

## **FOOD SENSITIVITY ITEMS TESTED**

- A
- Abalone
- Absidia
- Acai Berry
- Acerola
- A-Lactalbumin
- Agar
- Ale
- Alfalfa
- Almond
- Alternaria
- Amaranth
- Anchovy
- Aniseed
- Annatto
- Apricots
- Arborio rice
- Arrowroot
- Artichoke
- Asparagus
- Atlantic Salmon
- Aubergine
- Avocado
- Ayran
- B
- Bacon
- Balmain bug
- Bamboo Shoot
- Banana
- Baobab
- Barberry
- Barley
- Barley grass
- Barramundi
- Basidiomycetes
- Basil
- Basmati rice
- Bass
- Bay Leaf
- Beef
- Beef Jerky
- Beets

- Bell Pepper
- Bilberry
- Bipolaris
- Black Beans
- Black Chokeberry
- Black-eyed peas
- Black Pepper
- Black Trumpet Mushrooms
- Blackberries
- Blackcurrants
- Blackfish
- B-Lactoglobulin
- Blue cod
- Blueberry
- Bonito
- Boysenberries
- Braeburn apple
- Brazil nut
- Bread
- Bread, white bread
- Bream
- Brill
- Broccoli
- Brown bread
- Brussels sprout
- Buckwheat
- Buffalo
- Butterfish
- Bulghur
- Button Mushroom
- C
- Cabbage (Green)
- Cabbage (Red)
- Cabbage (White)
- Caffeine
- Callop
- Camomile Tea
- Candlenut
- Canola oil
- Capers
- Capsicum Green
- Capsicum Red
- Capsicum Yellow

- Carambola
- Caraway
- Cardamom
- Caribou
- Carob
- Carp
- Carrot
- Casein
- Cassia bark
- Caigua
- Callaloo
- Cashew nut
- Catfish
- Cassava
- Cauliflower
- Cayenne pepper
- Celery
- Celeriac
- Celtuce
- Chamomile
- Champagne
- Chanterelle Mushrooms
- Chayote
- Cherries
- Chia seed
- Chicory
- Chicken
- Chicken Of The Woods Mushrooms
- Chickpea
- Chive
- Chlorella
- Cider
- Cinnamon
- Clams
- Clementine
- Clotted Cream
- Clove
- Cockle
- Coconut oil
- Cod
- Coffee
- Coffee Decaf
- Coffee substitute made from barley

- Condensed milk
- Coriander
- Corn oil
- Corn Syrup
- Cornish Game Hen
- Cottage Cheese
- Cottonseed oil
- Crab
- Cranberries
- Crayfish
- Cream
- Cream Cheese
- Cremini Mushrooms
- Cress
- Crocodile
- Cumin
- Curry leaves
- Curvularia
- Cuttlefish
- D
- Dab
- Date Palm
- Daikon
- Delicata
- Dill
- Diphyllbothrium latum
- Dogfish
- Dorado
- Dover sole fish
- Dragon Fruit
- Dublin Bay Prawn
- Duck
- Durian
- E
- E 100 Curcumin
- E 101 Riboflavin
- E 102 Tartrazine
- E 104 Quinoline yellow
- E 110 Sunset yellow FCF
- E 120 Cochineal, carminic acid, carmine
- E 1200 Polydextrose
- E 122 Carmoisine
- E 123 Amaranth

- E 124 Ponceau 4R
- E 125
- E 127 Erythrosine
- E 128 Red 2G
- E 129 Allura red AC
- E 131 Patent blue V
- E 132 Indigo Carmine
- E 133 Brilliant blue FCF
- E 140 Chlorophylls and chlorophyllin
- E 141 Chlorophylls
- E 142 Green
- E 143
- E 150 a Caramel
- E 151 Brilliant black BN, black PN
- E 1520 Propylene Glycol
- E 153 Vegetable carbon
- E 154 Brown FK
- E 155 Brown
- E 160 a Carotene
- E 160 b Annatto, Bixin, Norbixin
- E 160 c Capsanthin, Capsorubin
- E 160 d Lycopene
- E 160 e Beta
- E 160 f
- E 162 Beetroot red
- E 163 Anthocyanins
- E 170 Calcium carbonate
- E 172 Iron oxides, iron hydroxides
- E 200 Sorbic acid
- E 210 Benzoic acid
- E 220 Sulphur dioxide
- E 222 Sodium hydrogen sulphite
- E 223 Sodium metabisulphite
- E 249 Potassium nitrite
- E 250 Sodium nitrite
- E 251 Sodium nitrate
- E 252 Potassium nitrate
- E 260 Acetic acid
- E 261 Potassium acetate, salt of acetic acid
- E 270 Lactic acid
- E 280 Propionic acid
- E 297 Fumaric acid
- E 300 Ascorbic Acid

