

Complete Intolerance

160 key food & drink intolerances tested

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Hi, I'm your Complete Intolerance Test.

food intolerance 160 items

 lifelabtesting

Intolerance

Fish: Salmon, Cod, Plaice, Squid, Blue Mussel, Octopus, Tuna, Trout, Pollock, Herring, Oyster, Shrimp, Carp, Mackerel, Great Crab, Salmon Roe, Black Caviar, Lumpfish Caviar, Pike, Sardine, Perch, Halibut, Kelp.

Meat: Pork, Beef, Lamb, Rabbit, Roe Deer, Red Deer, Veal.

Poultry: Egg White, Egg Yolk, Duck, Chicken, Turkey.

Fruit: Apple, Orange, Grape, Peach, Mango, Banana, Kiwi Fruit, Lemon, Strawberry, Pineapple, Sugar Melon (Cantaloupe), Raspberry, Plum, Apricot, Pear, Blueberry, Sweet Cherry, Blackberry, Mandarine, Papaya, Nectarine, Red Currant, Cranberry, Grapefruit, Raisin, Blackcurrant, Watermelon, Coconut.

Vegetables: Carrot, Cucumber, Tomato, Avocado Pear, Green Olives, Broccoli, Garlic, Cabbage, Celery, Potato, Onion, Zucchini (Courgettes), Raw Cauliflower, Red Cabbage, Pumpkin, Artichoke, Small radish, Kohlrabi, Leek, Horseradish, Chicory, Spinach, Kale, Eggplant (Aubergine), Beetroot, Asparagus, White Radish, Brussels Sprouts.

Beans: Soy, Green Beans, White Bean, Green Peas, Broad Bean, Red Kidney Bean, Sweet Lupine.

Nuts & Seeds: Almond, Hazelnut, Peanut, Walnut, Pistachio, Cashew, Sunflower, Sesame, Pumpkin, Pecan, Brazil, Pine Nut/Pignoles, Macadamia, Sweet Chestnut.

Dairy: Cheese (Gouda), Cow's Milk, Sheep's Milk, Goat's Milk, Parmesan, Camembert Cheese, Cottage Cheese, Goat's Milk Cheese, Edam Cheese, Emmentaler Cheese, Gruyere Cheese, Cream Cheese, Yoghurt, Mozzarella (Cow's Milk), Cream, Curd Cheese, Casein.

Herbs & Spices: Sweet Basil, Parsley, Cardamom, Rosemary, Florence Fennel, Nutmeg Apple, Common Thyme, Common Sage, Coriander Seed, Flax Seed, Ginger.

Grains: Wheat, Oat, Spelt, Amaranth, Maize, Rye, Buckwheat, Barley, Durum Wheat, Millet, Quinoa, Lentil, Rice.

Misc: Gluten, Baker's Yeast, Mustard, Coffee, Cacao.
