

Food & Drink Intolerance

350

Cereals & Grains

24

✓ Farro Gluten	✓ Flour (Sorghum) Gluten Free	✓ Flour (Teff) Gluten Free	✓ Flour (Arrowroot) Gluten Free
✓ Flour (Potato) Gluten Free	✓ Flour (Almond) Gluten Free	✓ Flour (Corn) Gluten Free	✓ Kamut Gluten
✓ Oatmeal Gluten	✓ Polenta Gluten Free	✓ Quinoa Gluten Free	✓ Rice (Wild) Gluten Free
✓ Rice (Brown) Gluten Free	✓ Rice (White) Gluten Free	✓ Rye Gluten	✓ Semolina Gluten
✓ Spelt Gluten	✓ Wheat (Brown) Gluten	✓ Wheat (White) Gluten	✓ Wheat (Bulgar) Gluten

Dairy & Milks

37

✓ A-Lactalbumin	✓ Beta Lactoglobulin	✓ Buttermilk	✓ Butter
✓ Casein	✓ Cheese (Camembert)	✓ Cheese (Swiss)	✓ Cheese (Cottage)
✓ Cheese (Gouda)	✓ Cheese (Cheddar)	✓ Cheese (Manchego)	✓ Cheese (Monterey Jack)
✓ Cheese (Gruyere)	✓ Cheese (Halloumi)	✓ Cheese (Parmesan)	✓ Cheese (Pecorino Romano)
✓ Cheese (Mozzarella Buffalo)	✓ Cheese (Paneer)	✓ Cheese (Ricotta)	✓ Cheese (Roquefort)
✓ Cheese (Pepper Jack)	✓ Cheese (Provolone)	✓ Cheese Feta (Goat & Sheep)	✓ Cheese (Stilton)
✓ Cheese (Brie)	✓ Cream (Sour)	✓ Cream (Heavy Whipping)	✓ Creme (Fraiche)
✓ Kefir	✓ Lactose	✓ Milk (Sheep)	✓ Milk (Goat)
✓ Milk (Cow)	✓ Quark	✓ Yogurt (Goat)	✓ Yogurt (Cow)
✓ Yogurt (Greek)			

Dairy Alternatives

10

- | | | | |
|---------------------|-------------------|-----------------------|----------------------|
| ✓ Milk
(Oat) | ✓ Milk
(Soy) | ✓ Yogurt
(Coconut) | ✓ Milk
(Almond) |
| ✓ Milk
(Coconut) | ✓ Milk
(Hemp) | ✓ Milk
(Rice) | ✓ Yogurt
(Almond) |
| ✓ Yogurt
(Oat) | ✓ Yogurt
(Soy) | | |
-

Drinks

23

- | | | | |
|------------------|--------------------|-------------------|----------------------|
| ✓ Beer | ✓ Brandy | ✓ Champagne | ✓ Coconut Water |
| ✓ Coffee | ✓ Gin
(Black) | ✓ Lager | ✓ Port |
| ✓ Prosecco | ✓ Rum | ✓ Sake | ✓ Sambuca |
| ✓ Schnapps | ✓ Tea
(Jasmine) | ✓ Tea
(Black) | ✓ Tea
(Chamomile) |
| ✓ Tea
(Green) | ✓ Vermouth | ✓ Tea
(Oolong) | ✓ Tea
(Rooibos) |
| ✓ Tequila | ✓ Vodka | ✓ Whiskey | |
-