- E 302 Calcium L-ascorbate
- E 306 Natural tocopherols
- E 320 Butylated hydroxyanisole
- E 322 Lecithin
- E 325 Sodium lactate
- E 327 Calcium lactate
- E 330 Citric acid
- E 333 Monocalcium citrate, Dicalcium, Tricalcium
- E 334 tartaric acid , tartaric acid
- E 340 Dipotassium Phosphate
- E 341 Monocalcium phosphate, Dicalcium, Tricalcium
- E 404 Calcium alginate, Alginate
- E 406 Agar
- E 407 a Eucheuma algae, treated
- E 407 Carrageenan
- E 410 Locust bean gum, carob gum
- E 412 Guar gum
- E 414 Gum Arabic
- E 415 Xanthan gum
- E 420 Sorbitol, Sorbitol syrup
- E 421 Mannite
- E 422 Glycerine
- E 435 Polyoxyethylene-sorbitan-monostearate
- E 440 Amidated Pectin
- E 441
- E 444 Sucrose-acetate-isobutyrate
- E 452 Polyphosphate
- E 460 Cellulose, microcrystalline cellulose, cellulose powder
- E 461 Methylcellulose
- E 465 Ethyl methylcellulose
- E 466 Carboxymethylcellulose, sodium carboxymethyl c
- E 470 Sodium, potassium and calcium salts
- E 479 Thermo-oxidised soya oil
- E 481 Sodium stearoyl-2-lactylate
- E 500 Sodium carbonate, Sodium hydrogen carbonate, Sodium sesquicarbonate
- E 508 Potassium chloride
- E 509 Calcium chloride
- E 541 Sodium aluminium phosphate, acidic
- E 542 Edible Bone phosphate
- E 552 Calcium silicate
- E 620 Glutamic acid
- E 621 Monosodium glutamate, Sodium glutamate
- E 622 Monopotassium glutamate, Potassium glutamate

- E 623 Calcium diglutamate, Calcium glutamate
- E 627 Sodium guanylate, Guanylate
- E 631 Disodium ionisate, Ionisate
- E 635 Disodium 5'-ribonucleotide
- E 901 Bees wax, white and yellow
- E 902 Candelilla wax
- E 903 Carnauba wax
- E 904 Shellac
- E 924 b
- E 924 Potassium Bromate
- E 925 Chlorine Dioxide
- E 927 Carbamide
- E 951 Aspartame
- E 954 Saccharin
- E 965 Maltitol, Maltitol syrup
- Earl Grey Tea
- Eel
- Egg
- Egg white
- Egg yolk
- Elderberry
- Emu
- Endive
- Enoki Mushrooms
- Epicoccum purpurascens
- Evaporated milk
- F
- Fenugreek
- Fiddlehead
- Finger lime
- Five Spice
- Flaxseed
- Flounder
- Fresh Fennel
- Frisee
- Fructose
- Fuji apple
- Fusarium
- G
- Gala apple
- Galanga
- Galia Melon
- Garlic

- Gemfish
- Geotrichum candidum
- Ghee
- Giant Puffball Mushrooms
- Gin
- Ginger
- Gluten
- Goat
- Goat's Milk
- Goji Berries
- Golden Berries
- Golden Delicious apple
- Goose
- Granary Bread
- Granny Smith apple
- Grapefruit (Pink)
- Grapefruit (Yellow)
- Grapes (Red)
- Grapes (White)
- Grayling
- Greenland halibut
- Grouper
- Grouse
- Guava
- Guinea Hen
- H
- Habanero
- Haddock
- Hake
- Halibut
- Ham
- Hazelnuts
- Hedgehog Mushrooms
- Hemp seed
- Herring
- Horse
- Horseradish
- Huss
- Hydrolysed vegetable protein
- I
- Incaberry
- Iceberg Lettuce
- Ilish



