

Eat Better. Live Better. Feel Better.

Food Intolerance Test Panels



200+ FOODS →

CATEGORY	120+ FOODS TEST		200+ FOODS TEST		VEGETARIAN		
DAIRY/EGGS	COW'S MILK EGG WHITE EGG YOLK	GOAT'S MILK SHEEP'S MILK	ALPHA-LACTALBUMIN BETA-LACTOGLOBULIN	BUFFALO MILK CASEIN	COW'S MILK EGG WHITE	EGG YOLK GOAT'S MILK	
FISH and SEAFOOD	COD CRAB HADDOCK HERRING LOBSTER MACKEREL MUSSEL OYSTER PLAICE	SALMON SCALLOP SHRIMP/PRAWN SOLE SWORDFISH TROUT TUNA TURBOT	ANCHOVY BARNACLE BASS CARP CAVIAR CLAM COCKLE CUTTLEFISH EEL HAKE	MONKFISH OCTOPUS PERCH PIKE RAZOR CLAM SARDINE SEA BREAM (gilthead, red) SQUID WINKLE			
FRUIT	APPLE APRICOT BANANA BLACKBERRY BLACK CURRANT CHERRY COCONUT CRANBERRY GRAPE (black, red, white) GRAPEFRUIT KIWI LEMON	LIME MELON (galia, honeydew) NECTARINE OLIVE ORANGE PEACH PEAR PINEAPPLE PLUM RASPBERRY STRAWBERRY	BLUEBERRY DATE FIG GUAVA LYCHEE MANGO MULBERRY	PAPAYA POMEGRANATE RAISIN RED CURRANT RHUBARB TANGERINE WATERMELON	APPLE APRICOT BANANA BLACKBERRY BLACK CURRANT BLUEBERRY CHERRY COCONUT CRANBERRY GRAPE	GRAPEFRUIT KIWI LEMON LIME MANGO MELON (honeydew) OLIVE ORANGE PAPAYA PEACH	PEAR PINEAPPLE PLUM POMEGRANATE RASPBERRY STRAWBERRY TANGERINE WATERMELON
GRAINS	BARLEY DURUM WHEAT GLIADIN OAT	RYE WHEAT WHEAT BRAN	COUSCOUS FLAX SEED	SPELT	BARLEY DURUM WHEAT FLAX SEED	GLIADIN OAT RYE	WHEAT WHEAT BRAN
GRAINS (gluten-free)	BUCKWHEAT MILLET	RICE	AMARANTH POLENTA	QUINOA TAPIOCA	BUCKWHEAT	RICE	
LEGUMES	BEAN (red kidney) BEAN (white haricot) BEAN (green)	LENTIL PEA SOYA BEAN	BEAN (broad)	CHICKPEA	BEAN (green) BEAN (red kidney) BEAN (white haricot)	CHICK PEA LENTIL	PEA SOYA BEAN
MEAT	BEEF CHICKEN DUCK LAMB	PORK TURKEY VEAL VENISON	GOAT HORSE OSTRICH OX	PARTRIDGE QUAIL RABBIT WILD BOAR			
NUTS/SEEDS	ALMOND BRAZIL NUT CASHEW NUT HAZELNUT PEANUT	PISTACHIO RAPESEED SESAME SEED SUNFLOWER SEED WALNUT	CHESTNUT MACADAMIA NUT	PINE NUT TIGER NUT	ALMOND BRAZIL NUT CASHEW NUT CHESTNUT	HAZELNUT MACADAMIA NUT PEANUT PINE NUT	PISTACHIO SESAME SEED SUNFLOWER SEED WALNUT
SEASONINGS	BASIL CAROB CHICORY CHILLI (Red) CINNAMON CLOVE CORIANDER (leaf) CUMIN DILL	GINGER MINT MUSTARD SEED NUTMEG PEPPERCORNS (b/w) SAGE THYME VANILLA	ANISEED BAY LEAF CANE SUGAR CAYENNE CURRY (mixed spices) GINKGO HONEY	LIQUORICE MARJORAM NETTLE PEPPERMINT ROSEMARY SAFFRON TARRAGON	ANISEED BASIL BAY LEAF CAYENNE CHILLI (red) CINNAMON CLOVE	CORIANDER (leaf) CUMIN CURRY (mixed spices) DILL GINGER GINKGO MARJORAM	MUSTARD SEED NUTMEG PEPPERCORNS (b/w) PEPPERMINT SAFFRON TARRAGON THYME VANILLA
VEGETABLES	ASPARAGUS AUBERGINE/ EGGPLANT AVOCADO BEETROOT BROCCOLI BRUSSEL SPROUT CABBAGE (savoy/white) CARROT CAULIFLOWER CELERY CORN (maize)	CUCUMBER GARLIC LEEK LETTUCE MUSHROOM ONION PARSLEY PEPPERS (green, red, yellow) POTATO SPINACH TOMATO	ALGA ESPAGUETTE ALGA WAKAME ARTICHOKE CABBAGE (red) CAPER CHARD FENNEL (leaf) MARRROW RADISH ROCKET/ARUGULA	SHALLOT SQUASH (butternut/ carnival) SWEET POTATO TURNIP WATERCRESS YUCCA	ARTICHOKE ASPARAGUS AUBERGINE/EGGPLANT AVOCADO BEETROOT BROCCOLI BRUSSEL SPROUT CABBAGE (red) CABBAGE (savoy, white)	CARROT CAULIFLOWER CELERY CORN (maize) CUCUMBER GARLIC LEEK LETTUCE MUSHROOM ONION	PARSLEY PEPPERS (mixed) POTATO SHALLOT SPINACH SWEET POTATO TOMATO WATERCRESS
OTHER	COCOA BEAN COFFEE HOPS TEA (black)	TEA (green) YEAST (baker's) YEAST (brewer's)	AGAR-AGAR ALGA SPIRULINA ALOE VERA CAMOMILE	COLA NUT GINSENG MALT TRANSGLUTAMINASE	COCOA BEAN COFFEE COLA NUT GINSENG	HOPS TEA (black) TEA (green) TRANSGLUTAMINASE	YEAST (baker's) YEAST (brewer's)

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