



How to Interpret Your Test Results

The following report lists all items tested by 5Strands. Intolerances are **temporary** imbalances causing physical symptoms in an effort to communicate discomfort with one's nutrition plan. By making adjustments to one's food consumption, it can allow the body time to resolve & rebalance any intolerances.

Each item we test for is exposed to the hair sample provided and measures 1 of 4 responses:
Please note that every individual is different and symptoms may vary by level and severity.

Level 3 (red)	These items are considered severe intolerances. Symptoms are usually noticeable.
Level 2 (yellow)	These items are considered moderate intolerances. Symptoms are sometimes noticeable.
Level 1 (green)	These items are considered mild intolerances. Symptoms are usually not noticeable, and the triggers can be affecting the body at a cellular level.
Insignificant Response (grey)	These items did not meet the threshold that is set for a response.

Food Intolerance Report

- This food report is to be utilized as an outline for a 6-8 week **elimination plan**. Once you have completed the 6-8 week elimination period and symptoms have subsided, you can now begin the reintroduction process.
- The **reintroduction** process is where you add back a once offending food item into your nutrition plan. You should only add back one food item at a time. If you consume the food item and you do not experience any intolerance symptoms, then you can continue consuming in moderation. If you consume the offending food item and notice a symptom, keep in mind that you can still consume this food in the future, but you may deal with an undesirable symptom.
- It is recommended to never consume a food item more than 2-3 times per week. Consuming a food item more than this is **overconsumption** and can create a food intolerance symptom.
- The intention of the **5Strands Food Intolerance Package** is to be more in tune with what your body is telling you, and to eat a healthier, more rounded diet that is unique for your body.

Please remember that we are testing for Intolerances which are non-immune system responses. Symptoms or reactions can take up to 48 hours or longer to appear. With 5Strands method of testing, you do not have to have ingested the food item for it to register as an intolerance.

Disclaimer: 5Strands® Affordable Testing does not make medical diagnosis nor is it intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your doctor or other qualified health providers regarding medical conditions, symptoms or questions. Never disregard professional medical advice or delay in seeking it because of something you have read in 5Strands® Affordable Testing materials. If you think you may have an emergency, call your doctor or seek emergency services immediately. Our method of testing does not test for type IgE allergies. Since these reactions can be serious, you should seek the help of an allergy specialist.

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Food					
LEVEL 2	■	Acidity Regulator - E 330 Citric acid	--	■	Acidity Regulator - E 507 Hydrochloric Acid
--	■	Acidity Regulator - E 331 Monosodium Citrate	LEVEL 3	■	Acidity Regulator - E 509 Calcium Chloride
--	■	Acidity Regulator - E 332 Monopotassium Citrate	LEVEL 2	■	Acidity Regulator - E 511 Magnesium Chloride
LEVEL 1	■	Acidity Regulator - E 333 Monocalcium citrate	LEVEL 2	■	Acidity Regulator - E 513 Sulphuric Acid
LEVEL 2	■	Acidity Regulator - E 334 Tartaric acid	--	■	Acidity Regulator - E 521 Aluminium Sodium Sulphate
LEVEL 3	■	Acidity Regulator - E 335 Monosodium tartrate	--	■	Acidity Regulator - E 524 Sodium Hydroxide
LEVEL 3	■	Acidity Regulator - E 336 Monopotassium tartrate	LEVEL 2	■	Acidity Regulator - E 525 Potassium Hydroxide
--	■	Acidity Regulator - E 337 Sodium Potassium Tartrate	--	■	Acidity Regulator - E 526 Calcium Hydroxide
LEVEL 2	■	Acidity Regulator - E 338 Orthophosphoric Acid	--	■	Acidity Regulator - E 530 Magnesium Oxide
LEVEL 2	■	Acidity Regulator - E 339 Monosodium Phosphate	LEVEL 1	■	Acidity Regulator - E 574 Gluconic Acid
LEVEL 3	■	Acidity Regulator - E 340 Monopotassium Phosphate	LEVEL 1	■	Acidity Regulator - E 577 Potassium Gluconate
--	■	Acidity Regulator - E 341 Monocalcium Phosphate	--	■	Acidity Regulator - E 585 Iron II-lactate
LEVEL 2	■	Acidity Regulator - E 350 Sodium Malate	LEVEL 2	■	Anti-caking Agent - E 535 Sodium Ferrocyanide
LEVEL 2	■	Acidity Regulator - E 353 Metataric Acid	--	■	Anti-caking Agent - E 552 Calcium Silicate
--	■	Acidity Regulator - E 354 Calcium Tartrate	--	■	Anti-caking Agent - E 555 Aluminium Potassium Silicate
--	■	Acidity Regulator - E 356 Sodium Adipate	--	■	Anti-caking Agent - E 556 Aluminium Calcium Silicate
--	■	Acidity Regulator - E 357 Potassium Adipate	--	■	Anti-caking Agent - E 558 Bentonite
--	■	Acidity Regulator - E 363 Succinic Acid	LEVEL 1	■	Anti-caking Agent - E 570 Stearic Acid
LEVEL 1	■	Acidity Regulator - E 380 Triammonium Citrate	--	■	Anti-caking Agent - E 578 Calcium Gluconate
LEVEL 2	■	Acidity Regulator - E 500 Sodium Carbonate	LEVEL 1	■	Antioxidant - E 300 Ascorbic Acid (Vitamin C)
LEVEL 2	■	Acidity Regulator - E 501 Potassium Carbonate	LEVEL 1	■	Antioxidant - E 301 Sodium L-ascorbate
LEVEL 1	■	Acidity Regulator - E 503 Ammonium Carbonate	LEVEL 1	■	Antioxidant - E 302 Calcium L-ascorbate

