



IgG FOOD ALLERGY TESTS AT HOME

Vegetarian - 90 Foods

CEREALS AND STRACH

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

ALTERNATIVES TO CEREALS

- + Amaranth
- + Buckwheat
- + Millet
- + Maize, sweet corn
- + Quinoa **Superfoods**
- + Rice
- + Sweet potato

EGG

- + Chicken egg

MILK PRODUCTS

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

- + Sheep's milk and cheese
- + Goat's milk and cheese

YEAST

- + Yeast

VEGETABLES

- + Aubergine
- + Cauliflower
- + Broccoli **Superfoods**
- + Chili
- + Fennel
- + Cucumber
- + Carrots
- + Potato
- + Cabbage
- + Leek
- + Maca **Superfoods**
- + Olive
- + Sweet pepper
- + Beetroot
- + Celeriac, knob celery

- + Soya bean
- + Spinach
- + Tomato
- + Courgette
- + Onion

LEGUMES

- + Green pea
- + Green bean
- + Chickpea
- + Lentil

MUSHROOMS

- + Meadow mushroom

ALGAE

- + Red algae (nori)

FRUITS

- + Acai **Superfoods**
- + Acerola **Superfoods**
- + Pineapple
- + Apple
- + Avocado
- + Banana

- + Pear
- + Blueberry
- + Cranberry
- + Date
- + Strawberry
- + Goji **Superfoods**
- + Pomegranate **Superfoods**
- + Raspberry
- + Cherry
- + Kiwi
- + Melone
- + Orange
- + Peach
- + Grape / raisin
- + Lemon

SALADS

- + Butterhead lettuce

SPICES & HERBS

- + Ginger
- + Garlic
- + Cumin
- + Curcuma **Superfoods**
- + Oregano
- + Parsley
- + Pepper
- + Mustard seed
- + Vanilla

SEEDS & NUTS

- + Cashew kernel
- + Chia seed **Superfoods**
- + Peanut
- + Hemp seed **Superfoods**
- + Hazelnut
- + Cocoa bean
- + Coconut
- + Pumpkin seed
- + Linseed
- + Almond
- + Sesame
- + Sunflower seed
- + Walnut

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

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