- Indian white prawn
- Invert Sugar Syrup
- Iodine
- J
- Jackfruit
- Jalapeno
- Jasmine Tea
- Jazz apple
- Jerusalem artichoke
- Jewfish
- Jicama
- John Dory fish
- Jujube
- Juniper Berries
- K
- Kale
- Kangaroo
- Kefir
- Kaffir Lime Leaves
- King Oyster Mushrooms
- King prawn
- Kingfish
- Kipper
- Kiwis
- Kohlrabi
- Kokum
- Kombucha
- Koshihikari rice
- Krill
- Kumquat
- L
- Lactose
- Lager
- Lamb
- Lamprey
- Langoustine
- Langsat
- Leek
- Lemon sole
- Lemons
- Lime
- Lingcod
- Lingonberry

- Lion's Mane Mushrooms
- Lobster
- Longan Fruit
- Luffa
- Lumpfish
- Lychee
- M
- Macadamia Nuts
- Mackerel
- Mahi-mahi
- Maitake Mushrooms
- Malabar Chestnut
- Mangel-wurzel
- Mango
- Mangosteen
- Maple Syrup
- Rapeseed Oil
- Marionberry
- Marjoram
- Marron
- Marshmallow Tea
- Matsutake Mushrooms
- Meyer Lemon
- Meat Gelatine
- Megrin
- Millet
- Mint
- Miso
- Mongongo nut
- Monkfish
- Moose
- Morel Mushrooms
- Mulberries
- Mullet
- Mulloway
- Mushrooms
- Mussels
- Mustard
- Mutton
- N
- Nectarine
- Nettle
- Nutmeg

- O
- Oca
- Octopus
- Okra
- Olive Oil
- Olives
- Olives
- Onions
- Oolong tea
- Opossum
- Orange roughy
- Oranges
- Ostrich
- Oyster
- Oyster Mushroom
- P
- Palm oil
- Papaya
- Paprika
- Parrotfish
- Partridge
- Passionfruit
- Patagonian toothfish
- Patna Rice
- Patty pans
- Peanut Oil
- Peanuts
- Pears
- Peas
- Pecan nuts
- Peppermint oil
- Perch
- Persimmons
- Pheasant
- Phthirus pubis
- Pigeon
- Pike
- Pilchard
- Pili Nut
- P
- Pine Nut
- Pineapple
- Pink Lady apple

- Pistachio
- Plaice
- Plums, damsons
- Pollack
- Pomegranate Seeds
- Pomelo
- Pomfret
- Poppy Seed
- Porcini Mushrooms
- Pork
- Port wine
- Portobello Mushroom
- Pout
- Prawns
- Prosecco
- Pumpkin
- Pumpkin Seed
- Purslane
- Q
- Quail
- Quark
- Quince
- Quinoa
- R
- Rabbit
- Radicchio
- Radish
- Raki
- Rambutan
- Rapini
- Raspberries
- Red Kidney Bean
- Red Snapper
- Red Wine
- Reishi Mushrooms
- Rhodotorula
- Rhubarb
- Roach
- Rockfish
- Rooibos tea
- Rose Apples
- Rose Wine
- Rosemary

- Rum
- Rye
- S
- Safflower seed oil
- Sake
- Sage
- Salak
- Salsify
- Sambuca
- Sapodilla
- Sapote
- Sardine
- Satsuma
- Scallop
- Sea cucumber
- Sea Trout
- Seitan
- Sesame Oil
- Sesame Seed
- Shad
- Shallots
- Shark
- Shimeji Mushrooms
- Shitake Mushroom
- Shrimps
- Sild
- Skate
- Skipjack tuna
- Smoked herring
- Snake
- Snook
- Sodium Chloride/Salt
- Sodium Citrate
- Sole
- Sourdough
- Soursop
- Soy sauce
- Soya Bean
- Soybean oil
- Spelt
- Spelt Bread
- Spirulina
- Sprat

- Squab
- Squid
- Squirrel
- Starfruit
- Star Apple
- Stilton
- Stout
- Strawberries
- Sugar, Brown
- Sugar, white
- Sumac
- Sunflower oil
- Sunflower Seeds
- Sweet Freedom
- Sweet Potatoes
- Sweetcorn
- Swordfish
- T
- Tangelo
- Taro
- Tatsoi
- Taurine
- Teff
- Tempeh
- Tequila
- Teraglin
- Thai Chili
- Thai Eggplant
- Thyme
- Tilefish
- Tomatillo
- Tomato
- Trout
- Tuna
- Turbot
- Turkey
- Turmeric
- Turnip
- Turtle
- U
- Ugli Fruit
- Ulluco
- V