Fish & Seafood

38

- | | | | |
|-------------|--------------|--------------------|----------------------|
| ✓ Anchovies | ✓ Black Bass | ✓ Blue Mussels | ✓ Clams |
| ✓ Cod | ✓ Crab | ✓ Crawfish | ✓ Flounder |
| ✓ Haddock | ✓ Hake | ✓ Halibut | ✓ Herring |
| ✓ Jon Dory | ✓ Lobster | ✓ Mackerel | ✓ Mahi Mahi |
| ✓ Octopus | ✓ Oysters | ✓ Perch | ✓ Pilchard |
| ✓ Plaice | ✓ Prawns | ✓ Red Bass | ✓ Red Snapper |
| ✓ Salmon | ✓ Sardine | ✓ Scallops | ✓ Seabass |
| ✓ Shrimp | ✓ Skate | ✓ Sole | ✓ Squid |
| Swordfish | ✓ Tilapia | ✓ Trout
(Brown) | ✓ Trout
(Rainbow) |
| ✓ Tuna | ✓ Whitebait | | |

Fruits

47

- | | | | |
|-------------------|------------------|-----------------|--------------------|
| ✓ Apple | ✓ Apricot | ✓ Avocado | ✓ Balsam Pear |
| ✓ Banana | ✓ Bilberry | ✓ Blackberry | ✓ Blueberries |
| ✓ Carambola | ✓ Cherries | ✓ Cranberry | ✓ Dates |
| ✓ Figs | ✓ Gooseberries | ✓ Grapefruit | ✓ Grapes (Green) |
| ✓ Grapes (Red) | ✓ Guava | ✓ Kiwi | ✓ Lemons |
| ✓ Lime | ✓ Loquat | ✓ Lychee | ✓ Mandarins |
| ✓ Mango | ✓ Mangosteen | ✓ Melon (Galia) | ✓ Melon (HoneyDew) |
| ✓ Mulberries | ✓ Nectarine | ✓ Oranges | ✓ Papaya |
| ✓ Passion Fruit | ✓ Peaches | ✓ Pear | ✓ Pineapple |
| ✓ Plums (Damsons) | ✓ Pomegranate | ✓ Prunes | ✓ Quince |
| ✓ Raisins | ✓ Raspberries | ✓ Strawberries | ✓ Watermelon |
| ✓ Waxberry Fruit | ✓ Wine (Damsons) | ✓ Wine (White) | |
-

Herbs & Spices

39

- | | | | |
|---------------------------------|-------------------------|--------------------|-----------------------|
| ✓ All Spice | ✓ Aniseed | ✓ Basil (Dried) | ✓ Bay Leaf |
| ✓ Caraway | ✓ Cardamom | ✓ Cilantro (Dried) | ✓ Cinnamon |
| ✓ Clove | ✓ Cumin | ✓ Curry (Powder) | ✓ Dill (Dried) |
| ✓ Fenugreek | ✓ Garlic (Dried) | ✓ Ginger (Dried) | ✓ Horseradish (Green) |
| ✓ Mace | ✓ Marjoram | ✓ Mint (Dried) | ✓ Miso |
| ✓ Mustard | ✓ Nutmeg | ✓ Oregano (Dried) | ✓ Paprika |
| ✓ Parsley (Dried) | ✓ Pepper (Black) | ✓ Pepper (White) | ✓ Rosemary (HoneyDew) |
| ✓ Sage | ✓ Salt (Pink Himalayan) | ✓ Salt (Sea) | ✓ Soy Sauce |
| ✓ Tarragon | ✓ Thyme (Dried) | ✓ Turmeric | ✓ Vanilla (Extract) |
| ✓ Vinegar (Apple Cider Vinegar) | ✓ Vinegar (Clear) | ✓ Vinegar (Malt) | |

Legumes

13

- | | | | |
|-----------------|-------------------|--------------|--------------|
| ✓ Black Beans | ✓ Black Eyed Peas | ✓ Broadbeans | ✓ Chickpeas |
| ✓ Edamame Beans | ✓ Kidney Beans | ✓ Lentils | ✓ Lima Beans |
| ✓ Natto | ✓ Navy Beans | ✓ Sheitan | ✓ Soy Beans |
| ✓ Tofu | | | |
-