Food					
--	■	Antioxidant - E 304 Ascorbyl Palmitate/ Ascorbyl Stearate	LEVEL 1	■	Beverage - Milk (hemp)
LEVEL 3	■	Antioxidant - E 306 Natural Tocopherols (Vitamin E)	--	■	Beverage - Milk (oat)
LEVEL 1	■	Antioxidant - E 307 Synthetic Alpha-Tocopherol	--	■	Beverage - Milk (rice)
LEVEL 2	■	Antioxidant - E 309 Synthetic Delta-Tocopherol	LEVEL 1	■	Beverage - Milk (soy)
LEVEL 2	■	Antioxidant - E 310 Propyl Gallate	LEVEL 3	■	Beverage - Orange Juice
LEVEL 1	■	Antioxidant - E 311 Octyl Gallate	LEVEL 1	■	Beverage - Pineapple Juice
--	■	Antioxidant - E 312 Dodecyl Gallate	LEVEL 1	■	Beverage - Pomegranate Juice
LEVEL 3	■	Antioxidant - E 315 Isoascorbic Acid	LEVEL 1	■	Beverage - Rum
LEVEL 3	■	Antioxidant - E 316 Sodium Isoascorbate	LEVEL 1	■	Beverage - Tea (black)
--	■	Antioxidant - E 320 Butylated Hydroxyanisole (BHA)	LEVEL 2	■	Beverage - Tea (chamomile)
LEVEL 2	■	Antioxidant - E 321 Butylated Hydroxytoluene	LEVEL 2	■	Beverage - Tea (earl grey)
LEVEL 2	■	Antioxidant - E 512 Tin II Chloride	--	■	Beverage - Tea (green)
LEVEL 2	■	Beverage - Apple Juice	LEVEL 2	■	Beverage - Tea (jasmine)
LEVEL 2	■	Beverage - Beer	LEVEL 2	■	Beverage - Tea (oolong)
LEVEL 1	■	Beverage - Coffee (black)	LEVEL 3	■	Beverage - Tea (rooibos)
LEVEL 1	■	Beverage - Cola	LEVEL 3	■	Beverage - Tea (yerba mate)
LEVEL 2	■	Beverage - Cranberry Juice	LEVEL 2	■	Beverage - Tequila
LEVEL 1	■	Beverage - Gin	LEVEL 2	■	Beverage - Vodka
LEVEL 3	■	Beverage - Kombucha	LEVEL 2	■	Beverage - Whisky
LEVEL 1	■	Beverage - Milk (almond)	LEVEL 2	■	Beverage - Wine (red)
LEVEL 1	■	Beverage - Milk (cashew)	LEVEL 2	■	Beverage - Wine (white)
--	■	Beverage - Milk (coconut)	LEVEL 2	■	Bread Enhancer - E 927 Carbanide

Food

LEVEL 1	■	Coagulating Agent - E 520 Aluminium Sulphate	LEVEL 2	■	Dairy - Cheese (ricotta)
LEVEL 2	■	Coating - E 901 Bees Wax, White and Yellow	LEVEL 1	■	Dairy - Cheese (swiss)
LEVEL 3	■	Coating - E 902 Candelilla Wax	--	■	Dairy - Cream
--	■	Coating - E 904 Shellac	--	■	Dairy - Cream Cheese
LEVEL 1	■	Coating - E 912 Montanic Acid Ester	LEVEL 2	■	Dairy - Kefir
LEVEL 1	■	Dairy - Buttermilk	--	■	Dairy - Lactose
LEVEL 1	■	Dairy - Cheese (blue)	--	■	Dairy - Milk (boiled)
LEVEL 1	■	Dairy - Cheese (brie)	LEVEL 2	■	Dairy - Milk (condensed)
LEVEL 3	■	Dairy - Cheese (camembert)	LEVEL 2	■	Dairy - Milk (cow)
LEVEL 3	■	Dairy - Cheese (cheddar)	LEVEL 3	■	Dairy - Milk (evaporated)
LEVEL 2	■	Dairy - Cheese (colby)	LEVEL 3	■	Dairy - Milk (goat)
--	■	Dairy - Cheese (cottage)	LEVEL 1	■	Dairy - Milk (sheep)
--	■	Dairy - Cheese (feta)	LEVEL 1	■	Dairy - Sour Cream
LEVEL 3	■	Dairy - Cheese (goat)	--	■	Dairy - Yogurt (plain Greek)
LEVEL 1	■	Dairy - Cheese (gouda)	LEVEL 1	■	Dairy - Yogurt (plain)
--	■	Dairy - Cheese (gruyere)	--	■	Emulsifier - E 322 Lecithins
LEVEL 2	■	Dairy - Cheese (havarti)	--	■	Emulsifier - E 432 Polyoxyethylene-sorbitan-monolaurate
LEVEL 3	■	Dairy - Cheese (mozzarella)	--	■	Emulsifier - E 434 Polyoxyethylene-sorbitan-monopalmitate
--	■	Dairy - Cheese (muenster)	LEVEL 1	■	Emulsifier - E 435 Polyoxyethylene-sorbitan-monostearate
LEVEL 2	■	Dairy - Cheese (parmesan)	--	■	Emulsifier - E 436 Polyoxethylene-sorbitan-tristearate
LEVEL 3	■	Dairy - Cheese (pepper jack)	--	■	Emulsifier - E 442 Ammonium Phosphatides
--	■	Dairy - Cheese (provolone)	LEVEL 2	■	Emulsifier - E 444 Sucrose-acetate-isobutyrate