- Vanilla
- Vanillin sugar
- Veal
- Venison
- Viili
- Vine leaf
- Vodka
- W
- Walnuts
- Wakame
- Wasabi
- Watercress
- Watermelon
- Wattleseed
- Wheat
- Wheatgrass
- Wheat flour
- Wheat, ground
- Whelk
- Whey Protein
- White pepper
- White tea
- White wine
- Whitebait
- Whiting
- Winkles
- Wolffish
- Wood Blewit Mushrooms
- Y
- Yacon
- Yeheb nut
- Yerba mate tea
- Ymer
- Yogurt
- Yucca
- Z
- Zander
- NON-FOOD SENSITIVITY ITEMS
- A
- Acetone
- Acremonium
- African grey parrot
- Alpacas

- American beech
- American sycamore
- Angora Wool
- Anisakis
- Artemisia Salina
- Arthrimum phaeospermum
- Ascaris
- Ascomycete
- Ash
- Aspergillus Niger
- Atrazine
- Aureobasidium pullulans
- Avobenzone
- Azodicarbonamide
- B
- Balsam Plant
- Barley
- Bearded Dragon
- Bedbug
- Bee
- Benzaldehyde
- Bigtooth aspen
- Birch
- Black Ash
- Black Cherry Tree
- Boric acid
- Brassica Napus
- Broad-leaved dock
- Budgerigars
- Bullet Ant
- Burdock
- Butylparaben
- C
- Calcium hypochlorite
- Calluna
- Camels
- Camphor
- Canaries
- Candida
- Canvas
- Carrageenan
- Carbon Black
- Cashmere Fabric



- Catchweed
- Cats
- Cattle
- Chaetomium
- Chicken
- Chicken Feathers
- Chinchilla
- Chlorine
- Chrysosporium
- Cladosporium
- Clover
- Cobalt chloride
- Cocamidopropyl betaine
- Cockatoo
- Cockroach
- Colonial bent grass
- Cotton
- Currant bush
- D
- Dandelion
- Deer Epithelium
- Demodex / Eyelash mites
- Dibutyl Phthalate
- Diethanolamine
- Dioxane
- Dimethicone
- Dimethyl fumarate
- Disperse blue 106
- Dog Serum Albumin
- Donkeys
- Dreschlera
- Duck feathers
- Dust
- E
- E 504 Magnesium carbonate, M-hydrogen carbonate
- E 551 Silicon dioxide
- E 553 a Magnesium silicate, Magnesium trisilicate
- Earwigs
- Elder
- Ethylparaben
- European lime
- F
- False acacia

- Ferrets
- Fiberglass
- Fire ant
- Fireweed/Great willow herb
- Flax/Linen Fabric
- Fleas
- Formaldehyde
- Frog
- G
- Gecko
- Gerbil
- Glycerine
- Glycol distearate
- Goats
- Goose feathers
- Guinea pigs
- H
- Hamsters
- Hawthorn
- Hedgehogs
- Homosalate
- Hop
- Hornet
- Horse Bot Fly
- Horses
- House dust mite
- Hydrated Silica
- Hydroquinone
- Hydroxyethyl Cellulose
- Hymenolepis diminuta
- I
- Iguana
- Isobutylparaben
- J
- Japanese Cedar
- Japanese Millet
- Jute Fabric
- K
- Kentucky bluegrass
- L
- Laburnum
- Lamé Fabric
- Lanolin

- Leather
- Lilac
- Limonene
- Linden Tree
- Liquorice
- Llamas
- Lupine
- Lycra
- M
- Macaw
- Maize
- Meadow fescue
- Meadow fox tail
- Methylene diphenyl diisocyanate
- Methylparaben
- Metorchis conjunctus
- Mice
- Modal
- Mohair Fabric
- Mosquito
- Moths
- Mucor
- Mulberry
- Muriatic acid
- N
- Naphthalene
- New Belgian Aster
- Nylon
- O
- Oak (*Quercus robur*)
- Oats (*Avena sativa*)
- Octisalate
- Oxybenzone
- P
- Papulaspora Preuss
- Paecilomyces
- Paper wasps
- Paraphenylenediamine
- Peanut plant
- *Pediculus humanus capitis*
- *Pediculus humanus corpus*
- Penicillium
- Phoma

