



Brunel Health Advanced IgG Food Intolerance Test

List of foods tested

Cereals & Seeds

Amaranth
Barley
Buckwheat
Chickpea
Corn
Durum
Einkorn
Emmer
Gluten
Hempseed
Linseed
Lupine seed
Malt (barley)
Millet
Oat
Pine nut
Polish wheat
Poppy seed
Pumpkin seed
Quinoa
Rapeseed
Rice
Rye
Sesame
Spelt
Sunflower
Wheat
Wheat bran
Wheat gliadin
Wheatgrass

Coffee and Tea

Chamomile
Cocoa
Coffee
Hibiscus
Jasmine
Moringa
Peppermint
Tea (black)
Tea (green)

Fish & Seafood

Abalone
Atlantic cod
Atlantic herring
Atlantic redfish
Carp
Caviar
Cockle
Common mussel
Crab
Eel
European anchovy
European pilchard
European plaice
Gilt-head bream
Haddock
Hake
Lobster
Mackerel
Monkfish
Noble crayfish
Northern pike
Northern prawn
Octopus
Oyster
Razor shell
Salmon
Scallop
Sepia
Shrimp mix
Sole
Squid
Swordfish
Thornback Ray
Trout
Tuna
Turbot
Venus Clam

Eggs & Milk

Buffalo milk
Buttermilk
Camel milk
Camembert
Cottage cheese
Cow milk
Cow milk (Alpha-Lactalbumin)
Cow milk (Beta-Lactoglobulin)
Cow milk (Casein)
Egg white
Egg yolk
Emmental
Goat cheese
Goat milk
Gouda
Mozzarella
Parmesan
Quail egg
Sheep cheese
Sheep milk



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Fruits

Apple
Apricot
Banana
Blackberry
Blueberry
Cherry
Cranberry
Date
Elderberry
Fig
Gooseberry
Grape
Grapefruit
Kiwi
Lemon
Lime
Lychee
Mango
Melon
Mulberry
Nectarine
Orange
Papaya
Passion fruit
Peach
Pear
Physalis
Pineapple
Plum
Pomegranate
Raisin
Raspberry
Red currant
Strawberry
Tangerine
Watermelon

Legumes

Green bean
Lentil
Mung bean
Pea
Peanut
Soy
Sugar pea
Tamarind
White bean

Meat

Beef
Boar
Chicken
Duck
Goat
Horse
Lamb
Ostrich
Pork
Rabbit
Stag
Turkey
Veal
Venison

Mushrooms

Boletus
Chanterelle
Enoki
French horn mushroom
Oyster mushroom
White mushroom

Novel Foods

Almond milk
Aloe
Aronia
Baobab
Chia seed
Chlorella
Dandelion root
Ginkgo
Ginseng
Greater burdock root
Guarana
Maca root
Nori
Safflower oil
Spirulina
Tapioca
Wakame
Yacón root

Nuts

Almond
Brazil nut
Cashew
Coconut
Coconut milk
Hazelnut
Kola nut
Macadamia
Pecan nut
Pistachio
Sweet chestnut
Tigernut
Walnut



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Spices

Anise
Basil
Bay leaf
Caraway
Cardamom
Cayenne pepper
Chili (red)
Cinnamon
Clove
Coriander
Cumin
Curry
Dill
Fenugreek
Ginger
Juniper berry
Lemongrass
Marjoram
Mint
Mustard
Nutmeg
Oregano
Paprika
Parsley
Pepper (black/white/green/red/yellow)
Rosemary
Sage
Tarragon
Thyme
Turmeric
Vanilla

Vegetables

Artichoke
Arugula
Avocado
Bamboo sprouts
Broccoli
Brussels sprouts
Cabbage
Caper
Carrot
Cauliflower
Celery bulb
Celery stalk
Chard
Chicorée
Chinese cabbage
Chives
Courgette
Cucumber
Eggplant
Endive
Fennel (bulb)
Garlic
Green cabbage
Horseradish
Kiwano
Kohlrabi
Lamb's lettuce
Leek
Nettle leaves
Olive
Onion
Parsnip
Pok-Choi
Potato
Pumpkin (butternut)
Pumpkin (hokkaido)
Radicchio
Radish

Vegetables (Cont'd)

Red beet
Red cabbage
Romanesco
Savoy
Shallot
Spinach
Sweet potato
Tomato
Turnip
Watercress
White asparagus
White cabbage
Wild garlic

Other

Agar agar
Aspergillus niger
Baker's yeast
Brewer's yeast
Cane sugar
Elderflower
Honey
Hops