

Items we test



A simple guide for our 300 & 600 item tests

If you are going for the 600 item test please note ALL items included in the guide will be tested for you. The 300 item test includes only those items on the first two pages. For more information please visit www.allergytestsingapore.com

COMMON ITEMS WE TEST FOR...



Mould



Latex



Grasses



Vegetables



Meat



Fish



Nuts



Seeds

NON FOOD ITEMS

Alder (*Alnus glutinosa*)
Apple tree
Ash (*Fraxinus excelsior*)
Aspen (*Populus tremula*)
Aster
Barley (*Hordeum vulgare*)
Bee
Beech (*Fagus silvatica*)
Bermuda grass
Birch
Blackberry Bush
Bovines
Buckwheat
Buttercup
Calluna
Canaries
Cats
Chamomile (*Matricaria chamomilla*)
Cherry tree
Chicken Droppings
Chicken Feathers
Chile Pine
Chrysanthemum (*C. morifolium*)
Clover (*Trifolium spp.*)
Colonial bent grass (*Agrostis tenuis*)
Cotton
Currant bush
Dahlia (*Dahlia hybrida*)
Dandelion (*Taraxum duplidens*)
Dead nettle
Deer Epithelium
Dock (*Rumex acetosa*)
Dog Serum Albumin
Dogs
Downy birch (*Betula verruco*)
Duck feathers
Dust
Elder (*Sambucus nigra*)
Elm (*Ulmus glabra*)
European beech
European lime (*Tilia europea*)
False acacia (*Robinia pseudacacia*)
Ferret Epithelium

Fireweed/Great willow herb (*Epilobium angustifolium*)
Fox epithelium
Fungus
Goats
Golden hamsters
Goldenrod (*Solidago virgaurea*)
Goose feathers
Guinea pigs
Hawthorn (*Crataegus spp.*)
Hazel (*Corylus avellana*)
Hop (*Humulus lupulus*)
Hornbeam (*Carpinus betulus*)
Horse chestnut (*Aesculus hippocastanum*)
Horses
Hyacinth (*Endymion non scriptus*)
Jacaranda Tree
Japanese Millet
Jasmine (*Philadelphus spp.*)
Juniper bush
Kammgras (*Cynosurus cristatus*)
Kentucky bluegrass (*Poa pratensis*)
Laburnum (*Laburnum anagyroides*)
Larch
Leather
Lilac (*Syringa vulgaris*)
Linden Tree
Lupine (*Lupinus polyphyllus*)
Maize (*Zea mays*)
Mangrove
Marguerite (*Leucanthemum vulgare*)
Meadow fescue (*Festuca pratensis*)
Meadow fox tail (*Alopecurus prat.*)
Melde (*Artiplex spp.*)
Mice
Mink Epithelium
Misteltoe
Mosquito
Moth

Mouse Urine Proteins
Mugwort (*Artemisia vulgaris*)
Mulberry
Narcissus (*Narcissus spp.*)
New Belgian Aster (*aster novi belgii*)
Nylon
Oak (*Quercus robur*)
Oats (*Avena sativa*)
Orchard grass (*Dactylis glomerata*)
Parrot Feathers
Pear tree
Perennial ryegrass (*Lolium perenne*)
Pigeons
Pigweed (*Chenopodium album*)
Pine (*Pinus spp.*)
Pine, Scottish (*Pinus sylvestris*)
Plane tree (*Platanus acerifolia*)
Plantain (*Plantago major*)
Poplar (*Populus spp.*)
Primrose (*Primulus*)
Privet (*Ligustrum spp.*)
Prosopis spp.
Qack grass (*Agropyron repens*)
Quince
Rabbits
Ragweed (*Ambrosia elatior*)
Rape (*Brassica napus*)
Rats
Red fescue (*Festuca rubra*)
Ribwort (*Plantago lanceolata*)
Rose (*Rosa spp.*)
Rubber
Rubber Tree
Rye
Scotch heather (*Calluna vulgaris*)
Sheep's wool
Shrubs
Spelt
Spruce (*Picea abies*)
Stinging nettle (*Urtica dioica*)

Strawberry
Sweet vernal grass (*Anthoxanthum odoratum*)
Tall oat grass (*Arrhenaterium elatius*)
Tamarisk (*Myrica sp.*)
Tansy ragwort (*Senecio jacobaea*)
Thistle
Timothy grass (*Phleum pratense*)
Tobacco
Trees
Trespe (*Bromus mollis*)
Tulip
Tumbleweed
Velvet grass (*Holcus lanatus*)
Wallflower (*Cheiranthus cheiri*)
Walnut Tree
Wasp
Water reed (*Phragmites communis*)
Wheat (*Triticum aestivum*)
Wild oat (*Avena fatua*)
Willow
Wool
Wormwood (*Artemisia absinthium*)



CASE STUDY

I just wanted to let you know that since my results were confirmed as a wheat intolerance at 95% I have cut out all wheat and have lost 23lb in weight, my IBS is nearly non-existent, and I feel so much better. Thank you for such an amazing service.