Food					
LEVEL 1	■	Emulsifier - E 450 Diphosphate, Phosphate	--	■	Emulsifier - E 493 Sorbitan Monolaurate
LEVEL 3	■	Emulsifier - E 451 Triphosphate, Phosphate	LEVEL 2	■	Emulsifier - E 494 Sorbitan Mono-oleate
LEVEL 3	■	Emulsifier - E 452 Polyphosphate	LEVEL 2	■	Emulsifier - E 495 Sorbitan Monopalmitate
--	■	Emulsifier - E 470 a Sodium	LEVEL 3	■	Emulsifier - E 541 Sodium Aluminium Phosphate
--	■	Emulsifier - E 470 b Magnesium Salts of Edible Fatty Acids	LEVEL 2	■	Fat - Avocado Oil
--	■	Emulsifier - E 471 Mono- and Diglyceride	--	■	Fat - Butter
LEVEL 2	■	Emulsifier - E 472 a Acetic Acid Esters	--	■	Fat - Canola Oil
LEVEL 3	■	Emulsifier - E 472 b Lactic Acid Esters	LEVEL 2	■	Fat - Coconut Oil
LEVEL 3	■	Emulsifier - E 472 c Citric Acid Esters	--	■	Fat - Cod Liver Oil
--	■	Emulsifier - E 472 d Tartaric Acid Esters	--	■	Fat - Corn Oil
LEVEL 2	■	Emulsifier - E 472 e Mono and Diacetyltartaric Acid Esters	--	■	Fat - Cottonseed Oil
LEVEL 2	■	Emulsifier - E 472 f Mixed Acetic and Tartaric Acid Esters	LEVEL 3	■	Fat - Flaxseed Oil
LEVEL 3	■	Emulsifier - E 473 Sucrose Esters	--	■	Fat - Ghee
LEVEL 3	■	Emulsifier - E 474 Sucroglycerides	LEVEL 3	■	Fat - Grapeseed Oil
--	■	Emulsifier - E 475 Polyglycerol Esters of Fatty Acids	LEVEL 2	■	Fat - Hemp Seed Oil
--	■	Emulsifier - E 476 Polyglycerol Polyricinoleate	LEVEL 3	■	Fat - Olive Oil
LEVEL 1	■	Emulsifier - E 477 Propane	--	■	Fat - Palm Kernal Oil
--	■	Emulsifier - E 479 Thermo-oxidised Soya Oil	LEVEL 1	■	Fat - Palm Oil
--	■	Emulsifier - E 481 Sodium Stearoyl	LEVEL 3	■	Fat - Peanut Oil
LEVEL 2	■	Emulsifier - E 482 Calcium Stearyol	--	■	Fat - Peppermint Oil
--	■	Emulsifier - E 483 Stearyl Tartrate	LEVEL 2	■	Fat - Pumkin Seed Oil
LEVEL 2	■	Emulsifier - E 492 Sorbitan Tristearate	LEVEL 1	■	Fat - Sesame Oil

