch)
Wheat (aestivum)
Wheat (durum)
Wheat (vulgaris)
Wheat Amylum (starch)
Wheat berries
Wheat Bran (hydrolysate)

Wheat Bread
Wheat Cereal
Wheat Flour
Wheat germ oil
Wheat Gluten (gliadins)
Wheat grass
Wheat protein (hydrolyzed)
Wheat protein (isolate)

MEATS

Bacon (pork)
Beef (cow)
Sausage (pork)
Sausage (turkey)
Bison
Chicken
Duck
Goat (capra)
Goose
Lamb (Ovis aries)
Liver (Lamb)
Liver (Cow)
Liver (Pork)
Liver (Turkey)
Moose (Alces alces)
Mutton (mature sheep)
Pork (farm suidae)
Rabbit

Turkey

Veal, Calf Cow

Venison (wild game)

Cervidae (deer)

Leporidae (hares)

Suidae (wild pigs)

Venison (antelope)

NUTS

Almond nut

Argan seed

Beech nut

Borage seed

Brazil nut

Cashew nut

Chestnut

Chia seed

Coconut

Cottonseed

Evening primrose

Flaxseed

Hazelnut

Hemp seed

Macadamia nut

Palm kernel

Pecan nut

Pine nut

Pistachio nut

Poppy seed

Pumpkin seed

Rapeseed (canola)

Safflower seed

Sea buckthorn

Sesame seed

Sunflower seed

Walnut

Walnut Black

Watermelon seed

SEAFOOD

Albacore tuna

Anchovy

Black Bass

Black cod/Sablefish

Blue Mussels

Catfish (Siluriformes)

Chilean sea bass

Clams

Cod Atlantic

Cod Pacific

Crab Atlantic

Crab Dungeness

Crayfish

Eel (Anguilliformes)

Flounder

Grouper

Haddock
Hake
Halibut
Herring
Jon Dory
Lobster
Mackerel
Mahi Mahi (*Coryphaena hippurus*)
Octopus
Orange roughy (*Hoplostethus*)
Oysters
Perch
Pike (*Esox lucius*)
Pilchard
Plaice
Pollock (*virens*)
Pollock (*pollachius*)
Prawns
Rainbow trout
Red Bass
Red Snapper
Salmon (Atlantic)
Salmon (Australian)
Salmon (Chum)
Salmon (Coho)
Salmon (Hawaiian)
Salmon (King)

Salmon (Masu)
Salmon (Pink)
Salmon (Sockeye)
Sardine
Scallop
Seabass
Shrimp
Skate
Sole
Squid
Swordfish
Tilapia
Trout, Brown
Trout, Rainbow
Tuna
Whitebait (galaxias)

VEGATABLES

Aji pepper
Artichoke
Artichoke Jerusalem
Arugula
Asparagus
Aubergine
Beansprout
Beet root
Beet Greens
Bok choy

Broccoli
Brussels sprout
Butter lettuce
Butternut squash
Button mushroom
Cabbage
Capsicum-green
Capsicum-red
Capsicum-yellow
Carrot
Cassava
Cauliflower
Celery
Celery
Chard (beet greens)
Chestnut mushroom
Chicory lettuce
Chives
Cucumber
Endive
Escarole lettuce
Fennel
Garlic
Ginger
Head lettuce
Horseradish
Iceberg lettuce

Kale
Kohl rabi
Leek
Lettuce
Maize/corn
Mushroom
Mustard-green
Okra
Olives-black
Olives-green
Onions
Oyster mushroom
Pak choi
Parsley
Plantain
Portobello mushroom
Potato
Pumpkin
Radish
Rhubarb
Romaine lettuce
Shallot (scallion)
Shitake mushroom
Spinach
Swede
Sweet potato
Tomato (cooked)

Turnip

Wasabi

Watercress

CONDIMENTS

Aniseed

Balsamic Vinegar

Barley Grass

Basil

Bay Leaf

Caraway

Cardamom

Chamomile

Chlorella

Chocolate (Dark)

Chocolate (Milk)

Cilantro (Coriander)

