



## The following foods are with ImuPro 300:

### **Meat-**

beef, chicken, deer, duck, goat, goose, hare, lamb, ostrich, pork, quail, rabbit, roe deer, turkey hen, veal, wild boar

### **Cereals (with gluten) -**

barley, gluten, kamut, oats, rye, spelt, wheat

### **Alternatives to cereals & starchy products-**

amaranth, arrowroot, buckwheat, carob, cassava, fonio, jerusalem artichoke, lupine, maize (sweet corn), millet, quinoa, rice, sweet chestnut, sweet potato, tapioca, teff

### **Vegetables-**

artichoke, asparagus, aubergine, bamboo shoots, beetroot, broccoli, brussels sprouts, carrot, cauliflower, chard (beet greens), celeriac (knob celery), chili cayenne, chili habanero, chili jalapeno, chinese cabbage, courgette, cucumber, fennel, kale, leek, moluchia, okra, olive, onion, parsnip, potato, pumpkin, radish red & white, red cabbage, rutabaga, savoy cabbage, stalk celery, spinach, sweet pepper, tomato, turnip cabbage, white cabbage

### **Mushrooms-**

bay boletus, cep (boletus), chanterelle, meadow mushrooms, oyster mushrooms, shiitake

### **Fruits-**

apple, apricot, avocado, banana, blackberry, blueberry, cherry, cranberry, currant, date, fig, gooseberry, grapefruit, grape, guava, honeydew melon, kiwi, lemon, lime, lingonberry, lychee, mandarin, mango, nectarine, orange, papaya, peach, pear, pineapple, plum, pomegranate, prickly pear, quince, raspberry, rhubarb, sea buckthorn, strawberry, watermelon, yellow plum

### **Milk products -**

camel's milk, cow's milk, goat's milk & cheese, halloumi, kefir, mare's milk, milk cooked, rennet cheese (cow), ricotta, sheep milk & cheese, sour-milk products (cow)

### **Salads-**

butterhead lettuce, chicory, dandelion, endive, iceberg lettuce, lamb's lettuce, lollo rosso, radicchio, romaine/cos lettuce, rocket

### **Legumes -**

broad beans, chickpeas, green beans, green peas, mung bean (green gram), lentils, soybeans

### **Fish & Seafood-**

anchovy, angler, blue mussels, carp, codfish, crawfish, eel, gilthead bream, haddock, hake, halibut, herring, iridescent shark, lobster, mackerel, monkfish, ocean perch, octopus, oyster, plaice, pollock, red snapper, salmon, sardine, scallop, sea bass, shark, shrimp, sole, squid, sutchi catfish, swordfish, trout, tunafish, zander

### **Eggs -**

chicken egg (white), chicken egg (yolk), goose egg, quail egg

### **Spices & herbs**

alfalfa, allspice, aniseed, basil, bay leaf, black pepper, capers, caraway, cardamom, chervil, cinnamon, chives, clove, coriander, cumin, curcumin, dill, garden cress, garlic, ginger, horseradish, juniper berry, lavender, lemon balm, lovage, marjoram, mustard seed, nutmeg, oregano, paprika, parsley, rosemary, saffron, sage, savory, thyme, vanilla, white pepper, wild garlic

### **Seeds and Nuts-**

almond, brazil nut, cashew, cocoa bean, coconut, hazelnut, linseed, macadamia nut, peanut, pine nut, pistachio, poppy seed, pumpkin seed, sesame, sunflower seed, walnuts

### **Tea, Coffee & Wine-**

black tea, camomile, coffee, green tea, nettle, peppermint, rooibus tea, rose hip, tannin

### **Sweeteners-**

agave nectar, cane sugar, honey (mixture), maple syrup

### **Yeasts -**

yeast (beer, bread)

### **Preservatives -**

benzoic acid (E211), sorbic acid, (E200)

### **Thickening agents -**

agar agar (E406), carrageen (E407), guar flour (E412), pectin (E440), tragacanth (E413), xanthan gum

### **Algae -**

red algae (nori), spirulina

### **Specials -**

aloe vera, aspergillus niger, candida, candied lemon peel, vine leaves

- Contact our front desk for more info on all of our Allergy Testing panels.