J REGIS MEDICAL

IgG Food Intolerance Test Basic Plus – 180 Foods

🖴 Meat

Beef Chicken Deer Duck Goat meat Goose Hare Lamb Ostrich meat Pork Quail Rabbit Roe deer Turkey hen Veal Wild boar

🀬 Fish & Seafood

Anchovy Carp Cod, codling Crayfish Gilthead bream Haddock Hake Halibut Herring Mackerel Ocean perch Plaice Pollock Salmon Sardine Shark

🌾 Cereals (With Gluten)

Barley Gluten Kamut Oats Rye Spelt Wheat

Milk Products

Camel's milk Goat milk and cheese Halloumi Kefir Mare's milk Milk cooked Milk (cow) Ricotta Rennet cheese (cow) Sheep milk and cheese Sour-milk products (cow)

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, cassava Teff

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🗡 Vegetables

Artichoke Asparagus Aubergine Beetroot Broccoli **Brussels sprouts** Carrots Cauliflower Celeriac, knob celery Chard, beet greens Chili Cayenne Chinese cabbage Courgette Cucumber Kale, curled kale Kohlrabi (turnip cabbage) Leek Olive Onion Parsnip Potato Pumpkin Radish red and white Red cabbage Rutabaga Savoy cabbage Spinach Stalk celery Sweet pepper Tomato White cabbage

🤌 Fruits

Apple

Sole Squid, cuttlefish Swordfish Trout Tunafish Zander

🕘 Egg

Chicken egg Goose egg Quail egg

Mushrooms

Meadow mushrooms

🥗 Salads

Butterhead lettuce Chicory Endive Iceberg lettuce Lamb's lettuce Lollo rosso Radicchio Rocket Romaine/cos lettuce Apricot Avocado Banana Cherry Date Fig Grape Kiwi Lemon Lychee Mango Nectarine Orange Papaya Peach Pear Plum Pineapple Strawberry Yellow plum Watermelon



Y Legumes

Broad bean Chickpeas Green bean Green pea Lentil Mung bean, green gram Soybean

(b) Spices & Herbs

Basil Chive Cinnamon Garlic Horseradish Mustard seed Nutmeg Oregano Paprika, spice Parsley Pepper, black Rosemary Thyme Vanilla

📔 Yeast

Yeast (beer, bread)

🥗 Tea, Coffee & Wine

Peppermint

Thickening Agents

Guar flour (E412)

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Sweeteners

Cane Sugar Honey (mixture)

Seeds & Nuts

Almond Brazil nut **Cashew kernels** Cocoa bean Coconut Flax, Linseed Hazelnut Macadamia nut Peanut Pine nut Pistachio Poppy seeds Pumpkin seeds Sesame Sunflower seed Walnut

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*The range of foods tested may change from time to time. Please consult our Regis Medical doctors for the most up-to-date and appropriate list tailored to your needs.