Cinnamon

Clove

Coco Powder

Cumin

Curry

Dill

Fennel

Fenugreek

Fish Sauce

Ginger

Guar Gum

Honey

Horse Radish

Lavender

Lemon Grass

Marjoram

Mint

Miso

Mustard

Nutmeg

Oregano

Paprika

Parsley

Pepper, Black

Pepper, White

Rosemary

Sage

Salt, Pink Himalayan

Salt, Sea

Soy Sauce

Sugar (Brown Molasses)

Sugar (Brown Cane)

Sugar (White Refined)

Tarragon

Thyme

Tomato Ketchup

Turmeric

Vanilla

Vinegar, Apple Cider

Vinegar, Clear

Vinegar, Malt

Wheatgrass

Yeast

ENVIRONMENTAL ITEMS SOURCED BY ANIMALS

Bee (Venom)

Canaries

Cat (flea)

Cat (Fur)

Cat (saliva or urine)

Cat (Serum Albumin)

Chicken Droppings

Chicken Feathers

Dog (flea)

Dog (Fur)

Dog (saliva or urine)

Dog (Serum Albumin)

Dog Hair

Dog Tick

Duck feathers

Gold (gold sodium thiosulfate)

Goose feathers

Horse (hair)

Horse Bot Fly

Mosquito

Moth

Pig (Porcine)

Pigeon (Feathers)

Pigeon Droppings

Rabbit (fur)

Rabbit Urine Proteins

Rat (Droppings)

Rat (Fur)

Rat (Urine)

Sheep's wool

Wasp

ENVIRONMENTAL ITEMS SOURCED BY PLANTS

Alder Tree (*Alnus glutinosa*)

Apple tree

Artemisia Salina

Ash Tree (*Fraxinus excelsior*)

Aspen Tree (*Populus tremula*)

Barley (*Hordeum vulgare*)

Beech Tree (*Fagus sylvatica*)

Bermuda grass

Betula verrico Tree

Blackberry Bush

Buckwheat

Budgerigars

Calluna

Cherry tree

Chrysanthemum (*C.morifolium*)

Clover (*Trifolium spp.*)

Colonial bent grass (*Agrostis tenuis*)

Currant bush

Dahlia (*Dahlia hybrida*)

Dandelion (*Taraxumduplidens*)

Dock (*Rumex acetosa*)

Downy birch (*Betula verrico*)

Elm Tree (*Ulmus glabra*)

European beech

European lime Tree (*Tilia europea*)

Fireweed/Great willow herb (*Epilobium angustifolium*)

Formaldehyde

Fox epithelium

Glyceryl monothioglycolate

Golden hamsters

Goldenrod (*Solidago virgaurea*)

Hawthorn (*Crataegus spp.*)

Hazel (*Corylus avellana*)

Hop (*Humulus lupulus*)

Hornbeam Tree (*Carpinus betulus*)
Horse chestnut Tree (*Aesculus hippocastanum*)
House Dust Mite
Hyacinth (*Endymion Non Sciptus*)
Jacaranda Tree
Japanese Cedar
Jasmine (*Philadelphus spp.*)
Juniper bush
Kammgras (*Cynosurus cristatus*)
Kentucky bluegrass (*Poa pratensis*)
Laburnum Tree (*Laburnum anagyroides*)
Larch
Latex
Leather
Lilac (*Syringa vulgaris*)
Linden Tree
Lupine (*Lupinus polyphyllus*)
Lycra
Maize
Mangrove
Maple Tree
Marguerite (*Leucanthemum vulgare*)
Meadow fescue (*Festuca pratensis*)
Meadow fox tail (*Alopecurus prat.*)
Melde (*Artiplex spp.*)
Mink Epithelium
Mistletoe (Tree and Leaf)
Mold
Mulberry
Mulberry tree
Narcissus (*Narcissus spp.*)
New Belgian Aster (*aster novi belgii*)
Nickel (nickel sulfate hexahydrate)
Nylon
Oak Tree (*Quercus robur*)
Orchard grass (*Dactylis glomerata*)
Parrot Feathers

