



**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 sweetener) |  |  |
| 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)    |  |  |
| Rooibos 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                  |  |  |

**Artificial Colourings**

|                              |  |  |
|------------------------------|--|--|
| E102 – Tartrazine (orange)   |  |  |
| E110 – Sunset Yellow         |  |  |
| E122 – Carmoisine (red/pink) |  |  |
| E123 – Amaranth (red/pink)   |  |  |
| E124 – Ponceau (red)         |  |  |
| E127 – Erythrosine (red)     |  |  |
| E131 – Patent Blue           |  |  |
| E132 – Indigo                |  |  |
| E142 – Lissamine Green       |  |  |

**Detergents & Chemicals**

|                                 |  |  |
|---------------------------------|--|--|
| Fairy Washing-Up Liquid         |  |  |
| Fairy Non-Bio Gel               |  |  |
| Fairy Non-Bio Powder            |  |  |
| Fairy Fabric Softener           |  |  |
| Surcare Non-Bio Liquid          |  |  |
| Surcare Non-Bio Powder          |  |  |
| Surcare Fabric Softener         |  |  |
| Persil Non-Bio (Small & Mighty) |  |  |
| Persil Bio (Small & Mighty)     |  |  |
| Comfort Pure Fabric Softener    |  |  |
| Ammonia                         |  |  |
| Ethanol                         |  |  |
| Sodium Lauryl Sulphate          |  |  |

**Fur & Dust**

|                 |  |  |
|-----------------|--|--|
| Sheep's Wool    |  |  |
| Dog Hair        |  |  |
| Cat Fur         |  |  |
| Horse Hair      |  |  |
| Rabbit Fur      |  |  |
| Feathers        |  |  |
| House Dust      |  |  |
| House Dust Mite |  |  |
| Cigarettes      |  |  |
| Mixed Moulds    |  |  |

**Pollens**

|               |  |  |
|---------------|--|--|
| Hazel Pollen  |  |  |
| Nettle Pollen |  |  |
| Mixed Pollen  |  |  |
| Weed & Shrub  |  |  |
| Mixed Grasses |  |  |
| Pine          |  |  |
| Hay Dust      |  |  |
| Threshings    |  |  |

**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. |  |  |