Food					
LEVEL 3	■	Fat - Soybean Oil	--	■	Food Dye - E 102 Tartrazine
--	■	Fat - Sunflower Oil	--	■	Food Dye - E 104 Quinoline Yellow
LEVEL 2	■	Fat - Vegetable Oil	--	■	Food Dye - E 110 Sunset Yellow FCF
LEVEL 3	■	Flavor Enhancer - E 620 Glutamic Acid	LEVEL 2	■	Food Dye - E 120 Cochineal, Carminic Acid
LEVEL 2	■	Flavor Enhancer - E 621 Monosodium Glutamate	LEVEL 2	■	Food Dye - E 122 Carmoisine
--	■	Flavor Enhancer - E 622 Monopotassium Glutamate	LEVEL 1	■	Food Dye - E 123 Amaranth
LEVEL 1	■	Flavor Enhancer - E 623 Calcium Dигlutamate	--	■	Food Dye - E 124 Poceau 4R
--	■	Flavor Enhancer - E 624 Monoammonium Glutamate	--	■	Food Dye - E 127 Erythrosine
LEVEL 2	■	Flavor Enhancer - E 625 Magnesium Dигlutamate	--	■	Food Dye - E 128 Rot 2 G
--	■	Flavor Enhancer - E 626 Guanylic Acid	--	■	Food Dye - E 129 Allura Red AC
LEVEL 1	■	Flavor Enhancer - E 627 Disodium Guanylate	--	■	Food Dye - E 131 Patent Blue V
--	■	Flavor Enhancer - E 628 Dipotassium Guanylate	LEVEL 2	■	Food Dye - E 132 Indigo Carmine
LEVEL 2	■	Flavor Enhancer - E 629 Calcium Guanylate	LEVEL 2	■	Food Dye - E 133 Brilliant Blue FCF
--	■	Flavor Enhancer - E 630 Insinic Acid	LEVEL 1	■	Food Dye - E 140 Chlorophylls and Chlorophyllins
LEVEL 3	■	Flavor Enhancer - E 631 Disodium Ionisate	LEVEL 3	■	Food Dye - E 141 Chlorophylls (CU Complexes)
LEVEL 1	■	Flavor Enhancer - E 632 Dipotassium Ionisate	--	■	Food Dye - E 142 Green S
--	■	Flavor Enhancer - E 633 Dicalcium Ionisate	--	■	Food Dye - E 150 a Caramel
LEVEL 1	■	Flavor Enhancer - E 634 Calcium 5-ribonucleotide	--	■	Food Dye - E 150 b Sulphite Lye Caramel
LEVEL 3	■	Flavor Enhancer - E 635 Disodium 5-ribonucleotide	--	■	Food Dye - E 150 d Ammonium Sulphite Caramel
LEVEL 2	■	Flavor Enhancer - E 640 Glycine and its Sodium Salts	--	■	Food Dye - E 151 Brilliant Black BN. Black PN
--	■	Food Dye - E 100 Curcumin	LEVEL 3	■	Food Dye - E 153 Vegetable Carbon
LEVEL 1	■	Food Dye - E 101 Riboflavin	LEVEL 3	■	Food Dye - E 154 Brown FK

Food					
LEVEL 3	■	Food Dye - E 160 a Carotene	LEVEL 2	■	Fruit - Avocado
LEVEL 3	■	Food Dye - E 160 c Capsanthin, Capsorubin	--	■	Fruit - Bananas
--	■	Food Dye - E 161 b Lutein	--	■	Fruit - Blackberries
LEVEL 1	■	Food Dye - E 161 g Canthaxanthin	LEVEL 3	■	Fruit - Blueberries
LEVEL 2	■	Food Dye - E 162 Beetroot Red (betanin)	LEVEL 2	■	Fruit - Cantaloupe
--	■	Food Dye - E 163 Anthocyanins	LEVEL 2	■	Fruit - Carambola
--	■	Food Dye - E 170 Calcium Carbonate	--	■	Fruit - Cherries
LEVEL 1	■	Food Dye - E 171 Titanium Dioxide	--	■	Fruit - Clementines
LEVEL 3	■	Food Dye - E 172 Iron Oxides, Iron Hydroxides	--	■	Fruit - Coconut
LEVEL 3	■	Food dye - E 173 Aluminium	--	■	Fruit - Cranberries
LEVEL 3	■	Food Dye - E 174 Silver	--	■	Fruit - Dates
LEVEL 3	■	Food Dye - E 175 Gold	LEVEL 2	■	Fruit - Figs
--	■	Food Dye - E 180 Lithol Rubine	--	■	Fruit - Goji Berries
--	■	Fruit - Acai Berry	--	■	Fruit - Grapefruit (pink)
LEVEL 2	■	Fruit - Apple (fuji)	--	■	Fruit - Grapefruit (white)
LEVEL 3	■	Fruit - Apple (gala)	LEVEL 1	■	Fruit - Grapes (red)
--	■	Fruit - Apple (golden delicious)	LEVEL 3	■	Fruit - Grapes (white)
--	■	Fruit - Apple (granny smith)	--	■	Fruit - Guava
LEVEL 2	■	Fruit - Apple (honey crisp)	LEVEL 1	■	Fruit - Honeydew Melon
--	■	Fruit - Apple (jazz)	LEVEL 3	■	Fruit - Kiwis
LEVEL 2	■	Fruit - Apple (pink lady)	LEVEL 1	■	Fruit - Lemons
LEVEL 1	■	Fruit - Apricots	LEVEL 1	■	Fruit - Lime

