	Food Intolerance 40	Food Intolerance 120	Food Intolerance 200
DAIRY & EGGS	Egg White Egg Yolk Milk (Cow's)	Milk (Sheep's) Milk (Goat's)	Alpha-Lactalbumin Beta-Lactoglobulin Casein Milk (Buffalo)
GRAINS	Barley Corn (Maize) Durum Wheat Gliadin Oat Rice Rye Wheat	Buckwheat Millet Wheat Bran	Amaranth Couscous Malt Spelt Tapioca
FISH & SEAFOOD	Cod Crab Haddock Lobster Plaice Shrimp/Prawn	Herring Mackerel Mussel Scallop Sole Swordfish Turbot Oyster Salmon Trout Tuna	Anchovy Bass Carp Caviar Clam Cockle Cuttlefish Eel Hake Monkfish Octopus Perch Pike Sardine Sea Bream Squid
MEAT	Beef Chicken Lamb Pork Turkey	Duck Veal Venison	Horse Ostrich Ox Partridge Quail Rabbit Wild Boar
FRUIT	Apple Blackberry Grapefruit Lemon Orange Pear Raspberry Strawberry	Apricot Banana Blackcurrant Cranberry Kiwi Melon Nectarine Olive Peach Plum Avocado Cherry Grape Lime Pineapple	Blueberry Date Fig Guava Lychee Mango Mulberry Papaya Pomegranate Raisin Redcurrant Rhubarb Tangerine Watermelon
VEGETABLES	Broccoli Cabbage (Savoy/White) Cauliflower Haricot Bean (White) Kidney Bean (Red) Pea Potato Soya Bean	Asparagus Aubergine Beetroot Celery Chicory Cucumber Green Bean Leek Lentil Lettuce Onion Peppers Spinach Tomato Brussel Sprout Carrot	Artichoke Broad Bean Cabbage (Red) Caper Chard Chickpea Fennel Marrow Quinoa Radish Rocket Shallot Squash Sweet Potato Turnip Watercress Yuca
NUTS & SEEDS	Almond Cashew Nut Hazelnut Peanut	Coconut Rapeseed Sesame Seed Sunflower Seed Walnut Brazil Nut Pistachio	Flax Seed Macadamia Nut Pine Nut Tiger Nut
HERBS & SPICES		Basil Cinnamon Clove Coriander Cumin Dill Hops Mint Nutmeg Parsley Sage Thyme Vanilla Chilli (Red) Garlic Ginger Mustard Seed Peppercorn	Aniseed Bayleaf Camomile Cayenne Curry Spices Ginkgo Ginseng Liquorice Marjoram Nettle Peppermint Rosemary Saffron Tarragon
MISCELLANEOUS	Yeast (Baker's) Yeast (Brewer's)	Carob Cocoa Bean Coffee Tea (Black) Tea (Green) Mushroom	Agar Agar Aloe Vera Cane Sugar Chestnut Cola Nut Honey Transglutaminase