

Items we test

A simple guide for our 400, 600 & 680 item tests

The 400 item test includes only those items on the first two pages and the 600 test includes all food, non-food and e-E-numbers on pages 3-4. If you are going for the 680 item test please note ALL items included in the guide will be tested for you. For more information please visit www.testmyallergy.com

COMMON ITEMS WE TEST FOR...



Mould



Latex



Grasses



Vegetables



Meat



Fish



Nuts



Seeds

NON FOOD ITEMS

Alcohol	(Epilobium angustifolium)	Mosquito	Tall oat grass (Arrhenaterium elatius)
Alder (Alnus glutinosa)	Fungus	Mugwort (Artemisia vulgaris)	Tamarisk (Myrica sp.)
Aluminium	Glaskraut (Parietaria judaica)	Narcissus (Narcissus spp.)	Tansy ragwort (Senecio jacobaea)
Apple tree	Glaskraut (Parietaria officinalis)	New Belgian Aster (aster novi belgii)	Thistle
Ash (Fraxinus excelsior)	Glatthafer	Nylon	Tin (from canned food)
Aspen (Populus tremula)	Gladiin (Wheat-Rye-Gluten)	Oak (Quercus robur)	Tobacco
Aster	Goats	Oats (Avena sativa)	Trees
Barley (Hordeum vulgare)	Gold	Orchard grass (Dactylis glomerata)	Trespe (Bromus mollis)
Bee	Golden hamsters	Pear tree	Tulip
Beech (Fagus silvatica)	Goldenrod (Solidago virgaurea)	Perennial ryegrass (Lolium perenne)	Velvet grass (Holcus lanatus)
Bermuda grass	Goose feathers	Pigeons	Wallflower (Cheiranthus cheiri)
Downy birch (Betula verruco)	Grasses/Herbs	Pigweed (Chenopodium album)	Walnut
Birch	Guinea pigs	Pine (Pinus spp.)	Wasp
Blackberry	Hawthorn (Crataegus spp.)	Plane tree (Platanus acerifolia)	Water reed (Phragmites communis)
Blueberry	Hazel (Corylus avellana)	Plantain (Plantago major)	Wheat (Triticum aestivum)
Bovines	Timothy grass (Phleum pratense)	Plantain (Plantago major)	Wild oat (Avena fatua)
Buckwheat	Hop (Humulus lupulus)	Platinum (Pt)	Willow
Budgerigars	Hornbeam (Carpinus betulus)	Poplar (Populus spp.)	Wool
Buttercup	Horse chestnut (Aesculus hippocastanum)	Primrose (Primulus)	Wormwood (Artemisia absinthium)
Buttercup (Ranculus spp.)	Horses	Privet (Ligustrum spp.)	Zinc
Canaries	Hyacinth (Endymion non scriptus)	Prosopis spp.	
Cats	Hyaluronidase	Qack grass (Agropyron repens)	
Chamomile (Matricaria chamomilla)	Jasmine (Philadelphus spp.)	Quince	
Cherry tree	Juniper bush	Rabbits	
Chrysanthemum (C. morifolium)	Kammgras (Cynosurus cristatus)	Ragweed (Ambrosia elatior)	
Clover (Triofohium spp.)	Kentucky bluegrass (Poa pratensis)	Rape (Brassica napus)	
Colonial bent grass (Agrostis tenuis)	Laburnum (Laburnum anagyroides)	Rats	
Copper	Milk lactose	Red fescue (Festuca rubra)	
Cotton	Larch	Ribwort (Plantago lanceolata)	
Currant bush	Las condensatum	Rose (Rosa spp.)	
Dahlia (Dahlia hybrida)	Leather	Rubber	
Dandelion (Taraxum duplidens)	Lemon allergen	Rye	
Dead nettle	Lilac (Syringa vulgaris)	Schwinger	
Dock (Rumex acetosa)	Lupine (Lupinus polyphyllus)	Scotch heather (Calluna vulgaris)	
Dogs	Maize (Zea mays)	Sheep's wool	
Duck feathers	Maple (Acer sepp.)	Shrubs	
Dust	Marguerite (Leucanthemum vulgare)	Silver	
Elder (Sambucus nigra)	Meadow fescue (Festuca pratensis)	Spelt	
Elm (Ulmus glabra)	Meadow fox tail (Alopecurus prat.)	Spruce (Picea abies)	
European beech	Melde (Artiplex spp.)	Stinging nettle (Urtica dioica)	
European lime (Tilia europea)	Metal allergies	Strawberry	
False acacia (Robinia pseudacacia)	Mice	Sweet vernal grass (Anthoxanthum odoratum)	
Farina secalis cerealis	Misteltoe	Synthetic materials	
Farina tritici vulgaris			
Fireweed/Great willow herb			

