

# Items we test



## A simple guide for our 300 & 600 item tests

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## COMMON ITEMS WE TEST FOR...



Mould



Latex



Grasses



Vegetables



Meat



Fish



Nuts



Seeds

## NON FOOD ITEMS

Alder (*Alnus glutinosa*)  
Apple tree  
Ash (*Fraxinus excelsior*)  
Aspen (*Populus tremula*)  
Aster  
Barley (*Hordeum vulgare*)  
Bee  
Beech (*Fagus silvatica*)  
Bermuda grass  
Birch  
Blackberry Bush  
Bovines  
Buckwheat  
Buttercup  
Calluna  
Canaries  
Cats  
Chamomile (*Matricaria chamomilla*)  
Cherry tree  
Chicken Droppings  
Chicken Feathers  
Chile Pine  
Chrysanthemum (*C. morifolium*)  
Clover (*Trifolium spp.*)  
Colonial bent grass (*Agrostis tenuis*)  
Cotton  
Currant bush  
Dahlia (*Dahlia hybrida*)  
Dandelion (*Taraxum duplidens*)  
Dead nettle  
Deer Epithelium  
Dock (*Rumex acetosa*)  
Dog Serum Albumin  
Dogs  
Downy birch (*Betula verrico*)  
Duck feathers  
Dust  
Elder (*Sambucus nigra*)  
Elm (*Ulmus glabra*)  
European beech  
European lime (*Tilia europea*)  
False acacia (*Robinia pseudacacia*)  
Ferret Epithelium

Fireweed/Great willow herb (*Epilobium angustifolium*)  
Fox epithelium  
Fungus  
Goats  
Golden hamsters  
Goldenrod (*Solidago virgaurea*)  
Goose feathers  
Guinea pigs  
Hawthorn (*Crataegus spp.*)  
Hazel (*Corylus avellana*)  
Hop (*Humulus lupulus*)  
Hornbeam (*Carpinus betulus*)  
Horse chestnut (*Aesculus hippocastanum*)  
Horses  
Hyacinth (*Endymion non scriptus*)  
Jacaranda Tree  
Japanese Millet  
Jasmine (*Philadelphus spp.*)  
Juniper bush  
Kammgras (*Cynosurus cristatus*)  
Kentucky bluegrass (*Poa pratensis*)  
Laburnum (*Laburnum anagyroides*)  
Larch  
Leather  
Lilac (*Syringa vulgaris*)  
Linden Tree  
Lupine (*Lupinus polyphyllus*)  
Maize (*Zea mays*)  
Mangrove  
Marguerite (*Leucanthemum vulgare*)  
Meadow fescue (*Festuca pratensis*)  
Meadow fox tail (*Alopecurus prat.*)  
Melde (*Artiplex spp.*)  
Mice  
Mink Epithelium  
Misteltoe  
Mosquito  
Moth

Mouse Urine Proteins  
Mugwort (*Artemisia vulgaris*)  
Mulberry  
Narcissus (*Narcissus spp.*)  
New Belgian Aster (*aster novi belgii*)  
Nylon  
Oak (*Quercus robur*)  
Oats (*Avena sativa*)  
Orchard grass (*Dactylis glomerata*)  
Parrot Feathers  
Pear tree  
Perennial ryegrass (*Lolium perenne*)  
Pigeons  
Pigweed (*Chenopodium album*)  
Pine (*Pinus spp.*)  
Pine, Scottish (*Pinus sylvestris*)  
Plane tree (*Platanus acerifolia*)  
Plantain (*Plantago major*)  
Poplar (*Populus spp.*)  
Primrose (*Primulus*)  
Privet (*Ligustrum spp.*)  
Prosopis spp.  
Qack grass (*Agropyron repens*)  
Quince  
Rabbits  
Ragweed (*Ambrosia elatior*)  
Rape (*Brassica napus*)  
Rats  
Red fescue (*Festuca rubra*)  
Ribwort (*Plantago lanceolata*)  
Rose (*Rosa spp.*)  
Rubber  
Rubber Tree  
Rye  
Scotch heather (*Calluna vulgaris*)  
Sheep's wool  
Shrubs  
Spelt  
Spruce (*Picea abies*)  
Stinging nettle (*Urtica dioica*)