Food					
LEVEL 1	■	Fruit - Mango	--	■	Grain - Buckwheat
LEVEL 1	■	Fruit - Olives (black)	LEVEL 2	■	Grain - Bulgur Wheat
--	■	Fruit - Olives (green)	--	■	Grain - Corn Flour (maize)
LEVEL 1	■	Fruit - Oranges	--	■	Grain - Couscous
--	■	Fruit - Papaya	LEVEL 3	■	Grain - Farro
--	■	Fruit - Peaches	LEVEL 1	■	Grain - Flaxseed
LEVEL 1	■	Fruit - Pears	LEVEL 2	■	Grain - Freekeh
LEVEL 3	■	Fruit - Pineapples	LEVEL 2	■	Grain - Gluten
LEVEL 2	■	Fruit - Plantain	LEVEL 3	■	Grain - Millet
LEVEL 1	■	Fruit - Plums	--	■	Grain - Oat
LEVEL 3	■	Fruit - Pomegranates	--	■	Grain - Quinoa
LEVEL 1	■	Fruit - Prunes	LEVEL 3	■	Grain - Rice (brown)
LEVEL 1	■	Fruit - Raisins	LEVEL 3	■	Grain - Rice (white)
LEVEL 1	■	Fruit - Raspberries	--	■	Grain - Rice (wild)
--	■	Fruit - Strawberries	--	■	Grain - Rye
--	■	Fruit - Tangerine	--	■	Grain - Sorghum
--	■	Fruit - Tomatillo	LEVEL 1	■	Grain - Spelt
LEVEL 3	■	Fruit - Tomatoes (cooked)	LEVEL 2	■	Grain - Teff
LEVEL 2	■	Fruit - Tomatoes (raw)	LEVEL 1	■	Grain - Triticale
--	■	Fruit - Watermelons	LEVEL 1	■	Grain - Wheat
LEVEL 1	■	Grain - Amaranth	LEVEL 3	■	Grain - Wheat Berry
LEVEL 3	■	Grain - Barley	--	■	Humectant - E 1518 Glycerine Triacetate (triacetin)

Food					
--	■	Misc - Arrowroot	LEVEL 2	■	Modified Starch - E 1404 Oxidierte Starch
LEVEL 2	■	Misc - Carob	--	■	Modified Starch - E 1410 Monostarch Phosphate
--	■	Misc - Chlorella	--	■	Modified Starch - E 1412 Di-starch Phosphate
--	■	Misc - Chlorophyll	LEVEL 2	■	Modified Starch - E 1413 Phosphatised Di-starch P.
--	■	Misc - Chocolate (dark)	--	■	Modified Starch - E 1414 Acetylised Di-starch Phosphate
LEVEL 2	■	Misc - Chocolate (milk)	LEVEL 1	■	Modified Starch - E 1420 Acetylised Starch
--	■	Misc - Chocolate (white)	LEVEL 2	■	Modified Starch - E 1440 Hydroxypropyl Starch
--	■	Misc - Gelatin	LEVEL 1	■	Modified Starch - E 1442 Hydroxypropyl Di-starch Phosphate
LEVEL 3	■	Misc - Hemp	--	■	Modified Starch - E 1450 Starch Sodium Ocenylsuccinate
--	■	Misc - Kelp	LEVEL 3	■	Nuts - Almond
--	■	Misc - Nori	LEVEL 2	■	Nuts - Baru
--	■	Misc - Nutritional Yeast	--	■	Nuts - Brazil Nuts
LEVEL 1	■	Misc - Oyster Sauce	--	■	Nuts - Cashew Nuts
LEVEL 3	■	Misc - Soy Sauce	LEVEL 3	■	Nuts - Chestnuts
LEVEL 3	■	Misc - Spirulina	LEVEL 1	■	Nuts - Hazelnuts
--	■	Misc - Tahini	LEVEL 3	■	Nuts - Hickory
LEVEL 1	■	Misc - Tapioca	LEVEL 3	■	Nuts - Macadamia Nuts
--	■	Misc - Vanilla	LEVEL 3	■	Nuts - Peanut Butter
LEVEL 1	■	Misc - Vinegar (apple cider)	LEVEL 2	■	Nuts - Peanuts
LEVEL 1	■	Misc - Vinegar (clear)	LEVEL 3	■	Nuts - Pecans
LEVEL 1	■	Misc - Vinegar (malt)	LEVEL 3	■	Nuts - Pili
--	■	Misc - Wakame	--	■	Nuts - Pine Nuts

