



Dairy

Cow Milk		
Sheep Milk		
Goat Milk		
Whey		
Caseinate		
Lactose		
Cow Cheese		
Sheep Cheese		
Goat Cheese		
Cows Yoghurt		
Cows Butter		
Margarine		

Meat & Fish

Egg Yolk		
Egg White		
Ham		
Pork		
Beef		
Turkey		
Chicken		
Lamb		
Cod		
Haddock		
Plaice		
Salmon		
Trout		
Tuna		
Crab		
Mussels		
Prawns		

Grains & Legumes

Soya		
Quinoa		
Corn		
Rice – White		
Rice – Brown		
Rye		
Oats		
Barley		
Wheat		
Wheat Gluten		
Brown Lentils		
Green Lentils		
Red Lentils		
Chickpeas		
Red Kidney Beans		

Sugar & Sweeteners

Sugar		
Honey		
Agave Syrup		
Saccharine		
Aspartame		
Pure Via (Stevia)		
Splenda (sweetener)		
Sweetex (sweetener)		
Candarel (sweetener)		
Hermesetes (sweetener)		
Xylitol		

Alcohol

Lager		
Beer		
Cider		
White Wine		
Red Wine		
Rose Wine		
Champagne		
Vodka		
Gin		

Whiskey		
Rum		
Brandy		

Fruits

Banana		
Orange		
Apple		
Pineapple		
Raisins		
Blackcurrant		
Raspberry		
Lemon		
Grapes		
Kiwi		
Strawberry		
Pear		
Blueberries		
Plum		
Peach		
Rhubarb		
Apricot		
Citric Acid		

Vegetables

Onion		
Cabbage		
Tomato		
Mushroom		
Carrot		
Garlic		
Potatoes		
Peas		
Cauliflower		
Cucumber		
Lettuce		
Swede		
Parsnip		
Sprouts		
Broccoli		
Red and Green Chilli		
Spinach		
Kale		
Sweet Potatoes		
Avocado		
Courgette		
Peppers		
Celery		
Marrow		
Mint		

Tea & Coffee

Caffeine		
Coffee		
Coffee (Decaffeinated)		
Tea		
Tea (Decaffeinated)		
Rooibus Redbush Tea		
Green Tea		
Peppermint Tea		

Other

Chocolate		
Cocoa Powder		
Coconut Oil (raw virgin)		
Coconut Milk		
Black Pepper		
Salt		
Mono-Sodium Glutamate		
Yeast		
Peanuts		
Hazelnuts		
Almonds		

Sunflower Seeds		
Pumpkin Seeds		
Hemp Seeds		
Linseeds		
Sesame Seeds		
Buckwheat		
Olive Oil (extra virgin)		
Palm Oil		
Vinegar		

Personal Care Chemicals

Methyl Paraben		
Buttyl Paraben		
Propylene Glycol		
Sodium Lauryl Sulphate		

Vitamins & Mineral Deficiencies

Potassium		
Calcium		
Magnesium		
Iron		
Silica		
Zinc		
Manganese		
Chromium		
Iodine		
Selenium		
Vitamin A		
Vitamin B1 – Thiamine		
Vitamin B2 – Riboflavin		
Vitamin B3 – Niacin		
Vitamin B5		
Vitamin B6		
Vitamin B12		
Folic Acid		
Vitamin C		
Vitamin E		
Lactobacillus Acidophilus		

Additional Allergens

1.		
2.		
3.		
4.		
5.		