Strawberry  
Sweet vernal grass (*Anthoxanthum odoratum*)  
Tall oat grass (*Arrhenaterium elatius*)  
Tamarisk (*Myrica sp.*)  
Tansy ragwort (*Senecio jacobaea*)  
Thistle  
Timothy grass (*Phleum pratense*)  
Tobacco  
Trees  
Trespe (*Bromus mollis*)  
Tulip  
Tumbleweed  
Velvet grass (*Holcus lanatus*)  
Wallflower (*Cheiranthus cheiri*)  
Walnut Tree  
Wasp  
Water reed (*Phragmites communis*)  
Wheat (*Triticum aestivum*)  
Wild oat (*Avena fatua*)  
Willow  
Wool  
Wormwood (*Artemisia absinthium*)



## CASE STUDY

I just wanted to let you know that since my results were confirmed as a wheat intolerance at 95% I have cut out all wheat and have lost 23lb in weight, my IBS is nearly non-existent, and I feel so much better. Thank you for such an amazing service.

Claire Smith

## FOOD ITEMS

Acetic acid	Coffee (black)	Lobster	Rye
Ale	Coffee substitute made from barley	Macadamia Nuts	Sage
Almond	Cola	Mackerel	Salmon
Aniseed	Common Mussel	Maize flour	Salt
Apple Juice	Cornflakes	Maple syrup	Sambuca
Apples	Cow's milk	Marshmallow Tea	Sardine
Apricots	Cranberry juice	Milk lactose	Sesame seed
Artichoke	Crayfish	Millet	Sheep's milk
Asparagus	Cream	Molasses	Shellfish
Aubergine	Cumin	Mushrooms	Shrimp
Bacon	Currants (red & black)	Mustard	Sole
Banana	Dates	Noodles	Soy Sauce
Barley	Dill	Nutmeg	Soya
Basil	Dry Roasted peanuts	Onion	Spelt
Bay Leaf	Duck	Oolong Tea	Spinach
Beans (broad)	Eel	Oranges	Stilton
Beans (green)	Egg white	Ovaltine	Strawberries
Beef	Egg yolk	Ox liver	Sugar, Brown
Beer	Fig	Oyster	Sugar, white
Beets (beetroot)	Garlic	Papaya	Sunflower Oil
Blackberries	Gin	Paprika	Sunflower Seeds
Blueberry	Ginger	Peaches	Swede
Brazil nut	Gluten	Peanuts	Tea (black only)
Bread, white bread	Goat's milk	Pears	Tea (green)
Buckwheat	Goose	Peas (garden)	Tomato
Butter	Gooseberries	Pecan nuts	Trout (Brown)
Butter (salted)	Grains	Pepper (black)	Turmeric
Buttermilk	Grapefruit	Pig's liver	Turnip
Cabbage - Green	Grapes (red)	Pine nut	Veal
Camomile Tea	Grapes (white)	Pineapple Juice	Venison
Caraway	Halibut	Plaice	Vinegar (clear)
Cardamom	Hazelnuts	Pomegranate Juice	Vinegar (malt)
Carrot	Herring	Pomegranates	Vodka
Cashew nut	Honey	Poppy Seed	Walnuts
Cauliflower	Honeydew melon	Pork	Wasabi
Celery (raw)	Horse	Potatoes	Watermelon
Champagne	Horse radish	Prosecco	Wheat, ground
Cheddar	Jasmine Tea	Pumpkin Seed	Wheat, whole grain
Cherries	Kiwis	Rabbit	Whisky
Chestnut	Lager	Raisins	White pepper
Chicken	Lamb	Raspberries	White Tea
Cinnamon	Lamb's liver	Red Leicester	White Wine
Clams	Leek	Red Wine	Whitefish
Clove	Lemonade	Rice - White	Yeast
Coconut	Lemons	Rooibos Tea	Yerba mate tea
Coconut oil	Lentils	Rosemary	
Cod		Rum	

# Items we test



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## COMMON ITEMS WE TEST FOR...



