

# List of Allergens

## Cheese

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- Blue Cheese
- Brie
- Cheddar Cheese
- Parmesan cheese

## Dairy and Egg

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- Artificial cheese flavour
- Butter
- Clotted cream
- Condensed milk
- Custard
- Egg white
- Egg yolk
- Greek Yoghurt
- Ice cream
- Mayonnaise
- Milk from cows
- Milk powder
- Milk protein
- Pasturised milk
- Pasturised skimmed milk
- Sour cream
- Soy milk
- Yoghurt

## Drinks

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- Tea

## Fruit

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- Lemons
- Raspberries

## Gluten-containing-Cereals and Grains

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- Barley
- Bran
- Brown bread
- Gluten
- Ground oats
- Ground wheat
- Oatmeal
- Pasta
- Porridge oats

- Wheat
- White bread
- Wholemeal bread

## Gluten-free Cereals and Grains

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- Maize/corn flour
- Soy
- Soy flour

## Herbs and Spices

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- Salt
- Sugar

## Legumes and Pulses

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- Baked beans
- Soy bean meal

## Meat

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- Bacon
- Beef
- Beef bone
- Bonemeal
- Chicken
- Chicken bone
- Chicken fat
- Chicken flavour
- Chicken meal
- Duck
- Ground beef
- Ground chicken
- Ground duck
- Ground lamb
- Ground turkey
- Grouse
- Ham
- Hare
- Lamb
- Lamb bones
- Liver-lamb
- Mutton
- Ox liver
- Partridge
- Pheasant meat
- Pig liver
- Pigeon

- Rabbit
- Raw hide
- Sparrow
- Turkey-hen
- Venison

## Miscellaneous

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- Acidophilus
- Agar
- Butylated Hydroxyaniside (BHA)
- Butylated Hydroxytoluene (BHT)
- Fructooligosaccharides
- Gelatin
- Popcorn
- Sodium Acid Phosphate
- Yeast

## Nuts and Seeds

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- Almond nut
- Artificial peanut butter
- Peanut butter

## Oils and Condiments

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- Cod liver oil
- Fish oil
- Herring oil
- Hoki oil
- Honey
- Mackerel oil
- Salmon oil
- Sardine oil
- Sunflower oil
- Tomato sauce
- Vegetable oil

## Seafood and Fish

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- Calamari
- Cod
- Fish broth

- Fish flavour
- Fish powder
- Fish stock
- Haddock
- Hake
- Halibut
- Herring
- Mackerel
- Mackerel flake
- Monkfish
- Octopus
- Pacific Whitening Fish
- Pilchards
- Pollock
- Prawn
- Salmon
- Salmon (freeze dried)
- Salmon (smoked)
- Salmon broth
- Salmon liver (freeze dried)
- Salmon skin
- Salmon stock (dried)
- Sardine
- Sea bass
- Sea bream
- Skate
- Sole
- Squid
- Trout-sea
- Tuna

## Vegetables

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- Broad bean
- Broccoli
- Carrot
- Ground corn
- Parsnips
- Peas
- Potato
- Runner beans

# Your Non-food Sensitivities: Detailed Analysis

- Algae
- Aster
- Bamboo
- Bark
- Barley Crop
- Bee
- Beech Tree
- Bermuda Grass
- Bifidobacterium Animalis
- Birch Tree
- Blackberry Bush
- Buttercup Flower
- Catnip
- Cherry Tree
- Chile Pine
- Chrysanthemum
- Clover
- Colonial Bent Grass
- Corn plant
- Cotton Crop
- Currant Bush
- Dandelion
- Dust
- Elm (Ulmus Glabra)
- Grass
- Hawthorn Tree
- Hazel Tree
- Horse Chestnut Plant
- Leather
- Maize (Zea Mays)
- Marigold flowers
- Mice
- Mint
- Moss
- Nylon
- Palm oil
- Pampass grass
- Perfume
- Pine Tree
- Poplar Tree
- Rape (Brassica Napus)
- Rats
- Rose Plant
- Rosehips
- Squirrel
- Stinging Nettle
- Storage Mite
- Wasp
- Willow Tree
- Wood
- Wool