Pear tree
Perennial ryegrass (*Lolium perenne*)
Pigweed (*Chenopodium album*)
Pine Tree (*Pinus* spp.)
Pine, Scottish (*Pinus sylvestris*)
Plantain
Plantain Tree (*Plantago major*)
Pollen
Poplar Tree (*Populus* spp.)
Primrose
Quack grass (*Agropyron repens*)
Ragweed (*Ambrosia elatior*)
Red fescue (*Festuca rubra*)
Ribwort (*Plantago lanceolata*)
Rose
Rubber
Rubber Tree
Rye
Scotch heather (*Calluna vulgaris*)
Spruce Tree (*Picea abies*)
Stinging nettle (*Urtica dioica*)
Strawberry bush
Tall oat grass (*Arrhenaterium elatius*)
Tamarisk (*Myrica* sp.)
Tansy ragwort (*Senecio jacobaea*)
Thistle
Timothy grass (*Phleum pratense*)
Tin (from canned food)
Tobacco (ashes)
Tobacco (smoke)
Trespe (*Bromus mollis*)
Tulip
Tumbleweed
Velvet
Velvet grass (*Holcus lanatus*)
Wallflower (*Cheiranthus cheiri*)
Walnut Tree

Wheat (*Triticum aestivum*)

Wild oat (*Avena fatua*)

Willow Tree

FOOD ADDITIVES AND PRESERVATIVES

Azo dyes

Calamine Lotion

Cow Bovine (product)

Dental Cement

Dimethylaminopropylamine (DMAPA)

E 1201 Polyvinylpyrrolidone

E 1202 Polyvinyl polypyrrolidone

E 212 Potassiumbenzoate, benzoic acid

E 216 Propyl-para-hydroxybenzoate (PHB Ester)

E 230 Biphenyl, Diphenyl

E 231 Orthophenylphenol

E 232 Sodiumorthophenylphenate, Orthophenylphenol

E 284 Boric acid

E 285 Sodiumtetraborate, Boric acid

E 385 Calciumsodiummethylene diamine tetra-acetate (EDTA)

E 491 Sorbitan monostearate

E 504 Magnesiumcarbonate, M.-hydrogen carbonate

E 516 Calciumsulphate

E 528 Magnesiumhydroxide

E 536 Potassiumferrocyanide

E 551 Silicon dioxide (silica)

E 553 a Magnesiumsilicate, Magnesiumtrisilicate

E 553 b Talc

E 554 AluminiumSodiumsilicate

E 559 Aluminiumsilicate (Kaolin)

E 575 Glucono-delta-lactone

E 576 Sodiumgluconate

E 900 Dimethylpolysiloxane

E 914 Polyethylene wax oxidates

E 999 Quillaja extract

E 413 Tragacanth

HEAVY METALS

Antimony

Barium

Beryllium

Bismuth

Cadmium

Cesium

Chromium

Cobalt

Copper

Gold

Lead

Lithium

Mercury

Molybdenum

Nickel

Niobium

Osmium

Palladium

Phosphorous

Platinum

Rubidium

Ruthenium

Scandium

Selenium

Silver

Strontium

Thallium

Tin

Titanium

Tungsten

Uranium

Vanadium

Zinc

Zirconium

Nutritional

- 6. Nutrition
 - + Alpha-linolenic acid (EFA)
 - + Bioflavonoids (Anthoxanthins)
 - + Bioflavonoids (Rutin)
 - + Choline (Phosphatidylcholine)
 - + Gamma-Aminobutyric Acid (GABA)
 - + Glutathione (GSH)
 - + Lecithin
 - + Linoleic acid (EFA)
 - + Melatonin
 - + Myo-Inositol
 - + Omega 3 (Fatty Acid)
 - + Omega 6 (Fatty Acid)
 - + Omega 9 (Fatty Acid)
 - + S-Adenosyl-L-Methionine (SAME)
 - + Vitamin A (Beta-carotene)
 - + Vitamin A (Retinyl Palmitate)
 - + Vitamin B1 (Thiamine)
 - + Vitamin B12 (Cobalamin)
 - + Vitamin B13 (Orotic Acid)
 - + Vitamin B17 (Amygdalin)
 - + Vitamin B2 (Riboflavin)
 - + Vitamin B3 (Niacin)
 - + Vitamin B4 (Adenine)
 - + Vitamin B5 (Pantothenic Acid)
 - + Vitamin B6 (Pyridoxine)
 - + vitamin B7 (Biotin)
 - + Vitamin B9 (Folic Acid)
 - + Vitamin C (Ascorbic Acid)
 - + Vitamin D2 (Ergocalciferol)
 - + Vitamin D3 (Cholecalciferol)
 - + Vitamin E (Alpha-Tocopherol)
 - + Vitamin K1 (Phylloquinone)
 - + Vitamin K2 (Menaquinone)

