# **REGIS** MEDICAL

**IgG Food Intolerance Test** Complete – 270 Foods

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#### 욕 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 Angler (monkfish) Blue mussels Carp Cod (codling) Crayfish Eel Gilthead bream Haddock Hake Halibut Herring Iridescent shark Lobster Mackerel Ocean perch Octopus Oysters Plaice Pollock **Red Snapper** Sardine Salmon Scallop Sea bass Shrimp (prawn) Shark Sole Squid (cuttlefish) Swordfish Trout Tunafish Zander

#### 🌾 Cereals (With Gluten)

Barley Gluten Kamut Oats Rye Spelt Wheat

#### (b) Spices & Herbs

Alfalfa Allspice Aniseed Basil Bay leaf Capers Caraway Cardamom Chervil Chive Cinnamon Clove Coriander Cumin Curcumin (E100) Curry Dill Garden cress Garlic Ginger Horseradish Juniper berry Lavender Lemon balm Lovage Marjoram Mustard seed Nutmeg Oregano Paprika (spice) Parsley Pepper (black) Pepper (white) Rosemary Saffron Sage Savory Thyme Vanilla Wild garlic

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#### 📂 Vegetables

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

#### Sweeteners

Agave nectar Cane sugar Honey (mixture) Maple syrup

#### 🥗 Salads

Butterhead lettuce Chicory Dandelion Endive Iceberg lettuce Lamb's lettuce Lollo rosso Radicchio Rocket Romaine / cos Lettuce



#### 🔵 Egg

Chicken egg Chicken egg-white Chicken yolk Goose egg Quail eggs

#### 🥜 Seeds & Nuts

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

#### 🥗 Tea, Coffee & Wine

Camomile Coffee Nettle Peppermint Rooibos tea Rose hip Tannin Tea (green)

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#### 咎 Mushrooms

Bay boletus Cep (boletus) Chanterelle Meadow mushrooms Oyster mushrooms Shiitake

#### 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)

#### Thickening Agents

Agar-agar (E406) Carrageen (E407) Guar flour (E412) Pectin (E440) Tragacanth (E413) Xanthan gum

## Alternatives to Cereals & Starchy Products

Amaranth Arrowroot

#### 🤌 Fruits

Apple Apricot Avocado Banana Blackberry Blueberry Cherry Cranberry Currant Date Fig Gooseberry Grape Grapefruit Guava Honeydew melon Kiwi Lemon Lime Lingonberry Lychee Mandarin Mango Nectarine Orange Papaya Peach Pear Plum Pineapple Pomegranate Prickly pear Quince Raspberry Rhubarb

#### Tea (black)

#### O Specials

Aloe vera Aspergillus niger Candida Candied lemon peel Vine leaves

#### **Y** Legumes

Broad bean Chickpeas Green bean Green bean, pea Green pea Lentil Mung bean (green gram) Soyabean Buckwheat Carob Cassava Fonio Jerusalem artichoke Lupine Maize (sweet corn) Millet Quinoa Rice Sweet chestnut Sweet potato Tapioca (cassava) Sea buckthorn Strawberry Yellow plum Watermelon

#### 📔 Yeast

Yeast (beer, bread)

#### Preservatives

Benzoic acid (E211) Sorbic acid (E200)

#### C Algae

Red algae (Nori) Spirulina

<u> Book Now - Holland Village</u>

#### <u> Book Now - Katong</u>

\*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.