

Basic = Food IgG Allergy (50 Foods)	Advanced Food IgG Allergy Test (110 Foods)	Includes Test 50, 110, 270 Foods listed below	Advanced Plus = Food IgG Allergy Test (270 Foods)	Includes Test 50, 110, 270 Foods listed below
<b>DAIRY</b>	<b>DAIRY</b>		<b>DAIRY</b>	
Cows Milk Egg Yolk Egg White	Cheddar Cheese Cream Cheese Emmental Gouda Goats Cheese Goats Milk Blue Cheese		Sheep Milk Sheep Cheese Soya Cheese Soya Milk Herry Milk Oat Milk Casein Lactose	
<b>GRAINS</b>	<b>GRAINS</b>		<b>GRAINS</b>	
Wheat Rye Oats Barley	Including Group 50 Grains		Speltt Millet Buckwheat Gluten Wheat Bran Cous cous Tapioca Teff	
<b>MEAT</b>	<b>MEAT</b>		<b>MEAT</b>	
Chicken Beef Pork Lamb	Including Group 50 Meats		Turkey Duck Venison Veal Rabbit Boar Pheasant	
<b>FISH</b>	<b>FISH</b>		<b>FISH</b>	
Cod Maddock Pollock Plaice Flat fish	Oyster Salmon Trout Tuna		Sardines Octopus Sea Bass Prawns Moorfish Coley Mussels Halibut	
<b>FRUIT</b>	<b>FRUIT</b>		<b>FRUIT</b>	
Apple Lemon Orange Grapefruit Pear Raspberry Strawberry	Avocado Cherry Pineapple Lime Grapes - red Grapes - green		Apricot Blackberry Blackcurrant Blueberry Boyenberry Blackberry Cocunut Clementine Custard Cherry Cantaloupe Honeydew Date Damson Guava Kiwi Fig Liquat Lychee Mango Mandarin Papaya Peach Pomegranates Raisin Raspberry Red Currant Rhubarb Greengage Water Melon	
<b>VEGETABLES</b>	<b>VEGETABLES</b>		<b>VEGETABLE</b>	
Broccoli - Green Cauliflower Potato Soya bean Cabbage - Red Pea Radish	Tomato Carrot Cabbage - White Sprouts Egg Plant Squash Sweet Potato Onion Mushroom Peppers - Red Swiss Chard		Alfafa Aubergine Artichoke Asparagus Broccoli - Purple Bamboo Shoot Broad Bean Beet Celery Corn Cucumber Celeriac Chicory Endive Fennel Garlic Horseradish Leek Lettuce - Romaine Lettuce - Iceberg Lettuce - Red Kale Yellow Pickle String Bean Turnip Zucchini Yam	
<b>NUTS/SEEDS</b>	<b>NUTS/SEEDS</b>		<b>NUTS/SEEDS</b>	
Almond Brazil Cashew Hazelnut Sunflower Peanut	Cocunut Sesame Pecan Chestnut Hickory		Flax Hemp Macadamia Pine Nut Walnut Pistachios Tiger Nut	
<b>PULSES</b>	<b>PULSES</b>		<b>PULSES</b>	
Soy Red lentil Kidney	Black-eyed Green Lentil Harticot		Brown Lentil Green Bean Mung Bean Butter Bean Garbanzo Bean Lima Bean Pinto Bean	
<b>HERBS/SPICES</b>	<b>HERBS/SPICES</b>		<b>HERBS/SPICES</b>	
Salt - raw Salt - iodised	Garlic Basil Ginger Peppercorn - Black Peppercorn - Green Mint Coriander Cardamom Cayenne Cumin Black Pepper White Pepper Saffron Tarragon		Poppy Seed Chamomile Anise Bay Lemon Grass Paprika Bosquet Curry Parsley Chenil Thyme Celery Cloves Chive Dill Fennel Marjoram Fenel Oregano Nutmeg Licorice	
<b>DRINKS</b>	<b>DRINKS</b>		<b>DRINKS</b>	
Tea Coffee	De - Cal Tea De - Cal Coffee Herbal tea Fruit tea		Wine Beer Lager Carbonated Gin Vodka Coke Champagne	
<b>SWEETENERS</b>	<b>SWEETENERS</b>		<b>SWEETENERS</b>	
Fructose Aspartame Corn Sugar Beet Sugar Raw Sugar Cane Sugar Honey			Nutrasweet Sucralose Stevia Sorbitol Glucose Agave Syrup Corn Syrup Molatal Tutti Frutti Xylitol Candeni Sweetex Date sugar Grape Sugar Molasses Corn Sugar Rice Sugar	
	<b>OILS</b>		<b>OILS</b>	
	Canola Corn Olive		Sesame Soy Vegetable Hydrogenated Sunflower	
	<b>YEAST</b>		<b>YEASTS</b>	
	Bakers Brewers		Tortula Whye Sour Aldehyde	
			<b>MISC</b>	
			Vineggar Tofu Carob Chocolite Sweets - gelatin Wheat Grass	