- 6. Minerals
 - Aqueous Iodine (Mineral)
 - Calcium (Elemental)
 - Calcium (Mineral)
 - Charcoal (Elemental)
 - Chloride (Elemental)
 - Copper trace (Mineral)
 - Germanium (Mineral)
 - Hydrogen (Elemental)
 - Iron (Mineral)
 - Lithium (Mineral)
 - Magnesium (Elemental)
 - Magnesium (Mineral)
 - Molybdenum (Mineral)
 - Nitrogen (Elemental)
 - Oxygen (Elemental)
 - Phosphorus (Mineral)
 - Potassium (Elemental)
 - Selenium (Mineral)
 - Silica (Mineral)
 - Sodium (Mineral)
 - Sulfur (Mineral)
 - Zinc Orotate (Mineral)

- 6. Ionic Minerals
 - Aluminum (Ionic Mineral)
 - Arsenic (Ionic Mineral)
 - Barium (Ionic Mineral)
 - Beryllium (Ionic Mineral)
 - Boron (Ionic Mineral)
 - Bromine (Ionic Mineral)
 - Cerium (Ionic Mineral)
 - Cesium (Ionic Mineral)
 - Chromium (Ionic Mineral)
 - Cobalt (Ionic Mineral)
 - Dysprosium (Ionic Mineral)
 - Erbium (Ionic Mineral)
 - Europium (Ionic Mineral)
 - Gadolinium (Ionic Mineral)
 - Gallium (Ionic Mineral)
 - Gold (Ionic Mineral)
 - Hafnium (Ionic Mineral)
 - Holmium (Ionic Mineral)
 - Lanthanum (Ionic Mineral)
 - Lutetium (Ionic Mineral)
 - Manganese (Ionic Mineral)
 - Neodymium (Ionic Mineral)
 - Nickel (Ionic Mineral)
 - Niobium (Ionic Mineral)
 - Praseodymium (Ionic Mineral)
 - Rhenium (Ionic Mineral)
 - Rubidium (Ionic Mineral)
 - Samarium (Ionic Mineral)
 - Scandium (Ionic Mineral)
 - Silicon (Ionic Mineral)
 - Silver (Ionic Mineral)
 - Strontium (Ionic Mineral)
 - Tantalum (Ionic Mineral)
 - Terbium (Ionic Mineral)
 - Thulium (Ionic Mineral)
 - Tin (Ionic Mineral)
 - Titanium (Ionic Mineral)
 - Vanadium (Ionic Mineral)
 - Ytterbium (Ionic Mineral)
 - Yttrium (Ionic Mineral)
 - Zirconium (Ionic Mineral)

- 6. Amino Acids
 - Alanine (Amino Acid)
 - Arginine (Amino Acid)
 - Asparagine (Amino Acid)
 - Aspartic Acid (Amino Acid)
 - Carnitine (Amino Acid)
 - Cysteine (Amino Acid)
 - Cystine (Amino Acid)
 - Glutamic Acid (Amino Acid)
 - Glutamine (Amino Acid)
 - Glycine (Amino Acid)
 - Grginine (Amino Acid)
 - Histidine (Amino Acid)
 - Isoleucine (Amino Acid)
 - Leucine (Amino Acid)
 - Lysine (Amino Acid)
 - Methionine (Amino Acid)
 - Ornithine (Amino Acid)
 - Phenylalanine (Amino Acid)
 - Proline (Amino Acid)
 - Serine (Amino Acid)
 - Taurine (Amino Acid)
 - Threonine (Amino Acid)
 - Tryptophan (Amino Acid)
 - Tyrosine (Amino Acid)
 - Valine (Amino Acid)



Modern Allergy Management