FOOD ITEMS

Acetic acid	Dehydrocholic acid	Oxalic acid	Walnuts
Acetoacetic acid	Duck	Oyster	Watermelon
Acids, organic, general	Duck, domestic	Papaya	Watercress
Almond	Duck, wild	Paprika	Wheat
Aniseed	Eel	Parsley	Wheat, ground
Apples	Egg	Peaches	Wheat, whole grain
Apples	Egg white	Pears	Whisky
Apricots	Egg yolk	Peas	White (industrial sugar)
Artichoke	Fig	Peas (field)	Whitefish
Asparagus	Fish (general)	Pecan nuts	Wine (general)
Aubergine	Fish (general, fresh water)	Pepper (black)	Winkles
Avocado	Fish (general, salt water)	Pepper (green)	Yeast
Bacon	Formic acid	Pepper (red)	
Banana	Garlic	White pepper	
Barley	Ginger	Pineapples	
Beans (broad)	Goat	Plaice	
Beans (green)	Goose	Plums	
Beans, lima	Gooseberries	Plums, damsons	
White bean	Gooseberries (Chinese)	Pomegranates	
Beef	Grapefruit	Pork	
Beef, dried	Grapes (red)	Oats (porridge)	
Beer	Grapes (white)	Potatoes	
Beets (beetroot)	Peanuts	Prunes	
Bilberries	Halibut	Quince	
Blackberries	Hare	Rabbit	
Brazil nut	Hazelnuts	Radish	
Bread, baguette	Lettuce	Raisins	
Bread, white bread	Herring	Raspberries	
Broad bean	Herring (red)	Rice	
Brussels sprout	Honey	Rock candy	
Buckwheat	Honeydew melon	Roe-deer	
Butter	Horse	Rum	
Butter (salted)	Horse radish	Rye	
Buttermilk	Kiwis	Sage	
Cabbage	Lactic acid	Salicylic acid	
Capsicum (green)	Lamb	Salmon (freshwater)	
Capsicum (red)	Leek	Salmon	
Capsicum (yellow)	Lemons	Salt	
Carrot	Lentils	Sardine	
Carrots	Lamb's liver	Runner beans	
Cashew nut	Ox liver	Sesame seed	
Catechutannic acid	Pig's liver	Shellfish	
Cauliflower	Lobster	Shrimp	
Celery	Mackerel	Shrimps	
Cheese	Maize	Smoked herring, bloater	
Cherries	Maize flour	Sole	
Chestnut	Maple syrup	Soya	
Chicken	Milk	Spelt	
Chicken, capon	Milk (sour)	Spinach	
Chocolate	Condensed milk (sweet)	Strawberries	
Cinnamon	Cow's milk	Sugar	
Clams	Goat's milk	Sugar, Brown	
Cocoa (with cream and sugar)	Sheep's milk	Sugar, white	
Cocoa (with milk)	Millet	Sulphuric acid	
Coconut	Molasses	Swede	
Cod	Mushrooms	Swede	
Coffee (black)	Common Mussel	Tartaric acid	
Coffee (with cream and sugar)	Mussels, general	Tea (black only)	
Coffee (with sugar)	Mustard	Tea (green)	
Coffee substitute made from	Mustard (green)	Tea (with cream and sugar)	
barley	Mutton	Tomato	
Cola	Nicotinic acid	Tomatoes	
Confectionery, general	Noodles	Trout (brown)	
Cornflakes	Nucleic acid	Trout (sea)	
Cranberries	Nutmeg	Turkey	
Crayfish	Okra	Turkey, hen	
Cream	Olives (black)	Turnip	
Cress	Olives (green)	Uric acid	
Currants (red & black)	Onion	Veal	
Cyanhydric acid	Onions	Venison	
Dates	Oranges	Vinegar (clear)	
	Ovaltine	Vinegar (malt)	

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COMMON ITEMS WE TEST FOR...



Gluten



Dairy



Eggs



Wheat



House Dust



Pollen



Pet Hair



Seafood

NON FOOD

Ampicilloyl
Animal Epithilium
Anisakis
Artemisia Salina
Ascaris
Aspergillus Fumigatus
Aspergillus Niger
Budgerigars
Budgie droppings
Chlorine
Horse Bot Fly
House Dust Mite
Japanese Cedar
Latex
Lycra
Penicillioyl
Pigeon Droppings
Rabbit Urine Proteins
Storage Mite
Velvet