Meats & Eggs

24

- | | | | |
|------------------|---------------|----------------|----------------|
| ✓ Bacon | ✓ Beef | ✓ Bison | ✓ Chicken |
| ✓ Cornish Hen | ✓ Duck | ✓ Egg White | ✓ Egg Yolk |
| ✓ Elk Meat | ✓ Goat | ✓ Goose | ✓ Hare |
| ✓ Lamb | ✓ Liver (Cow) | ✓ Liver (Lamb) | ✓ Liver (Pork) |
| ✓ Moose | ✓ Mutton | ✓ Pork | ✓ Rabbit |
| ✓ Sausage (Pork) | ✓ Turkey | ✓ Veal | ✓ Venison |
-

Nuts

12

- | | | | |
|--------------|---------------|------------------|-------------|
| ✓ Almonds | ✓ Brazil Nuts | ✓ Cashew | ✓ Chestnuts |
| ✓ Coconut | ✓ Hazelnut | ✓ Macademia Nuts | ✓ Peanuts |
| ✓ Pecan Nuts | ✓ Pine Nuts | ✓ Pistachios | ✓ Walnuts |
-

Oils & Fats

16

- | | | | |
|-----------------|------------------------|----------------|-----------------|
| ✓ Avocado Oil | ✓ Beef Dripping | ✓ Chicken Fat | ✓ Coconut Oil |
| ✓ Cod Liver Oil | ✓ Evening Primrose Oil | ✓ Flaxseed Oil | ✓ Ghee |
| ✓ Goose Fat | ✓ Hemp Seed Oil | ✓ Lard | ✓ Olive Oil |
| ✓ Peanut Oil | ✓ Pumpkin Seed Oil | ✓ Sesame Oil | ✓ Sunflower Oil |



Seeds

8

- | | | | |
|---------------|-----------------|----------------|-------------------|
| ✓ Chia Seeds | ✓ Fennel Seeds | ✓ Flaxseeds | ✓ Hemp Seeds |
| ✓ Poppy Seeds | ✓ Pumpkin Seeds | ✓ Sesame Seeds | ✓ Sunflower Seeds |
-



Sugars & Misc

15

- | | | | |
|--------------------|----------------|-------------------|--------------------|
| ✓ Baobab | ✓ Barley Grass | ✓ Chlorella | ✓ Chocolate (Dark) |
| ✓ Chocolate (Milk) | ✓ Cocoa Powder | ✓ Guar Gum | ✓ Honey |
| ✓ Maple Syrup | ✓ Molasses | ✓ Sugar (Beet) | ✓ Sugar (Brown) |
| ✓ Sugar (White) | ✓ Wheatgrass | ✓ Yeast (Baker's) | |
-



Vegetables

55

- | | | | |
|------------------------|-------------------------|-------------------------|-----------------------|
| ✓ Artichoke | ✓ Arugula | ✓ Asparagus | ✓ Beans (Green) |
| ✓ Beets | ✓ Bell Pepper (Green) | ✓ Bell Pepper (Orange) | ✓ Bell Pepper (Red) |
| ✓ Bell Pepper (Yellow) | ✓ Bok Choy (Pak Choy) | ✓ Broccoli | ✓ Brussel Sprouts |
| ✓ Cabbage | ✓ Carrots | ✓ Cassava | ✓ Cauliflower |
| ✓ Celery | ✓ Cilantro (Fresh) | ✓ Cucumber | ✓ Eggplant |
| ✓ Endive | ✓ Escarole | ✓ Fennel (Fresh) | ✓ Garlic (Fresh) |
| ✓ Hearts of Palm | ✓ Kale | ✓ Kohlrabi | ✓ Leeks |
| ✓ Lettuce (Iceberg) | ✓ Mushroom (Oyster) | ✓ Mushroom (Portobello) | ✓ Mushroom (Shiitake) |
| ✓ Okra | ✓ Olives (Black) | ✓ Olives (Green) | ✓ Onion (Red) |
| ✓ Onion (White) | ✓ Parsley (Fresh) | ✓ Peas (Garden) | ✓ Plantain |
| ✓ Potato (Sweet) | ✓ Potato (White) | ✓ Pumpkin | ✓ Radish |
| ✓ Rutabaga | ✓ Sea Vegetables (Kelp) | ✓ Spinach | ✓ Squash |
| ✓ Squash (Butternut) | ✓ Swiss Chard | ✓ Tomatoes | ✓ Turnip |
| ✓ Watercress | ✓ Yams | ✓ Zucchini | |