Food					
LEVEL 1	■	Nuts - Pistachio	LEVEL 3	■	Preservative - E 234 Nisin
--	■	Nuts - Poppy Seeds	LEVEL 2	■	Preservative - E 239 Hexamethylene-tetramine
--	■	Nuts - Sunflower Seeds	--	■	Preservative - E 242 Dimethyl Dicarbonate
--	■	Nuts - Walnuts	--	■	Preservative - E 249 Potassium Nitrite
LEVEL 2	■	Preservative - E 1105 Lysozyme	LEVEL 3	■	Preservative - E 250 Sodium Nitrite
LEVEL 3	■	Preservative - E 200 Sorbic Acid	--	■	Preservative - E 252 Potassium Nitrate
--	■	Preservative - E 203 Calcium Corbat	--	■	Preservative - E 261 Potassium Acetate
--	■	Preservative - E 210 Benzoic Acid	LEVEL 1	■	Preservative - E 262 Sodium Acetate
LEVEL 3	■	Preservative - E 211 Sodium Benzoate	--	■	Preservative - E 270 Lactic Acid
LEVEL 1	■	Preservative - E 213 Calcium Benzoate, Benzoic Acid	--	■	Preservative - E 280 Propionic Acid
--	■	Preservative - E 214 Ethyl-para-hydroxybenzoate	LEVEL 3	■	Preservative - E 281 Sodium Propionate
--	■	Preservative - E 215 Sodium Ethyl-para-hydroxybenzoate	LEVEL 1	■	Preservative - E 282 Calcium Propionate
--	■	Preservative - E 217 Sodiumpropyl-para-hydroxybenzoate	LEVEL 3	■	Preservative - E 283 Potassium Propionate
--	■	Preservative - E 218 Methyl-para-hydroxybenzoate	--	■	Preservative - E 296 Malic Acid
--	■	Preservative - E 219 Sodium Methyl-para-hydroxybenzoate	LEVEL 2	■	Preservative - E 297 Fumaric Acid
LEVEL 3	■	Preservative - E 220 Sulphur Dioxide	LEVEL 1	■	Preservative - E 325 Sodium Lactate
--	■	Preservative - E 221 Sodium Sulphite	LEVEL 1	■	Preservative - E 326 Potassium Lactate
LEVEL 3	■	Preservative - E 222 Sodium Hydrogen Sulphite	--	■	Preservative - E 327 Calcium Lactate
--	■	Preservative - E 223 Sodium Metabisulphite	--	■	Protein - Alpha-Lactalbumin
LEVEL 3	■	Preservative - E 224 Potassium Metabisulphite	LEVEL 3	■	Protein - Bacon
--	■	Preservative - E 226 Calcium Sulphite	--	■	Protein - Beef
LEVEL 2	■	Preservative - E 227 Calcium Hydrogen Sulphite	--	■	Protein - Beef Jerky

Food					
--	■	Protein - Beta-Lactoglobulin	LEVEL 3	■	Protein - Venison
--	■	Protein - Bison	--	■	Salt Substitute - E 508 Potassium Chloride
--	■	Protein - Chicken	--	■	Salt Substitute - E 515 Potassium Sulphate
--	■	Protein - Duck	LEVEL 2	■	Seafood - Anchovy
--	■	Protein - Egg White	--	■	Seafood - Bass
--	■	Protein - Egg Yolk	--	■	Seafood - Catfish
LEVEL 2	■	Protein - Goat	--	■	Seafood - Clams
LEVEL 2	■	Protein - Goose	--	■	Seafood - Cod
LEVEL 1	■	Protein - Lamb	--	■	Seafood - Crab
LEVEL 2	■	Protein - Liver (beef)	LEVEL 2	■	Seafood - Crayfish
--	■	Protein - Liver (chicken)	LEVEL 1	■	Seafood - Eel
LEVEL 1	■	Protein - Pea Protein	--	■	Seafood - Flounder
LEVEL 3	■	Protein - Pork	--	■	Seafood - Grouper
LEVEL 1	■	Protein - Quorn	LEVEL 1	■	Seafood - Haddock
--	■	Protein - Rabbit	--	■	Seafood - Halibut
--	■	Protein - Seitan	LEVEL 1	■	Seafood - Herring
--	■	Protein - Soy	LEVEL 1	■	Seafood - Lobster
LEVEL 1	■	Protein - Tempeh	LEVEL 2	■	Seafood - Mackerel
LEVEL 1	■	Protein - Textured Vegetable Protein	--	■	Seafood - Mahi-mahi
--	■	Protein - Tofu	LEVEL 2	■	Seafood - Mussels
LEVEL 1	■	Protein - Turkey	LEVEL 3	■	Seafood - Octopus
LEVEL 3	■	Protein - Veal	LEVEL 3	■	Seafood - Orange Roughy

Food					
--	■	Seafood - Oyster	LEVEL 3	■	Spice - Cloves
--	■	Seafood - Perch	--	■	Spice - Coriander
--	■	Seafood - Pollock	LEVEL 3	■	Spice - Cress
LEVEL 3	■	Seafood - Prawns	--	■	Spice - Cumin
--	■	Seafood - Salmon	LEVEL 3	■	Spice - Curry (green)
LEVEL 1	■	Seafood - Sardine	LEVEL 2	■	Spice - Curry (red)
LEVEL 3	■	Seafood - Scallops	LEVEL 1	■	Spice - Curry (yellow)
--	■	Seafood - Shrimp	--	■	Spice - Dill
LEVEL 1	■	Seafood - Snail	LEVEL 1	■	Spice - Fennel
LEVEL 3	■	Seafood - Snapper	LEVEL 1	■	Spice - Ginger
--	■	Seafood - Sole	LEVEL 3	■	Spice - Mint
LEVEL 3	■	Seafood - Swordfish	LEVEL 2	■	Spice - Miso
LEVEL 3	■	Seafood - Tilapia	LEVEL 1	■	Spice - Nutmeg
LEVEL 3	■	Seafood - Trout	LEVEL 1	■	Spice - Oregano
--	■	Seafood - Tuna	LEVEL 1	■	Spice - Paprika
LEVEL 2	■	Spice - Aniseed	LEVEL 2	■	Spice - Parsley
LEVEL 3	■	Spice - Basil	--	■	Spice - Pepper (black)
LEVEL 3	■	Spice - Bay Leaf	LEVEL 3	■	Spice - Pepper (red/ cayenne)
LEVEL 3	■	Spice - Caraway	--	■	Spice - Pepper (white)
--	■	Spice - Cardamom	LEVEL 1	■	Spice - Rosemary
LEVEL 1	■	Spice - Cilantro	LEVEL 3	■	Spice - Sage
--	■	Spice - Cinnamon	LEVEL 3	■	Spice - Salt (pink Himalayan)

