

We have detected that you are intolerant to the following Food Items

Alcohol A colourless volatile flammable liquid which is produced by the natural fermentation of sugars and is the intoxicating constituent of wine, beer, spirits, and other drinks, and is also used as an industrial solvent and as fuel.	●	88%
Apple Juice Juice made by squeezing the fruit.	●	87%
Asparagus The young shoots of an Eurasian plant. Eaten as a vegetable.	●	88%
B-Lactoglobulin A major protein found in cow's milk and sheep's milk	●	90%
Beer An alcoholic drink made from yeast-fermented malt flavoured with hops	●	87%
Beets (beetroot) A dark red, rounded vegetable	●	85%
Bilberries Very small, almost black berries.	●	99%
Broad bean Large, flat edible green bean. Eaten without the pod.	●	92%
Brussel Sprouts Small, compact bud of the cabbage family. Eaten as a vegetable.	●	97%
Capsicum (red) Red pepper - often used in cooking.	●	95%
Champagne A sparkling wine made with grapes from the Champagne region of France.	●	99%
Crayfish Freshwater crustacean resembling a small lobster.	●	94%
E 1422 Acetylated di-starch adipate (modified starch) Thickening agent in many products	●	93%
E 203 Calciumcorbat, sorbic acid It can be found in candied peel, cheese, cider, concentrated fruit juice, dessert sauces, dried apricots, fillings and toppings, fermented milks, frozen pizzas, fruit salads, gelatin capsules, margarine, processed cheese spreads.	●	92%
E 320 Butylated hydroxyanisole (BHA) Anti-oxidant in fats and fatty products to prevent rancidity.	●	100%
E 574 Gluconic acid Fruit juices, jelly-powder	●	94%
Egg yolk The yellow part of an egg.	●	97%
Evaporated milk Milk that has been dehydrated	●	99%
Peanuts Very commonly eaten nut. Eaten raw, also used in cooking.	●	93%
Jasmine Tea A tea thought to help boost the immune system	●	96%
Maize flour Maize flour is the entire corn kernel milled into flour	●	89%
Millet Cereal mostly used to make flour.	●	87%

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Molasses Molasses, or black treacle, is a viscous by-product of refining sugarcane or sugar beets into sugar.	●	85%		
Mustard Hot tasting yellow paste. Eaten and used in cooking.	●	89%		
Olives (green) Small, edible fruit. Used for oils and in cooking.	●	98%		
Orange juice Juice made by squeezing the fruit	●	97%		
Oranges A citrus fruit. Round with orange skin and edible flesh.	●	99%		
Ovaltine A brand of milk flavouring product made with malt extract.	●	89%		
Poppy Seed Small seed from the poppy flower. Often used in cooking and baking.	●	87%		
Prunes (raw) A prune is a dried plum.	●	88%		
Raspberries An edible soft fruit related to the blackberry, consisting of a cluster of reddish-pink drupelets.	●	95%		
Salt A mineral commonly used for flavour	●	90%		
Shellfish Some crustaceans commonly eaten are shrimp, lobsters, crayfish, and crabs.	●	100%		
Sour Cream Made by fermenting cream. A naturally thick dairy product	●	88%		
Spinach Edible, dark green vegetable. Often used in cooking.	●	88%		
Tequila An alcoholic drink made from the blue agave plant.	●	97%		
Trout (sea) A type of trout fish	●	91%		
Turkey, hen Flesh from the bird.	●	90%		
Turmeric Aromatic powder used in cooking.	●	97%		
Wheat, whole grain Cereal grain.	●	92%		
Winkles Small edible sea snail.	●	93%		

We have detected that you are intolerant to the following Non Food Items

Colonial bent grass (<i>Agrostis tenuis</i>) Grass that grows in moistlands and grasslands.	●	87%
Dahlia (<i>Dahlia hybrida</i>) Dahlia is a genus of bushy, tuberous, herbaceous perennial plants native to Mexico.	●	88%
Dandelion (<i>Taraxum duplidens</i>) A weed of the daisy flower. Known for its big, yellow flower.	●	99%
Juniper bush The plant which produces the juniper berry. Distinctive fragrance unlike most bushes.	●	95%
Red fescue (<i>Festuca rubra</i>) Common, tall grass - red in colour	●	85%
Ribwort (<i>Plantago lanceolata</i>) Common weed also known as Lamb's tongue.	●	89%
Rubber A tough elastic polymeric substance made from the latex of a tropical plant or synthetically.	●	100%
Spelt A type of wheat, also known as dinkel wheat.	●	99%
Sweet vernal grass (<i>Anthoxanthum odoratum</i>) Sweet scented grass. Grown in meadows as hay grass.	●	98%
Thistle Common name of a group of flowering plants characterised by leaves with sharp prickles on the margins - usually purple in colour.	●	94%
Velvet A woven fabric known for it's distinctive soft feel.	●	97%

Boron

This mineral is thought to help the body use glucose (blood sugars) Many plant-based foods offer decent to wonderful amounts of boron. Some of the best include: chickpeas, almonds, beans, vegetables, bananas, walnuts, avocado

Lecithin

Sources - Eggs, Soy beans, Kidney, Liver, Whole grains, Milk Signs of deficiency - Low energy levels, Memory loss, Muscle aches, Nerve damage, Mood changes.

Lithium

Lithium deficiency can cause muscle fatigue, nausea and sickness Sources - Shrimp, Lobster, Oyster and Scallops.

Vitamin. B12

Helps maintain energy levels. Sources; eggs, cows milk., almond milk, coconut milk, fish and meat. Symptoms - pale skin, tiredness, lethargy