Gluten



Dairy



Eggs



Wheat



House Dust



Pollen



Pet Hair



Seafood

## NON FOOD

Ampicilloyl  
Animal Epithilium  
Anisakis  
Artemisia Salina  
Ascaris  
Aspergillus Fumigatus  
Aspergillus Niger  
Budgerigars  
Budgie droppings  
Chlorine  
Horse Bot Fly  
House Dust Mite  
Japanese Cedar  
Latex  
Lycra  
Penicillioyl  
Pigeon Droppings  
Rabbit Urine Proteins  
Storage Mite  
Velvet

## FOOD

A-Lactalbumin  
Acai Berry  
Anchovy  
Avocado  
B-Lactoglobulin  
Beans, lima  
Beef Jerky  
Boiled Milk  
Braeburn apple  
Bread - Rye  
Brown bread  
Brussels sprout  
Butter lettuce  
Button Mushroom  
Cabbage - Red  
Cabbage - White  
Capsicum (green)  
Capsicum (red)  
Capsicum (yellow)  
Carambola  
Chestnut Mushroom  
Chick Pea  
Chicory lettuce  
Condensed Milk  
Coriander  
Crab  
Cress  
E 100 Curcumin  
E 101 Riboflavin (Vit. B2)  
E 102 Tartrazine  
E 120 Cochineal, carminic acid, carmine  
E 1200 Polydextrose  
E 122 Carmoisine  
E 123 Amaranth  
E 128 Rot 2 G  
E 132 Indigo carmine  
E 133 Brilliant blue FCF  
E 140 Chlorophylls and chlorophyllins  
E 142 Green  
E 150 b Sulphite lye Caramel  
E 150 Caramel  
E 151 Brilliant black BN, black PN  
E 155 Brown  
E 160 a Carotene (mixed carotene, Beta-Carotene)  
E 160 Lycopene  
E 161 b Lutein  
E 162 Beetroot red (betanin)  
E 163 Anthocyanins  
E 170 Calcium carbonate  
E 171 Titanium dioxide  
E 173 Aluminium  
E 180 Lithol rubine  
E 200 Sorbic acid  
E 202 Potassium sorbate, sorbic acid  
E 210 Benzoic acid  
E 211 Sodium benzoate, benzoic acid  
E 213 Calcium benzoate, benzoic acid  
E 261 Potassium acetate, salt of acetic acid  
E 270 Lactic acid  
E 296 Malic acid  
E 297 Fumaric acid  
E 301 Sodium L-ascorbate (Ascorbic acid)  
E 302 Calcium L-ascorbate (Ascorbic acid)  
E 310 Propyl gallate (Gallate)  
E 325 Sodium lactate (salts from lactic acid)  
E 326 Potassium lactate (salts from lactic acid)  
E 327 Calcium lactate (salts from lactic acid)  
E 338 Orthophosphoric acid, Phosphoric acid  
E 352 Calcium malate  
E 380 Triammonium citrate (salts from citric acid)  
E 403 Ammonium alginate  
E 404 Calcium alginate  
E 405 Propylene glycol alginate  
E 406 Agar  
E 412 Guar gum  
E 414 Gum arabic  
E 415 Xanthan gum  
E 422 Glycerine  
E 440 Pectin, amidated pectin  
E 460 Cellulose, microcrystalline cellulose, cellulose powder  
E 479 Thermo-oxidised soya oil  
E 901 Bees wax, white and yellow  
E 902 Candelilla wax  
E 903 Carnauba wax  
E 904 Shellac  
E 950 Acesulfame K, Acesulfame  
E 951 Aspartame  
E 952 Cyclamate, Cyclohexane sulphamide acid  
E 953 Isomalt  
E 954 Saccharin  
E 965 Maltite, Maltite syrup  
E 966 Lactite  
E 967 Xylitol  
Earl Grey tea  
Endive  
Escarole Lettuce  
Evaporated Milk  
Fennel Fresh  
Flaxseed  
Fuji apple  
Gala apple  
Galia melon  
Gelatin  
Goat  
Golden Delicious apple  
Granary Bread  
Granny Smith apple  
Guava  
Hops  
Iceberg Lettuce  
Jazz apple  
Kale  
Karaya gum (E 416)  
Lactose  
Maize



