



Nutritol²⁵

IgG food panel List of foods

Vegetables

Carrots
Peas
Tomatoes

Gluten- containing cereals

Gluten

Gluten-free cereals and alternatives

Quinoa
Rice

Seeds and nuts

Almonds
Poppy seeds
Nuts

Spices and herbs

Garlic
Curry powder
Black pepper

Fruits

Bananas
Kiwis
Oranges

Meats

Beef
Turkey

Fish and shellfish

Crayfish
Cod or codling

Milk products

Milk (cow)

Eggs

Egg white (hen's egg)

Salads

Lamb's lettuce

Natural sweeteners

Honey (blended)

Yeasts

Yeast (brewer's,
baker's)

Food additives

Guar flour/gum (E412)



Nutritol⁵⁰

Vegetables

Broccoli
Celery stalks
Cucumber
Green beans
Onions
Bell peppers
Potatoes
Soya

Cereals containing gluten

Wheat
Gluten
Barley
Rye

Gluten-free cereals and alternatives

Maize, sweet corn
Millet
Rice

Seeds and nuts

Almonds
Peanuts
Cocoa beans
Pumpkin seeds
Hazelnuts
Pistachios

Spices and herbs

Garlic
Mustard seeds
Nutmeg
Paprika, spice
Horseradish
Vanilla

Fruits

Pineapples
Bananas
Lemons
Strawberries
Kiwis
Oranges
Apple

Meats

Beef
Pork
Chicken

Fish and shellfish

Cod
Crayfish
Salmon

Milk products

Goat: milk and cheese
Milk (cow)

IgG food panel List of foods

Eggs

Egg white (hen's egg)
Egg yolk (hen's egg)

Salad

Lettuce

Mushrooms

Mushrooms

Natural sweeteners

Honey (blended)

Yeasts

Guar flour (E412)

Yeasts

Yeast (brewer's, baker's)

Tea, coffee and tannin

Coffee
Peppermint

Food additives

Guar flour/gum (E412)



Nutritol⁵⁰VEGAN

Vegetables

Beetroot
Carrots
Red cabbage
Green beans
Peas
Leeks
Potatoes
Soya
Tomatoes

Cereals containing gluten

Oats
Gluten
Rye

Gluten-free cereals and alternatives

Maize, sweet corn
Quinoa
Rice
Buckwheat

Seeds and nuts

Almonds
Peanuts
Cocoa beans
Pumpkin seeds
Linseed
Poppy seeds
Sunflower seeds
Hazelnuts
Cashew nuts
Sesame seeds

Spices and herbs

Garlic
Basil
Cinnamon
Curry powder
Mustard seeds
Nutmeg
Parsley
Black pepper
Rosemary
Vanilla

Fruits

Apricots
Bananas

IgG food panel List of foods

Lemons
Raspberries
Kiwis
Oranges
Apple
Grapes / raisins

Salads

Lettuce

Mushrooms

Mushrooms

Natural sweeteners

Honey (blended)
Cane sugar

Yeasts

Yeast (brewer's, baker's)

Tea, coffee and tannin

Coffee
Tea

Food additives

Guar flour/gum (E412)



Nutritol¹⁰⁰

Vegetables

Aubergines
Beetroot
Broccoli
Carrots
Celery stalks
Red cabbage
Kohlrabi
Cucumber
Courgettes
Green beans
Onions
Olives
Peas
Leeks
Bell peppers
Potatoes
Soya
Tomatoes

Cereals containing gluten

Oats
Wheat
Spelt
Gluten
Barley
Rye

Gluten-free cereals and alternatives

Maize, sweet corn
Millet
Quinoa
Rice
Buckwheat

Seeds and nuts

Almonds
Peanuts
Cocoa beans
Pumpkin seeds
Linseed
Poppy seeds
Sunflower seeds
Hazelnuts
Nuts
Cashew nuts
Pistachios
Sesame seeds

Spices and herbs

Garlic
Basil
Cinnamon
Curry powder
Mustard seeds
Nutmeg
Oregano
Paprika, spice
Parsley
Black pepper
Horseradish
Thyme
Vanilla

Fruits

Apricots
Pineapples
Bananas
Cherries
Lemons
Strawberries

Raspberries
Kiwis
Nectarines
Oranges
Watermelon
Apple
Grapes / raisins

Meats

Lamb
Beef
Turkey
Pork
Chicken

Fish and shellfish

Cod
Crayfish
Lobster
Pollock
Salmon
Redfish
Tuna

Milk products

Sheep: milk and cheese
Goat: milk and cheese
Rennet cheese (from cow)
Milk (cow)
Curd / fermented milk products (from cow)

Eggs

Egg white (hen's egg)
Egg yolk (hen's egg)

Salads

Lettuce
Lamb's lettuce

Mushrooms

Mushrooms
Oyster mushrooms

Natural sweeteners

Honey (blended)
Cane sugar

Yeasts

Yeast (brewer's, baker's)

