



IgG FOOD ALLERGY TESTS AT HOME

Essential - 90 Foods

MEAT

- + Beef
- + Chicken
- + Lamb
- + Pork
- + Turkey ham

ALTERNATIVES TO CEREALS
AND STARCHY PRODUCTS

- + Buckwheat
- + Maize, sweet corn
- + Millet
- + Rice

CEREALS (WITH GLUTEN)

- + Barley
- + Gluten
- + Oats
- + Rye
- + Spelt
- + Wheat

VEGETABLES

- + Aubergine
- + Beetroot

- + Broccoli
- + Carrot
- + Celeriac, knob celery
- + Chilli cayenne
- + Courgette
- + Cucumber
- + Kohlrabi (turnip cabbage)
- + Leek
- + Olive
- + Potato
- + Onion
- + Red cabbage
- + Sweet pepper
- + Tomato

MUSHROOMS

- + Meadow mushroom

SPICES & HERBS

- + Basil
- + Cinnamon
- + Garlic
- + Horseradish
- + Mustard seed

- + Nutmeg
- + Oregano
- + Paprika, spice
- + Parsley
- + Pepper, black
- + Rosemary
- + Thyme
- + Vanilla

SWEETENERS

- + Cane sugar
- + Honey (mixture)

SALADS

- + Butterhead lettuce
- + Lamb's lettuce

LEGUMES

- + Green bean
- + Green pea
- + Soya bean

FISH & SEAFOOD

- + Crayfish
- + Ocean perch

- + Pollock
- + Salmon
- + Tuna fish

EGG

- + Chicken egg

FRUITS

- + Apple
- + Apricot
- + Banana
- + Cherry
- + Grape
- + Kiwi
- + Lemon
- + Nectarine
- + Orange
- + Pineapple
- + Strawberry
- + Watermelon

SEEDS & NUTS

- + Almond
- + Cashew kernel
- + Cocoa bean
- + Flax, linseed
- + Hazelnut
- + Peanut
- + Pistachio
- + Poppy seed
- + Sesame
- + Sunflower seed
- + Walnut

TEA, COFFEE & WINE

- + Peppermint

MILK PRODUCTS

- + Goat's milk and cheese
- + Cow's milk
- + Rennet cheese (cow)
- + Sheep's milk and cheese
- + Sour-milk products (cow)

YEAST

- + Yeast

THICKENING AGENTS

- + Guar flour (E412)

Tap on the button to make an appointment for your **Essential IgG Food Allergy Test** today.

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