Vitamins, Minerals & Fatty Acids

31

Minerals

13

- ✓ Biotin
 - ✓ Calcium
 - ✓ Chromium
 - ✓ Copper
 - ✓ Iodine
 - ✓ Magnesium
 - ✓ Molybdenum
 - ✓ Phosphorus
 - ✓ Potassium
 - ✓ Selenium
 - ✓ Sodium
 - ✓ Sulphur
 - ✓ Zinc
-

Vitamins

13

- ✓ Choline
 - ✓ Vitamin A
 - ✓ Vitamin B1
 - ✓ Vitamin B12
 - ✓ Vitamin B2
 - ✓ Vitamin B3
 - ✓ Vitamin B5
 - ✓ Vitamin B6
 - ✓ Vitamin B9
 - ✓ Vitamin C
 - ✓ Vitamin D
 - ✓ Vitamin E
 - ✓ Vitamin K
-

Fatty Acids

5

- ✓ Co-Q10
- ✓ DHA
- ✓ EPA
- ✓ Omega 3
- ✓ Omega 6

Toxins & Heavy Metals

290

Environmental

157

- | | | | |
|----------------------------------|-----------------------------|-------------------------|---|
| ✓ Alder
(Alnus Glutinosa) | ✓ Alder Tree | ✓ American Hornbeam | ✓ Ampicilloyl |
| ✓ Animal Epithelium | ✓ Anisakis
(Parasite) | ✓ Apple tree | ✓ Artemia Salina |
| ✓ Ash Tree | ✓ Aspen Tree | ✓ Barley Crop | ✓ Bee |
| ✓ Beech Tree | ✓ Bermuda Grass | ✓ Bigleaf Lupine | ✓ Birch Tree |
| ✓ Black Locust Tree | ✓ Blackberry Bush | ✓ Bovine Cattle | ✓ Buckwheat Crop |
| ✓ Buttercup Flower | ✓ Calluna Vulgaris | ✓ Canaries | ✓ Chamomile Flower |
| ✓ Cherry Tree | ✓ Chicken Droppings | ✓ Chicken Feathers | ✓ Chilean Pine |
| ✓ Chrysanthemum
/ Mums | ✓ Clover Plant | ✓ Colonial Bentgrass | ✓ Common Bluebell |
| ✓ Common Juniper | ✓ Common Laburnum | ✓ Common Lilac | ✓ Common Reed |
| ✓ Common Thistle | ✓ Common Wallflower | ✓ Common Wheat
Crops | ✓ Common Wormwood
(Artemisia Absinthium) |
| ✓ Cotton Crops | ✓ Crested Dog's Tail | ✓ Currant Bush | ✓ Daffodil |
| ✓ Dahlia | ✓ Dandelion Plant | ✓ Dead Nettle | ✓ Deer Epithelium |
| ✓ Dog Serum Albumin | ✓ Domestic Cat | ✓ Domestic Dog | ✓ Downy Birch |
| ✓ Duck Feathers | ✓ Dust | ✓ Elderberry Plant | ✓ Elm Tree |
| ✓ English Oak
(Quercus Robur) | ✓ European Beech | ✓ European Hazelnut | ✓ European Lime |
| ✓ Ferret Epithelium | ✓ Fireweed | ✓ Fungus | ✓ Goats |
| ✓ Hop Plant | ✓ Horse | ✓ Horse Bot Fly | ✓ Horse Chestnut |
| ✓ House Dust Mite | ✓ Jacaranda Tree | ✓ Japanese Cedar | ✓ Japanese Millet |
| ✓ Kentucky Bluegrass | ✓ Lambsquarter Wild
Spin | ✓ Larch | ✓ Latex Fluid |