Food					
LEVEL 2	■	Spice - Salt (sea)	--	■	Sweetener - E 952 Cyclamate
--	■	Spice - Salt (table)	LEVEL 1	■	Sweetener - E 953 Isomalt
LEVEL 2	■	Spice - Sesame	LEVEL 2	■	Sweetener - E 954 Saccharin
--	■	Spice - Thyme	LEVEL 3	■	Sweetener - E 955 Sucralose
LEVEL 2	■	Spice - Turmeric	--	■	Sweetener - E 957 Thaumatin
--	■	Spice - Wasabi	LEVEL 1	■	Sweetener - E 959 Neohesperdin DC
--	■	Stabilizer - E 1505 Triethyl Citrate	LEVEL 2	■	Sweetener - E 965 Maltite, Maltite Syrup
LEVEL 1	■	Stabilizer - E 514 Sodium Sulphate	--	■	Sweetener - E 966 Lactite
LEVEL 2	■	Stabilizer - E 517 Ammonium Sulphate	LEVEL 1	■	Sweetener - E 967 Xylitol
LEVEL 1	■	Stabilizer - E 523 Aluminium Ammonium Sulphate	LEVEL 2	■	Thickening Agent - E 1200 Polydextrose
--	■	Sweetener - Agave	LEVEL 3	■	Thickening Agent - E 352 Calcium Malate
--	■	Sweetener - Honey	--	■	Thickening Agent - E 401 Sodium Alginate
--	■	Sweetener - Maple Syrup	LEVEL 1	■	Thickening Agent - E 402 Potassium Alginate
--	■	Sweetener - Molasses	LEVEL 2	■	Thickening Agent - E 403 Ammonium Alginate
--	■	Sweetener - Stevia	--	■	Thickening Agent - E 405 Propylene Glycol Alginate
--	■	Sweetener - Sugar (brown)	--	■	Thickening Agent - E 406 Agar
LEVEL 2	■	Sweetener - Sugar (cane)	LEVEL 2	■	Thickening Agent - E 407 a Eucheuma Algae, Treated
LEVEL 3	■	Sweetener - Sugar (white)	LEVEL 1	■	Thickening Agent - E 407 Carrageenan
LEVEL 1	■	Sweetener - E 420 Sorbit, Sorbit Syrup	--	■	Thickening Agent - E 410 Locust Bean Gum, Carob Gum
LEVEL 2	■	Sweetener - E 421 Mannite	LEVEL 1	■	Thickening Agent - E 412 Guar Gum
LEVEL 3	■	Sweetener - E 950 Acesulfame K	LEVEL 3	■	Thickening Agent - E 414 Gum Arabic
--	■	Sweetener - E 951 Aspartame	LEVEL 1	■	Thickening Agent - E 415 Xanthan Gum

