



**FISH / SEAFOOD**

<15	Alga Espaguette	<15	Eel	<15	Razor Clam
<15	Alga Spirulina	<15	Haddock	<15	Salmon
23	Alga Wakame	<15	Hake	<15	Sardine
<15	Anchovy	<15	Herring	21	Scallop
23	Barnacle	25	Lobster	<15	Sea Bream (Gilthead)
<15	Bass	<15	Mackerel	23	Sea Bream (Red)
<15	Carp	<15	Monkfish	<15	Sole
<15	Caviar	<15	Mussel	<15	Squid
23	Clam	<15	Octopus	<15	Swordfish
<15	Cockle	<15	Oyster	<15	Trout
<15	Cod	<15	Perch	<15	Tuna
<15	Crab	<15	Pike	<15	Turbot
<15	Cuttlefish	<15	Plaice	19	Winkle

**MEA**

T	Beef	<15	Ostrich	<15	Turkey
<15	Chicken	<15	Ox	<15	Veal
<15	Duck	<15	Partridge	<15	Venison
<15	Goat	<15	Pork	<15	Wild Boar
<15	Horse	<15	Quail		
<15	Lamb	<15	Rabbit		
<15					

**HERBS / SPICES**

<15	Aniseed	<15	Dill	<15	Nettle
<15	Basil	<15	Garlic	<15	Nutmeg
<15	Bayleaf	<15	Ginger	<15	Parsley
<15	Camomile	<15	Ginkgo	<15	Peppermint
<15	Cayenne	<15	Ginseng	<15	Rosemary
<15	Chilli (Red)	<15	Hops	<15	Saffron
<15	Cinnamon	<15	Liquorice	<15	Sage
<15	Clove	<15	Marjoram	<15	Tarragon
<15	Coriander (Leaf)	<15	Mint	15	Thyme
<15	Cumin	<15	Mustard Seed	<15	Vanilla

**NUTS / SEEDS**

<15	Almond	16	Hazelnut	<15	Rapeseed
<15	Brazil Nut	<15	Macadamia Nut	<15	Sesame Seed
42	Cashew Nut	<15	Peanut	20	Sunflower Seed
<15	Coconut	<15	Pine Nut	<15	Tiger Nut
<15	Flax Seed	33	Pistachio	<15	Walnut

**MISCELLANEOUS**

24	Agar Agar	<15	Cocoa Bean	<15	Tea (Black)
<15	Aloe Vera	<15	Coffee	<15	Tea (Green)
20	Cane Sugar	41	Cola Nut	<15	Transglutaminase
<15	Carob	<15	Honey	81	Yeast (Baker's)
<15	Chestnut	54	Mushroom	105	Yeast (Brewer's)

\* Gliadin (gluten) is tested separately to the gluten-containing grains. If your Test Report shows an elevated reaction to gliadin, it is important to eliminate consumption of foods that contain these grains, even if the grain results are not elevated. Please refer to the Patient Guidebook for further information.

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## Test Report : Order of Reactivity



### ELEVATED FOODS (≥30 U/ml)

105	Yeast (Brewer's)	51	Cranberry	35	Rice
87	Pea	44	Corn (Maize)	33	Pistachio
81	Yeast (Baker's)	43	Milk (Cow)	31	Wheat
54	Barley	42	Cashew Nut	30	Bean (White Haricot)
54	Mushroom	41	Cola Nut		