✓ Leather	✓ Linden Tree	✓ Lycra	✓ Maize Plant (Corn)
✓ Mangrove	✓ Meadow Fescue	✓ Meadow Foxtail	✓ Mice
✓ Mink Epithelium	✓ Mistletoe	✓ Mold Airborne Spores	✓ Mosquito
✓ Moth	✓ Mouse Urine Proteins	✓ Mugwort	✓ Mulberry Tree
✓ Ney York Aster	✓ Norway Spruce	✓ Nylon	✓ Oat Crops
✓ Orange Jasmine	✓ Orchard Grass	✓ Oxeye Daisy	✓ Parakeet
✓ Parakeet Droppings	✓ Parrot Feathers	✓ Pear tree	✓ Penicilloyl
✓ Perennial Ryegrasss	✓ Pigeon	✓ Pigeon Droppings	✓ Pine Tree
✓ Plantain Tree	✓ Plantetree, London	✓ Poplar	✓ Primroses
✓ Privet	✓ Prosopis Tree	✓ Quackgrass	✓ Quince Tree
✓ Rabbit	✓ Rabbit Urine Proteins	✓ Ragweed	✓ Rapeseed
✓ Rat	✓ Red Fescue	✓ Ribwort Plantain	✓ Rose Flower
✓ Rubber	✓ Rubber Tree	✓ Rye Crops	✓ Salt Cedar Tree
✓ Saltbush Melde (Atriplex spp.)	✓ Scotch Heather	✓ Sheeps Wool (Fleece)	✓ Shrubs (Common)
✓ Soft Brome Grass (Bromus Mollis)	✓ Sorrel	✓ Spelt Crops	✓ Stinging Nettle
✓ Storage Mite	✓ Strawberry Bush	✓ Sweet Vernal Grass	✓ Tall Oatgrass
✓ Tansy Ragwort	✓ Timothy Grass	✓ Tin (Canned Food)	✓ Tobacco
✓ Tulip	✓ Tumbleweed	✓ Velvet Grass	✓ Walnut Tree
✓ Washington Hawthorn	✓ Wasp	✓ Wild Oat Crops	✓ Willow
✓ Wool			