## CASE STUDY

"After several years of great stress, I was diagnosed with Leaky Gut Syndrome and hypothyroidism. That was just the beginning. I was exhausted all the time with body aches, stomach and gut issues, brain fog, you name it. After several diets, including a Candida diet, going gluten-free and dairy free and the Whole 30, I was better but still not 100%. I was still not able to exercise like I wanted or had the energy I desired to be there for my family. I saw a friend's son benefit from the Intolerance Testing and decided, "why not?" The results came back and I decided to immediately limit those things in my diet. Within a week, I noticed a difference. A few weeks later, and I saw my energy levels return! I have not felt this great in 5 years!! I am in my 40s but feel like I am 25 again! Plus, the blotches on my skin (from inflammation) disappeared! I highly recommend Intolerance Testing to anyone dealing with gut and health issues. It will save you years of guessing!"

Karen Mangold

## FOOD

Mango  
Mint (Fresh)  
Mutton  
Okra  
Olive oil  
Olives (black)  
Olives (green)  
Orange juice  
Oyster Mushroom  
Oyster sauce  
Parsley  
Passionfruit  
Peppermint oil  
Pineapple  
Pink lady apple  
Plums  
Pork Sausages  
Portobello Mushroom  
Prawns  
Prunes (cooked)  
Pumpkin  
Quinoa  
Radish  
Red Kidney Bean  
Rice - Brown  
Rocket  
Romaine Lettuce  
Shitake Mushroom  
Smoked herring  
Sour cream  
Soya Bean  
Sweet Freedom  
Tea (Black)  
Tequila  
Thyme  
Turkey  
Vanilla  
Watercress  
White bean  
Winkles

## METALS

Aluminium  
Antimony  
Arsenic  
Beryllium  
Bismuth  
Cadmium  
Chromium  
Cobalt  
Copper  
Gold  
Iron  
Lead  
Magnesium  
Manganese  
Mercury  
Nickel  
Palladium  
Platinum  
Rhodium  
Silver  
Strontium  
Tin (from canned food)  
Titanium  
Tungsten  
Vanadium  
Zinc

## NUTRITION

Acidophilus  
Allium  
Alpha Lipoic Acid  
Anthocyanidins  
Ascorbic Acid  
Beta-Carotene  
Betaine  
Bio-flavonoids  
Biotin  
Bromelain  
Calcium  
Carotenoids  
Choline  
Chromium  
Citrus bio-flavonoids  
Co-Q-10  
Copper  
Creatine  
Cystine  
Docosahexaenoic acid  
Eicosapentaenoic acid  
Ellagic acid  
Fibre  
Flavonoids  
Folate  
Folic acid  
Formic acid  
Gallic acid  
Genistein  
Germanium  
Glutamine  
Glutathione  
Inositol  
Iodine  
Iron  
Iso-Flavonoids  
L-Carnitine  
Lactic acid  
Lecithin  
Lignans  
Lutein  
Lycopene  
Magnesium  
Mallic acid  
Manganese  
Melatonin  
Molybdenum  
Niacin  
Nicotinic acid  
Nucleic acid  
Omega 3  
Omega 6  
Oxalic acid  
Pantothenic acids  
Para Aminobenzoic acid  
Phosphorus  
Phytosterols  
Polyphenols  
Potassium  
Pro-anthocyanidins  
Pyridoxine  
Salicylic acid  
Saponins  
Selenium  
Silica  
Sodium  
Sulforaphane  
Tannins  
Tartaric acid  
Taurine  
Uric acid  
Vit. B2  
Vit. B3  
Vit. C  
Vitamin D  
Vitamin K  
Vitamin. A  
Vitamin. B1  
Vitamin. B12  
Vitamin. B5  
Vitamin. B6  
Vitamin. E  
Zeaxanthin  
Zinc

30 ITEMS