

Food Intolerance Test

Client Information

Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email Address:

Date of Consultation:

Test results:

- Normal (< 43)
- Borderline (24-30)
- Elevated (> 30)

Food Item	Type	Results
ALPHA-LACTALBUMIN	DAIRY	
BETA-LACTOGLOBULIN	DAIRY	
BUFFALO MILK	DAIRY	
CASEIN	DAIRY	
COW'S MILK	DAIRY	
EGG WHITE	DAIRY	
EGG YOLK	DAIRY	
GOAT MILK	DAIRY	
SHEEP MILK	DAIRY	
ALGA ESPAGUETTE	FISH/SEAFOOD	
ALGA SPIRULINA	FISH/SEAFOOD	
ALGA WAKAME	FISH/SEAFOOD	
ANCHOVY	FISH/SEAFOOD	
BARNACLE	FISH/SEAFOOD	
BASS	FISH/SEAFOOD	
CARP	FISH/SEAFOOD	

CAVIAR	FISH/SEAFOOD	
CLAM	FISH/SEAFOOD	
COCKLE	FISH/SEAFOOD	
COD	FISH/SEAFOOD	
CRAB	FISH/SEAFOOD	
CUTTLEFISH	FISH/SEAFOOD	
DORADO/SEA BREAM	FISH/SEAFOOD	
EEL	FISH/SEAFOOD	
HADDOCK	FISH/SEAFOOD	
HAKE	FISH/SEAFOOD	
HERRING	FISH/SEAFOOD	
LOBSTER	FISH/SEAFOOD	
MACKEREL	FISH/SEAFOOD	
MONKFISH	FISH/SEAFOOD	
MUSSEL	FISH/SEAFOOD	
OCTOPUS	FISH/SEAFOOD	
OYSTER	FISH/SEAFOOD	
PERCH	FISH/SEAFOOD	
PIKE	FISH/SEAFOOD	
PLAICE	FISH/SEAFOOD	
RAZOR CLAM	FISH/SEAFOOD	
SALMON	FISH/SEAFOOD	
SARDINE	FISH/SEAFOOD	
SCALLOP	FISH/SEAFOOD	
SHRIMP/PRAWN	FISH/SEAFOOD	
SOLE	FISH/SEAFOOD	
SQUID	FISH/SEAFOOD	
SWORDFISH	FISH/SEAFOOD	
TROUT	FISH/SEAFOOD	
TUNA	FISH/SEAFOOD	
TURBOT	FISH/SEAFOOD	

WINKLE	FISH/SEAFOOD	
APPLE	FRUIT	
APRICOT	FRUIT	
AVOCADO	FRUIT	
BANANA	FRUIT	
BLACKBERRY	FRUIT	
BLACKCURRANT	FRUIT	
BLUEBERRY	FRUIT	
CHERRY	FRUIT	
CRANBERRY	FRUIT	
DATE	FRUIT	
FIG	FRUIT	
GRAPE	FRUIT	
GRAPEFRUIT	FRUIT	
GUAVA	FRUIT	
KIWI	FRUIT	
LEMON	FRUIT	
LIME	FRUIT	
LYCHEE	FRUIT	
MANGO	FRUIT	
MELON (Honeydew)	FRUIT	
MULBERRY	FRUIT	
NECTARINE	FRUIT	
OLIVE	FRUIT	
ORANGE	FRUIT	
PAPAYA	FRUIT	
PEACH	FRUIT	
PEAR	FRUIT	
PINEAPPLE	FRUIT	
PLUM	FRUIT	
POMEGRANATE	FRUIT	

RAISIN	FRUIT	
RASPBERRY	FRUIT	
REDCURRANT	FRUIT	
RHUBARB	FRUIT	
STRAWBERRY	FRUIT	
TANGERINE	FRUIT	
TOMATO	FRUIT	
WATERMELON	FRUIT	
BARLEY	GRAIN	
BUCKWHEAT	GRAIN	
CORN (maize)	GRAIN	
COUSCOUS	GRAIN	
DURUM WHEAT	GRAIN	
FLAX SEED	GRAIN	
GLIADIN	GRAIN	
MALT	GRAIN	
MILLET	GRAIN	
OAT	GRAIN	
POLENTA	GRAIN	
QUINOA	GRAIN	
RICE	GRAIN	
RYE FLOUR	GRAIN	
SPELT	GRAIN	
TRANSGLUTAMINASE	GRAIN	
WHEAT	GRAIN	
WHEAT BRAN	GRAIN	
ALOE VERA	HERBS/SPICES	
ANISEED	HERBS/SPICES	
BASIL	HERBS/SPICES	
BAYLEAF	HERBS/SPICES	
CAMOMILE	HERBS/SPICES	