- | | | | |
|--|--|---|---|
| ✓ Ajax
(w Bleach) | ✓ Aldicarb
(Carbamate Insecticide) | ✓ Asulox
(Herbicide) | ✓ Attack
(Insecticide) |
| ✓ Banvel
(Herbicide) | ✓ Basudin
(Plant Protector) | ✓ Black Flag
(Ant Roach) | ✓ Black Flag Raid
(Pest Control) |
| ✓ Bovine Cattle Vaccination | ✓ Cleaner Bleach
(Disinfectant) | ✓ Clorox Bleach | ✓ Comet Disinfectant |
| ✓ Comet Liquid Cleaner | ✓ Counter All Purpose Cleaner | ✓ Deodorant Spray
(Generic) | ✓ Desiccant Silica Gel |
| ✓ Dieldrin
(Insecticide) | ✓ Endosulfan
(Fungicide) | ✓ Escort
(Herbicide) | ✓ Euparen
(Multi Fungicide) |
| ✓ Fantastik All Purpose Cleaner | ✓ Folimat
(Insecticide) | ✓ Formula 409
(All Purpose Cleaner) | ✓ Fruit Fungicide |
| ✓ Gramoxone
(Insecticide) | ✓ Grazon
(Herbicide) | ✓ Guthion
(Insecticide) | ✓ Hair Spray
(Generic) |
| ✓ Henna
(Generic) | ✓ Hi Care
(Insect Repellent) | ✓ Imdan
(Insecticide) | ✓ Ivomec
(Cattle Dewormer) |
| ✓ Laundry Detergent
(w Phosphates) | ✓ Lawn Insecticide
(Turpentine Kerosene) | ✓ Lawncare Chemical
(General) | ✓ Lysol Deodorizing Cleaner |
| ✓ Lysol Pine Action Cleaner | ✓ Manzate
(Herbicide) | ✓ Mesurol
(Snail Insecticide) | ✓ Mr. Clean
(General Cleanser) |
| ✓ Murphy Oil Soap | ✓ Network
(Weed Killer) | ✓ Nexa Spray
(Nasal Spray) | ✓ Paint Mix
(Generic) |
| ✓ Paint Oil
(Generic) | ✓ Paint Thinner
(Generic) | ✓ Pine Oil
(Candles Wax Melts) | ✓ Pine Sol Floor Cleaner |
| ✓ Pledge
(Household Cleaner) | ✓ Polyram
(Fungicide) | ✓ Preeglone
(Herbicide) | ✓ PX 70
(Laundry Detergent) |
| ✓ Pyrox
(Insecticide) | ✓ QUATS (Quaternary Ammonium Compounds) | ✓ Ripcord Insecticide | ✓ Ronilan
(Fungicide) |
| ✓ RootX
(Root Killer Sewer Lines) | ✓ Rubigan
(Fungicide) | ✓ Saprol
(Fungicide) | ✓ Sentry Detergent
(Professional Laundry Cleaner) |
| ✓ Shirlan
(Fungicide) | ✓ Simazine
(Herbicide) | ✓ Sodium Lauryl Sulfate Cleaner | ✓ Soft Scrub
(Cleaner) |
| ✓ Soft Scrub
(Cleaner) | ✓ Soil Fume
(Pesticide) | ✓ Spic and Span
(Cleaner) | ✓ Stearidonic Acid
(Water Bacteria) |
| ✓ Thiovit Jet
(Fungicide) | ✓ Top Job
(Ammonia) | ✓ Tordon 22k
(Herbicide) | ✓ Tordon RTU
(Herbicide) |
| ✓ Touchweeder
(Herbicide) | ✓ Trigger
(Weedkiller) | ✓ Trihalomethanes
(THM) | ✓ Varnish Liquid Coating
(General) |
| ✓ Warbex
(Pesticide) | ✓ Weedol Pathclear
(Weedkiller) | ✓ Windex
(Ammonium Hydroxide) | ✓ Zep
(Cleaner w Ammonium Chloride) |

- | | | | |
|--------------------------|--------------------------|-------------------------------|-------------------------|
| ✓ Aluminum | ✓ Antimony | ✓ Arsenic | ✓ Barium |
| ✓ Beryllium | ✓ Bismuth | ✓ Boron | ✓ Bromine |
| ✓ Bromine | ✓ Cadmium | ✓ Caesium | ✓ Calcium Carbonate |
| ✓ Chlorine | ✓ Cobalt | ✓ Copper Oxide | ✓ Dysprosium |
| ✓ Elemental
Magnesium | ✓ Elemental
Manganese | ✓ Fluorine | ✓ Gadolinium |
| ✓ Germanium | ✓ Hafnium | ✓ Hexavalent
Chromium | ✓ Indium |
| ✓ Iodine | ✓ Iron | ✓ Lead | ✓ Lithium |
| ✓ Lutetium | ✓ Mercury | ✓ Molybdenum
(Heavy Metal) | ✓ Nickel |
| ✓ Palladium | ✓ Phosphorus | ✓ Platinum | ✓ Plutonium |
| ✓ Potassium | ✓ Radium | ✓ Rhodium | ✓ Rubidium |
| ✓ Silicon | ✓ Silver | ✓ Sodium Element | ✓ Strontium |
| ✓ Tantalum | ✓ Thallium | ✓ Thorium | ✓ Tin |
| ✓ Titanium | ✓ Uranium | ✓ Vanadium | ✓ Zinc
(Heavy Metal) |
| ✓ Zirconium | | | |
-