FOOD & E-NUMBERS

A-Lactalbumin
Acai Berry
Anchovy
Avocado
B-Lactoglobulin
Beans, lima
Beef Jerky
Boiled Milk
Braeburn apple
Bread - Rye
Brown bread
Brussels sprout
Butter lettuce
Button Mushroom
Cabbage - Red
Cabbage - White
Capsicum (green)
Capsicum (red)
Capsicum (yellow)
Carambola
Chestnut Mushroom
Chick Pea
Chicory lettuce
Condensed Milk
Coriander
Crab
Cress
E 100 Curcumin
E 101 Riboflavin (Vit. B2)
E 102 Tartrazine
E 120 Cochineal, carminic acid, carmine
E 1200 Polydextrose
E 122 Carmoisine
E 123 Amaranth
E 128 Rot 2 G
E 132 Indigo carmine
E 133 Brilliant blue FCF
E 140 Chlorophylls and chlorophyllins
E 142 Green
E 150 b Sulphite lye Caramel
E 150 Caramel
E 151 Brilliant black BN, black PN
E 155 Brown
E 160 a Carotene (mixed carotene, Beta-Carotene)
E 160 Lycopene
E 161 b Lutein
E 162 Beetroot red (betanin)
E 163 Anthocyanins
E 170 Calcium carbonate
E 171 Titanium dioxide
E 173 Aluminium
E 180 Lithol rubine
E 200 Sorbic acid
E 202 Potassium sorbate, sorbic acid
E 210 Benzoic acid
E 211 Sodium benzoate, benzoic acid
E 213 Calcium benzoate, benzoic acid
E 261 Potassium acetate, salt of acetic acid
E 270 Lactic acid
E 296 Malic acid
E 297 Fumaric acid
E 301 Sodium L-ascorbate (Ascorbic acid)
E 302 Calcium L-ascorbate (Ascorbic acid)
E 310 Propyl gallate (Gallate)
E 325 Sodium lactate (salts from lactic acid)
E 326 Potassium lactate (salts from lactic acid)
E 327 Calcium lactate (salts from lactic acid)
E 338 Orthophosphoric acid, Phosphoric acid
E 352 Calcium malate
E 380 Triammonium citrate (salts from citric acid)
E 403 Ammonium alginate
E 404 Calcium alginate
E 405 Propylene glycol alginate
E 406 Agar
E 412 Guar gum
E 414 Gum arabic
E 415 Xanthan gum
E 422 Glycerine
E 440 Pectin, amidated pectin
E 460 Cellulose, microcrystalline cellulose, cellulose powder
E 479 Thermo-oxidised soya oil
E 901 Bees wax, white and yellow
E 902 Candelilla wax
E 903 Carnauba wax
E 904 Shellac
E 950 Acesulfame K, Acesulfame
E 951 Aspartame
E 952 Cyclamate, Cyclohexane sulphamide acid
E 953 Isomalt
E 954 Saccharin
E 965 Maltite, Maltite syrup
E 966 Lactite
E 967 Xylitol
Earl Grey tea
Endive
Escarole Lettuce
Evaporated Milk
Fennel Fresh
Flaxseed
Fuji apple
Gala apple
Galia melon
Gelatin
Goat
Golden Delicious apple
Granary Bread
Granny Smith apple
Guava
Hops

600
ITEMS

FOOD

Iceberg Lettuce
Jazz apple
Kale
Karaya gum (E 416)
Lactose
Maize
Mango
Mint (Fresh)
Mutton
Okra
Olive oil
Olives (black)
Olives (green)
Orange juice
Oyster Mushroom
Oyster sauce
Parsley
Passionfruit
Peppermint oil
Pineapple
Pink lady apple
Plums
Pork Sausages
Portobello Mushroom
Prawns
Prunes (cooked)
Pumpkin
Quinoa
Radish
Red Kidney Bean
Rice - Brown
Rocket
Romaine Lettuce
Shitake Mushroom
Smoked herring
Sour cream
Soya Bean
Sweet Freedom
Tea (Black)
Tequila
Thyme
Turkey
Vanilla
Watercress
White bean
Winkles

METALS

Aluminium
Antimony
Arsenic
Beryllium
Bismuth
Cadmium
Chromium
Cobalt
Copper
Gold
Iron
Lead
Magnesium
Manganese
Mercury
Nickel
Palladium
Platinum
Rhodium
Silver
Strontium
Tin (from canned food)
Titanium
Tungsten
Vanadium
Zinc

NUTRITION

Acidophillus
Allium
Alpha Lipoic Acid
Anthocyanidins
Ascorbic Acid
Beta-Carotene
Betaine
Bio-flavonoids
Biotin
Bromelain
Calcium
Carotenoids
Choline
Chromium
Citrus bio-flavonoids
Co-Q-10
Copper
Creatine
Cystine
Docosahexaenoic acid
Eicosapentaenoic acid
Ellagic acid
Fibre
Flavonoids
Folate
Folic acid
Formic acid
Gallic acid
Genistein
Germanium
Glutamine
Glutathione
Inositol
Iodine
Iron
Iso-Flavonoids
L-Carnitine
Lactic acid
Lecithin
Lignans
Lutein
Lycopene
Magnesium
Mallic acid
Manganese
Melatonin
Molybdenum
Niacin
Nicotinic acid
Nucleic acid
Omega 3

Omega 6
Oxalic acid
Pantothenic acids
Para Aminobenzoic acid
Phosphorus
Phytosterols
Polyphenols
Potassium
Pro-anthocyanidins
Pyridoxine
Salicylic acid
Saponins
Selenium
Silica
Sodium
Sulforaphane
Tannins
Tartaric acid
Taurine
Uric acid
Vit. B2
Vit. B3
Vit. C
Vitamin D
Vitamin K
Vitamin. A
Vitamin. B1
Vitamin. B12
Vitamin. B5
Vitamin. B6
Vitamin. E
Zeaxanthin
Zinc

6000
ITEMS