### BORDERLINE FOODS (24-29 U/ml)

27	Potato	25	Lobster	24	Milk (Sheep)
26	Milk (Goat)	24	Agar Agar		
25	Egg White	24	Guava		

### NORMAL FOODS (≤23 U/ml)

23	Alga Wakame	<15	Banana	<15	Chard
23	Bamade	<15	Basil	<15	Cherry
23	Clam	<15	Bass	<15	Chestnut
23	Sea Bream (Red)	<15	Bayleaf	<15	Chicken
21	Casein	<15	Bean (Broad)	<15	Chickpea
21	Malt	<15	Bean (Green)	<15	Chicory
21	Scallop	<15	Bean (Red Kidney)	<15	Chilli (Red)
20	Cane Sugar	<15	Beef	<15	Cinnamon
20	Sunflower Seed	<15	Beetroot	<15	Clove
19	Winkle	<15	Beta-Lactoglobulin	<15	Cockle
18	Soya Bean	<15	Blackberry	<15	Cocoa Bean
17	Amaranth	<15	Blackcurrant	<15	Coconut
17	Radish	<15	Blueberry	<15	Cod
16	Hazelnut	<15	Brazil Nut	<15	Coffee
15	Thyme	<15	Broccoli	<15	Coriander (Leaf)
<15	Alga Espaguette	<15	Brussel Sprout	<15	Couscous
<15	Alga Spirulina	<15	Buckwheat	<15	Crab
<15	Almond	<15	Cabbage (Red)	<15	Cucumber
<15	Aloe Vera	<15	Cabbage (White)	<15	Cumin
<15	Alpha-Lactalbumin	<15	Camomile	<15	Cuttlefish
<15	Anchovy	<15	Caper	<15	Date
<15	Aniseed	<15	Carob	<15	Dill
<15	Apple	<15	Carp	<15	Duck
<15	Apricot	<15	Carrot	<15	Durum Wheat
<15	Artichoke	<15	Cauliflower	<15	Eel
<15	Asparagus	<15	Caviar	<15	Egg Yolk
<15	Aubergine	<15	Cayenne	<15	Fennel (Leaf)
<15	Avocado	<15	Celery	<15	Fig

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NORMAL FOODS ...continued

<15	Flax Seed	<15	Nutmeg	<15	Saffron
<15	Garlic	<15	Oat	<15	Sage
<15	Ginger	<15	Octopus	<15	Salmon
<15	Ginkgo	<15	Olive	<15	Sardine
<15	Ginseng	<15	Onion	<15	Sea Bream (Gilthead)
<15	Gliadin*	<15	Orange	<15	Sesame Seed
<15	Goat	<15	Ostrich	<15	Shallot
<15	Grapefruit	<15	Ox	<15	Sole
<15	Haddock	<15	Oyster	<15	Spelt
<15	Hake	<15	Papaya	<15	Spinach
<15	Herring	<15	Parsley	<15	Squid
<15	Honey	<15	Partridge	<15	Strawberry
<15	Hops	<15	Peach	<15	Sweet Potato
<15	Horse	<15	Peanut	<15	Swordfish
<15	Kiwi	<15	Pear	<15	Tangerine
<15	Lamb	<15	Peppermint	<15	Tapioca
<15	Leek	<15	Perch	<15	Tarragon Tea
<15	Lemon	<15	Pike	<15	(Black) Tea
<15	Lentil	<15	Pine Nut	<15	(Green) Tiger
<15	Lettuce	<15	Pineapple	<15	Nut Tomato
<15	Lime	<15	Plaice	<15	Transglutaminase
<15	Liquorice	<15	Plum	<15	Trout
<15	Lychee	<15	Polenta	<15	Tuna
<15	Macadamia Nut	<15	Pomegranate	<15	Turbot
<15	Mackerel	<15	Pork	<15	Turkey
<15	Mango	<15	Quail	<15	Tumip
<15	Marjoram	<15	Quinoa	<15	Vanilla
<15	Marrow	<15	Rabbit	<15	Veal
<15	Milk (Buffalo)	<15	Raisin	<15	Venison
<15	Millet	<15	Rapeseed	<15	Walnut
<15	Mint	<15	Raspberry	<15	Watercress
<15	Monkfish	<15	Razor Clam	<15	Watermelon
<15	Mulberry	<15	Redcurrant	<15	Wheat Bran
<15	Mussel	<15	Rhubarb	<15	Wild Boar
<15	Mustard Seed	<15	Rocket	<15	Yuca
<15	Nectarine	<15	Rosemary	<15	
<15	Nettle	<15	Rye	<15	

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