Food

--	█	Thickening Agent - E 416 Karaya Gum	LEVEL 1	█	Veg - Bell Pepper (green) (cooked)
LEVEL 1	█	Thickening Agent - E 417 Tara Meal	LEVEL 1	█	Veg - Bell Pepper (green) (raw)
LEVEL 2	█	Thickening Agent - E 418 Gellane	LEVEL 1	█	Veg - Bell Pepper (orange) (cooked)
--	█	Thickening Agent - E 440 Pectin, Amidated Pectin	--	█	Veg - Bell Pepper (orange) (raw)
LEVEL 3	█	Thickening Agent - E 461 Methylcellulose	LEVEL 2	█	Veg - Bell Pepper (red) (cooked)
LEVEL 3	█	Thickening Agent - E 463 Hydroxypropylcellulose	--	█	Veg - Bell Pepper (red) (raw)
LEVEL 2	█	Thickening Agent - E 464 Hydroxypropylmethylcellulose	--	█	Veg - Bell Pepper (yellow) (cooked)
LEVEL 1	█	Thickening Agent - E 465 Ethylmethylcellulose	--	█	Veg - Bell Pepper (yellow) (raw)
--	█	Thickening Agent - E 466 Carboxymethylcellulose	LEVEL 1	█	Veg - Bok Choy
--	█	Veg - Artichoke	LEVEL 2	█	Veg - Broccoli (cooked)
LEVEL 3	█	Veg - Asparagus	LEVEL 3	█	Veg - Broccoli (raw)
LEVEL 1	█	Veg - Aubergine (eggplant)	LEVEL 3	█	Veg - Brussel Sprouts
LEVEL 2	█	Veg - Bean Sprouts	LEVEL 1	█	Veg - Cabbage (red) (cooked)
--	█	Veg - Beans (black)	--	█	Veg - Cabbage (red) (raw)
LEVEL 2	█	Veg - Beans (broad)	LEVEL 3	█	Veg - Cabbage (white) (cooked)
--	█	Veg - Beans (chickpea)	--	█	Veg - Cabbage (white) (raw)
LEVEL 2	█	Veg - Beans (green)	LEVEL 3	█	Veg - Carrots (cooked)
--	█	Veg - Beans (lima)	LEVEL 1	█	Veg - Carrots (raw)
--	█	Veg - Beans (pinto)	LEVEL 3	█	Veg - Cassava Flour
LEVEL 3	█	Veg - Beans (red kidney)	--	█	Veg - Cauliflower (cooked)
LEVEL 1	█	Veg - Beans (white)	LEVEL 3	█	Veg - Cauliflower (raw)
--	█	Veg - Beets	LEVEL 2	█	Veg - Celery (cooked)

Food					
LEVEL 1	■	Veg - Celery (raw)	--	■	Veg - Lettuce (red leaf)
--	■	Veg - Corn	LEVEL 1	■	Veg - Lettuce (romaine)
LEVEL 3	■	Veg - Cucumber	LEVEL 2	■	Veg - Mushroom (button)
LEVEL 3	■	Veg - Edamame	--	■	Veg - Mushroom (chestnut)
--	■	Veg - Endive	--	■	Veg - Mushroom (lion's mane)
LEVEL 2	■	Veg - Garlic (cooked)	LEVEL 1	■	Veg - Mushroom (oyster)
LEVEL 2	■	Veg - Garlic (raw)	--	■	Veg - Mushroom (portabella)
LEVEL 3	■	Veg - Greens (collard)	--	■	Veg - Mushroom (shiitake)
--	■	Veg - Greens (mustard)	--	■	Veg - Mushroom (turkey tail)
--	■	Veg - Greens (turnip)	LEVEL 1	■	Veg - Okra
--	■	Veg - Horseradish	LEVEL 1	■	Veg - Onions (cooked)
LEVEL 1	■	Veg - Kale (cooked)	--	■	Veg - Onions (raw)
--	■	Veg - Kale (raw)	LEVEL 1	■	Veg - Onions (scallions)
LEVEL 2	■	Veg - Kohlrabi	--	■	Veg - Parsnips
--	■	Veg - Leek	--	■	Veg - Peas (black eyed)
--	■	Veg - Lentils	--	■	Veg - Peas (field)
LEVEL 3	■	Veg - Lettuce (arugula)	--	■	Veg - Peas (garden)
--	■	Veg - Lettuce (butter)	LEVEL 3	■	Veg - Pepper (banana)
LEVEL 3	■	Veg - Lettuce (chicory)	LEVEL 1	■	Veg - Pepper (cherry)
--	■	Veg - Lettuce (escarole)	--	■	Veg - Pepper (habanero)
LEVEL 1	■	Veg - Lettuce (green leaf)	LEVEL 3	■	Veg - Pepper (jalapeno)
LEVEL 1	■	Veg - Lettuce (iceberg)	LEVEL 1	■	Veg - Pepper (pepperoncini)

Food			
--	■	Veg - Pepper (poblano)	LEVEL 1 ■ Veg - Sauerkraut
--	■	Veg - Pepper (serrano)	-- ■ Veg - Soy Bean
--	■	Veg - Pickle (bread & butter)	-- ■ Veg - Spinach (cooked)
--	■	Veg - Pickle (dill)	-- ■ Veg - Spinach (raw)
LEVEL 2 ■	■	Veg - Potatoes (red)	-- ■ Veg - Squash (acorn)
--	■	Veg - Potatoes (sweet)	-- ■ Veg - Squash (butternut)
--	■	Veg - Potatoes (white)	-- ■ Veg - Squash (spaghetti)
LEVEL 1 ■	■	Veg - Potatoes (yellow)	LEVEL 1 ■ Veg - Squash (yellow)
LEVEL 1 ■	■	Veg - Pumpkin	LEVEL 2 ■ Veg - Squash (zucchini)
LEVEL 2 ■	■	Veg - Pumpkin Seed	LEVEL 3 ■ Veg - Swiss Chard
--	■	Veg - Radicchio	-- ■ Veg - Turnip
LEVEL 2 ■	■	Veg - Radish	LEVEL 1 ■ Veg - Water Chestnut
--	■	Veg - Rhubarb	LEVEL 3 ■ Veg - Watercress
LEVEL 3 ■	■	Veg - Rutabaga	LEVEL 1 ■ Veg - Yuca (cassava)