

## **IgG Food Intolerance Test**Screen Plus - 44 Foods



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## Meat

Chicken Beef

Pork

**Legumes** 

Soya bean

Vegetables

Broccoli

Carrots

Celeriac (knob celery)

Cucumber

Red cabbage

Sweet pepper

Tomato

**Yeast** 

Yeast (beer, bread)

**Mushrooms** 

Oyster mushrooms

Cereals (With Gluten)

Barley

Gluten

Oats

Rye

Spelt

Wheat

Fruits

Cherry

Pineapple

Raspberry

Watermelon

Fish & Seafood

Cod (codling)

Crayfish

Seeds & Nuts

**Almond** 

Flax/linseed

Hazelnut

Peanut

Pistachio

Poppy seeds

Sunflower seed

Tea, Coffee & Wine

Coffee

Sweeteners

Honey (mixture)

Spices & Herbs

Curry

Garlic

Ginger

Mustard seed

Egg

Chicken egg

Milk Products

Cow's milk

Goat milk and cheese

Rennet cheese (cow)

Sheep milk and cheese

Sour-milk products (cow)

**Book Now - Holland Village** 

**Book Now - Katong**