Tea, coffee and tannin

Coffee
Peppermint
Tea

Food additives

Guar flour/gum (E412)

Specific

Black aspergillus



Nutritol²⁷⁰

Vegetables

Artichoke
Asparagus
Aubergines
Beetroot
Chard, beetroot leaf
Broccoli
Carrots
White cabbage
Chinese cabbage
Brussels sprouts
Savoy cabbage
Kale
Red cabbage
Cauliflower
Kohlrabi
Cucumber
Jute mallow / mulukhiyah (Arab spinach)
Courgettes
Celery stalks
Root celery
Spinach
Fennel
Broad beans
Okra
Mung beans
Green beans
Green beans/peas
Lentils
Onions
Olives
Parsnips
Peas
Habanero peppers
Jalapeno peppers
Leeks
Chickpeas
Cayenne pepper
Bell peppers
Potatoes

Pumpkins
Bamboo shoots
Red radish, white radish
Swedes (rutabaga)
Soya
Tomatoes

Cereals containing gluten

Oats
Wheat
Khorasan wheat (kamut)
Spelt
Gluten
Barley
Rye

Gluten-free cereals and alternatives

Amaranth
Arrow root
Carob
Chestnut
Fonio (millet)
Lupin
Manioc
Maize, sweet corn
Millet
Sweet potatoes
Quinoa
Rice
Buckwheat
Tapioca
Teff
Jerusalem artichoke (topinambour)

Seeds and nuts

Almonds
Peanuts
Cocoa beans
Pumpkin seeds
Linseed
Poppy seeds
Sunflower seeds
Hazelnuts
Nuts
Cashew nuts
Coco nuts
Macadamia
Brazil nuts
Pine nuts
Pistachios
Sesame seeds

Spices and herbs

Garlic
Wild garlic
Dill
Aniseed
Juniper berries
Basil
Cinnamon
Cardamom
Caraway seeds
Chervil
Chives
Cloves
Coriander
Garden cress
Cummin
Curry powder
Capers
Ginger
Mustard seeds
Bay leaves
Lavender
Lovage

Lucerne
Marjoram
Nutmeg
Melissa
Oregano
Paprika, spice
Parsley
Allspice
White pepper
Black pepper
Horseradish
Rosemary
Saffron
Savory
Sage
Thyme
Vanilla

Fruits

Apricots
Lingonberries
Pineapples
Seabuckthorn berries
Bananas
Cranberries
Cherries
Lemons
Lime
Quince
Prickly pears
Strawberries
Raspberries
Guava
Pomegranate
Currants
Gooseberries
Kiwis
Mandarins
Honeydew melons
Bilberries/blueberries



Nutritol²⁷⁰

Fruits

Blackberries
Nectarines
Oranges
Grapefruit
Watermelon
Apple
Plums/damsons
Yellow plums
Grapes / raisins

Meat

Lamb
Beef
Quail
Duck
Venison
Turkey
Game
Rabbit
Hare
Goose
Pork
Chicken
Wild boar
Veal
Goat meat
Ostrich meat

Fish and shellfish

Haddock
Anchovies
Eel
Bass
Monkfish
Squid, cuttlefish
Carp

Hake
Shrimp, prawns
Sea bream
Crayfish
Swordfish
Halibut
Herring
Lobster
Oysters
Mackerel
Hake
Cod or codling
Mussels
Sea perch
Plaice
Octopus
Scallop
Shark
Iridescent shark, sutchi
catfish
Zander
Sardine
Salmon
Sole
Tuna
Trout
Red snapper

Milk products

Sheep: milk and cheese
Goat: milk and cheese
Rennet cheese
(from cow)
Halloumi
Kefir
Milk (cow)
Camel milk
Mare's milk

Milk, heat treated
Curd milk products
(from cow)
Ricotta

Eggs

Egg white (hen's egg)
Egg yolk (hen's egg)
Quail's eggs
Hen's egg (yolk and white)
Goose eggs

Salads

Chicory
Endive
Iceberg lettuce
Head lettuce
Romaine lettuce
Lollo rosso
Lamb's lettuce
Dandelion
Radicchio
Rocket

Mushrooms

Cep (boletus)
Bay boletus
Chanterelle
St. George's mushroom
Oyster mushrooms
Shiitake

Natural sweeteners

Honey (blended)
Agave syrup
Maple syrup
Cane sugar

Yeasts

Yeast (brewer's, baker's)

Tea, coffee and tannin

Coffee
Camomile
Rosehip
Peppermint
Nettles
Tannin
Rooibos tea
Tea
Green tea

Food additives

Benzoic acid (E210)
Sorbic acid (E200)
Tragacanth (E413)
Agar (E406)
Aloe vera
Aspergillus niger
Carrageenan (E407)
Curcumin (E100)
Guar flour (E412)
Vine leaves
Xanthane gum
Pectin (E440)
Tragacanth (gum)
Candied lemon zest

Algae

Red algae (Nori)
Spiruline

Other

Candida*