






GRAINS	VEGETABLES	FRUITS	HERBS/SPICES	NUTS-MIX	Aeroallergens...
Corn	Artichoke	Apple	Anise seed	Almond	Pollens
Rice	Arugula /Rocket	Banana	Basil	Brazil nut	Traffic fume
	Asparagus	Blackthorn	Bay	Hazel nut	Tobacco
Gluten	Aubergine/ eggplant	Blackcurrant	Chive	Pecan nut	
Wheat	Broccoli	Blackberry	Curry	Pistachio	OTHERS
Barley	Brussels sprouts	Blueberry	Camomile	Walnut	Cosmetics
Rye	Cabbage	Cranberry	Clove	SWEETENERS	Chlorine
Oat	Cauliflower	Citrus fruit-mix	Dill	Sugar white/brown	Toiletries/ Soaps
LEGUMES	Chilli pepper	Grapefruit	Ginger	Fructose	Perfume/Fragrance
Beans	Chard	Lemon	Oregano	Sorbitol	Solvents
Lentil	Cucumber	Lime	Rosemary	FOOD ADDITIVES	Synthetic fabrics
Soy	Courgette	Orange	Saffron	Artificial Sweetener	Solanine
Soymilk	Garlic	Tangerine	Sage	Acesulfame-K	Pesticides
Fermented soya	Kale	Dragon fruit	Thyme	Aspartame	Recommended supplements
Pea	Kohlrabi	Durian	BEVERAGES	Saccharin	
MEAT	Lettuce	Elderberry	Alcohol	Sucralose	B-Complex
Beef	Leek	Fig	Cider	Colourings-mix	Vitamin B1
Lamb	Onion	Guava	Champagne	Allura red	Vitamin B2
Pork	Mache	Gooseberry	Vodka	Sunset yellow	Vitamin B3
DAIRY	Marrow	Goji berry	Wine	Salicylate	Vitamin B5
Cheese	Okra	Grape	Caffeine	Tartrazine	Vitamin B6
Ice cream	Pak choi	Lychee	Cola	Flavourings	Folic acid
Milk	Potato	Mango	Tea Black/Green	MSG	Vitamin B12
Yoghurt	Pumpkin	Mulberry	Energy drinks		Vitamin D
EGG/POULTRY	Radish	Papaya	Coffee	Preservatives-mix	Vitamin A
Chicken	Rhubarb	Pear	Decaffeinated drinks	Nitrates	Vitamin C
Duck	Spinach	Passion fruit	Decaff coffee	Sulphates	Chromium
Eggs	Sorrel	Pomegranate	Herbal tea	Benzoates	Zinc
Goose	Squash	Persimmon		Aeroallergens	Iron
Pigeon	Tomato	Redcurrant	Miscellaneous	Dust mite	Calcium
Quail	Turnip	Starfruit	Yeast	Feather	Magnesium
Turkey	Watercress	Quince		Mould spores	Biotin

-  Red colour: High reaction/trigger or longer time for acquiring tolerance , recommended to avoid strictly for 2-3 years.
-  Orange colour: Moderate reaction/trigger or moderate time for acquiring tolerance, recommended to avoid for 2-3 months.
-  Yellow colour: Mild reaction/trigger, recommended to avoid high quantity and frequent consumption/exposure.
-  Green colour: Specific vitamin, mineral, nutrient or remedy that may be beneficial.

 This test is not suitable or intended to identify the cause of occasional, rare, and severe/strong reactions, including anaphylactic shock, asthma, swelling (face, tongue, lips, throat), hives, and sudden rashes. If the cause of a reaction has been avoided for a certain period of time, this test might not be able to identify the culprit factor.