- Pigeon Droppings
- Pigs
- Pillbugs/ Woodlice
- Pine, Scottish
- Pinworm / Threadworm
- Pithomyces
- Polyester
- Polyethylene glycol
- Polytetrafluoroethylene
- Potassium dichromate
- Propylparaben
- Q
- Quack grass
- R
- Rabbits
- Ragweed
- Rats
- Rayon Fabric
- Red Berry
- Ribwort
- Rubber
- S
- Sarsaparilla
- Sassafras tree
- Schistosoma
- Sheep's wool
- Silk Fabric
- Snake
- Sodium citratev
- Sodium hexametaphosphate
- Sodium laureth sulfate
- Sodium perborate
- Sodium percarbonate
- Sorbitol
- Spirometra erinaceieuropaei
- Stachybotrys
- Stemphylium
- Stinging nettle
- Stink Bugs
- Storage Mite
- Streptomycin
- Styrene
- Suede

- Sulforaphane
- Sugar glider
- Sugar Maple
- Sweet vernal grass
- T
- Taenia saginata
- Taenia solium
- Termites
- Thistle
- Tick
- Toad
- Toluene
- Tortoise
- Triatomine bugs
- Trichinella spiralis
- Trichobilharzia regenti
- Trichoderma
- Triclosan
- Trisodium phosphate
- Tetrapotassium pyrophosphate
- Trichoderma
- Tulip
- Tumbleweed
- Turkey
- Turtle
- U
- Ulocladium
- V
- Velvet
- Velvet grass
- Verticillium
- Viscose
- W
- Walleimia
- Wallflower
- Walnut tree
- Wasp
- Weasel
- Wheat
- Wintergreen
- Wool
- Wormwood
- Wuchereria bancrofti

- X
- Xanthan gum
- METAL ITEMS
- Aluminium
- Arsenic
- Barium
- Beryllium
- Bismuth
- Borate
- Cadmium
- Caesium
- Cerium
- Chromium
- Cobalt
- Copper
- Fluorine
- Germanium
- Gold
- Holmium
- Indium
- Iridium
- Iron
- Lead
- Lithium
- Manganese
- Mercury
- Molybdenum
- Nickel
- Palladium
- Platinum
- Radium
- Rhenium
- Rhodium
- Rubidium
- Ruthenium
- Samarium
- Silicon
- Silver
- Strontium
- Sulphur
- Tantalum
- Tin
- Titanium

- Tungsten
- Vanadium
- Zinc
- Zirconium
- NUTRITIONAL IMBALANCES
- Acidophilus
- Alpha Lipoic Acid
- Ascorbic acid
- Betaine anhydrous
- Bio-flavonoids
- Bromelain
- Carotenoids
- Chromium
- Creatine
- Docosahexaenoic acid
- Eicosapentaenoic acid
- Ellagic acid
- Fibre
- Flavonoids
- Folate
- Folic acid
- Formic acid
- Gallic acid
- Genistein
- Iron
- Iso-Flavonoids
- Inositol
- Lactoferrin
- Lactic acid
- L-Carnitine
- Lignans
- Lutein
- Lycopene
- Magnesium
- Malic acid
- Manganese
- Nicotinic acid
- Nucleic acid
- Omega 3
- Omega 6
- Oxalic acid
- Pantothenic acids
- Para Aminobenzoic acid

- Phytosterols
- Polyphenols
- Pro-anthocyanidins
- Pyridoxine
- Salicylic Acid
- Saponins
- Sulforaphane
- Tannins
- Tartaric acid
- Uric acid
- Zeaxanthin
- GUT BIOME ITEMS
- Acidophilus Bifidus
- Bacillus Coagulans
- Bifidobacterium Bifidum
- Fructooligosaccharides
- Lactobacillus Reuteri
- Galactooligosaccharides
- Lactobacillus Acidophilus
- Escherichia Coli
- Streptomyces
- Streptococcus Faecium
- Streptococcus Thermophilus
- Xylooligosaccharides
- HORMONAL IMBALANCE
- Follicle Stimulating Hormone
- Luteinizing Hormone
- Oestradiol
- Testosterone
- Thyroid Stimulating Hormone
- Thyroxine
- Triiodothyronine
- DIGESTIVE HEALTH AND METABOLISM ANALYSIS
- Amylase
- Bile Salts
- Calprotectin
- Diamine oxidase
- Elastase
- Enterokinase
- Hydrochloric Acid
- Lipase
- Pepsin
- Trypsin & Chymotrypsin