CAYENNE	HERBS/SPICES	
CINNAMON	HERBS/SPICES	
CLOVE	HERBS/SPICES	
CORIANDER (leaf)	HERBS/SPICES	
CUMIN	HERBS/SPICES	
CURRY (mixed spices)	HERBS/SPICES	
DILL	HERBS/SPICES	
GARLIC	HERBS/SPICES	
GINGER	HERBS/SPICES	
GINKGO	HERBS/SPICES	
GINSENG	HERBS/SPICES	
HOPS	HERBS/SPICES	
LIQUORICE	HERBS/SPICES	
MARJORAM	HERBS/SPICES	
MINT	HERBS/SPICES	
MUSTARD SEED	HERBS/SPICES	
NETTLE	HERBS/SPICES	
NUTMEG	HERBS/SPICES	
PARSLEY	HERBS/SPICES	
PEPPERCORNS (B/W)	HERBS/SPICES	
PEPPERMINT	HERBS/SPICES	
RED CHILLI	HERBS/SPICES	
ROSEMARY	HERBS/SPICES	
SAFFRON	HERBS/SPICES	
SAGE	HERBS/SPICES	
TARRAGON	HERBS/SPICES	
THYME	HERBS/SPICES	
VANILLA	HERBS/SPICES	
BEEF	MEAT	
BILLY GOAT	MEAT	
CHICKEN	MEAT	

DUCK	MEAT	
HORSE	MEAT	
LAMB	MEAT	
OSTRICH	MEAT	
OX	MEAT	
PARTRIDGE	MEAT	
PORK	MEAT	
QUAIL	MEAT	
RABBIT	MEAT	
TURKEY	MEAT	
VEAL	MEAT	
VENISON	MEAT	
WILD BOAR	MEAT	
ALMOND	NUTS	
BRAZIL NUT	NUTS	
CASHEW NUT	NUTS	
COCONUT	NUTS	
HAZELNUT	NUTS	
MACADAMIA NUT	NUTS	
PEANUT	NUTS	
PINE NUT	NUTS	
PISTACHIO	NUTS	
TIGER NUT	NUTS	
WALNUT	NUTS	
AMARANTH	VEGETABLES	
ARTICHOKE	VEGETABLES	
ASPARAGUS	VEGETABLES	
AUBERGINE	VEGETABLES	
BEAN (broad)	VEGETABLES	
BEAN (green)	VEGETABLES	
BEAN (red kidney)	VEGETABLES	

BEAN (white haricot)	VEGETABLES	
BEETROOT	VEGETABLES	
BROCCOLI	VEGETABLES	
BRUSSEL SPROUT	VEGETABLES	
CABBAGE	VEGETABLES	
CABBAGE (red)	VEGETABLES	
CAPER	VEGETABLES	
CARROT	VEGETABLES	
CAULIFLOWER	VEGETABLES	
CELERY	VEGETABLES	
CHARD	VEGETABLES	
CHICKPEA	VEGETABLES	
CHICORY	VEGETABLES	
CUCUMBER	VEGETABLES	
FENNEL (leaf)	VEGETABLES	
GOURD (squash)	VEGETABLES	
LEEK	VEGETABLES	
LENTIL	VEGETABLES	
LETTUCE	VEGETABLES	
MARROW	VEGETABLES	
ONION	VEGETABLES	
PEA	VEGETABLES	
PEPPERS (Mixed)	VEGETABLES	
POTATO	VEGETABLES	
RADISH	VEGETABLES	
ROCKET	VEGETABLES	
SHALLOT	VEGETABLES	
SOYA BEAN	VEGETABLES	
SPINACH	VEGETABLES	
SWEET POTATO	VEGETABLES	
TURNIP	VEGETABLES	

WATERCRESS	VEGETABLES	
YUCA	VEGETABLES	
AGAR AGAR	OTHERS	
CANE SUGAR	OTHERS	
CAROB	OTHERS	
CHESTNUT	OTHERS	
COCOA BEAN	OTHERS	
COFFEE	OTHERS	
COLA NUT	OTHERS	
HONEY	OTHERS	
MUSHROOM	OTHERS	
RAPESEED	OTHERS	
SESAME SEED	OTHERS	
SUNFLOWER SEED	OTHERS	
TAPIOCA	OTHERS	
TEA (black)	OTHERS	
TEA (green)	OTHERS	
YEAST (baker's)	OTHERS	
YEAST (brewer's)	OTHERS	