Claire Smith

FOOD ITEMS

| | | | |
|--------------------|------------------------------------|-------------------|--------------------|
| Acetic acid | Coffee (black) | Lobster | Rye |
| Ale | Coffee substitute made from barley | Macadamia Nuts | Sage |
| Almond | Cola | Mackerel | Salmon |
| Aniseed | Common Mussel | Maize flour | Salt |
| Apple Juice | Cornflakes | Maple syrup | Sambuca |
| Apples | Cow's milk | Marshmallow Tea | Sardine |
| Apricots | Cranberry juice | Milk lactose | Sesame seed |
| Artichoke | Crayfish | Millet | Sheep's milk |
| Asparagus | Cream | Molasses | Shellfish |
| Aubergine | Cumin | Mushrooms | Shrimp |
| Bacon | Currants (red & black) | Mustard | Sole |
| Banana | Dates | Noodles | Soy Sauce |
| Barley | Dill | Nutmeg | Soya |
| Basil | Dry Roasted peanuts | Onion | Spelt |
| Bay Leaf | Duck | Oolong Tea | Spinach |
| Beans (broad) | Eel | Oranges | Stilton |
| Beans (green) | Egg white | Ovaltine | Strawberries |
| Beef | Egg yolk | Ox liver | Sugar, Brown |
| Beer | Fig | Oyster | Sugar, white |
| Beets (beetroot) | Garlic | Papaya | Sunflower Oil |
| Blackberries | Gin | Paprika | Sunflower Seeds |
| Blueberry | Ginger | Peaches | Swede |
| Brazil nut | Gluten | Peanuts | Tea (black only) |
| Bread, white bread | Goat's milk | Pears | Tea (green) |
| Buckwheat | Goose | Peas (garden) | Tomato |
| Butter | Gooseberries | Pecan nuts | Trout (Brown) |
| Butter (salted) | Grains | Pepper (black) | Turmeric |
| Buttermilk | Grapefruit | Pig's liver | Turnip |
| Cabbage - Green | Grapes (red) | Pine nut | Veal |
| Camomile Tea | Grapes (white) | Pineapple Juice | Venison |
| Caraway | Halibut | Plaice | Vinegar (clear) |
| Cardamom | Hazelnuts | Pomegranate Juice | Vinegar (malt) |
| Carrot | Herring | Pomegranates | Vodka |
| Cashew nut | Honey | Poppy Seed | Walnuts |
| Cauliflower | Honeydew melon | Pork | Wasabi |
| Celery (raw) | Horse | Potatoes | Watermelon |
| Champagne | Horse radish | Prosecco | Wheat, ground |
| Cheddar | Jasmine Tea | Pumpkin Seed | Wheat, whole grain |
| Cherries | Kiwis | Rabbit | Whisky |
| Chestnut | Lager | Raisins | White pepper |
| Chicken | Lamb | Raspberries | White Tea |
| Cinnamon | Lamb's liver | Red Leicester | White Wine |
| Clams | Leek | Red Wine | Whitefish |
| Clove | Lemonade | Rice - White | Yeast |
| Coconut | Lemons | Rooibos Tea | Yerba mate tea |
| Coconut oil | Lentils | Rosemary | |
| Cod | | Rum | |

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COMMON ITEMS WE TEST FOR...



Gluten



Dairy



Eggs



Wheat



House Dust



Pollen



Pet Hair



Seafood

NON FOOD

Ampicilloyl
Animal Epithilium
Anisakis
Artemisia Salina
Ascaris
Aspergillus Fumigatus
Aspergillus Niger
Budgerigars
Budgie droppings
Chlorine
Horse Bot Fly
House Dust Mite
Japanese Cedar
Latex
Lycra
Penicillioyl
Pigeon Droppings
Rabbit Urine Proteins
Storage Mite
Velvet

FOOD

A-Lactalbumin
Acai Berry
Anchovy
Avocado
B-Lactoglobulin
Beans, lima
Beef Jerky
Boiled Milk
Braeburn apple
Bread - Rye
Brown bread
Brussels sprout
Butter lettuce
Button Mushroom
Cabbage - Red
Cabbage - White
Capsicum (green)
Capsicum (red)
Capsicum (yellow)
Carambola
Chestnut Mushroom
Chick Pea
Chicory lettuce
Condensed Milk
Coriander
Crab
Cress
E 100 Curcumin
E 101 Riboflavin (Vit. B2)
E 102 Tartrazine
E 120 Cochineal, carminic acid, carmine
E 1200 Polydextrose
E 122 Carmoisine
E 123 Amaranth
E 128 Rot 2 G
E 132 Indigo carmine
E 133 Brilliant blue FCF
E 140 Chlorophylls and chlorophyllins
E 142 Green
E 150 b Sulphite lye Caramel
E 150 Caramel
E 151 Brilliant black BN, black PN
E 155 Brown
E 160 a Carotene (mixed carotene, Beta-Carotene)
E 160 Lycopene
E 161 b Lutein
E 162 Beetroot red (betanin)
E 163 Anthocyanins
E 170 Calcium carbonate
E 171 Titanium dioxide
E 173 Aluminium
E 180 Lithol rubine
E 200 Sorbic acid
E 202 Potassium sorbate, sorbic acid
E 210 Benzoic acid
E 211 Sodium benzoate, benzoic acid
E 213 Calcium benzoate, benzoic acid
E 261 Potassium acetate, salt of acetic acid
E 270 Lactic acid
E 296 Malic acid
E 297 Fumaric acid
E 301 Sodium L-ascorbate (Ascorbic acid)
E 302 Calcium L-ascorbate (Ascorbic acid)
E 310 Propyl gallate (Gallate)
E 325 Sodium lactate (salts from lactic acid)
E 326 Potassium lactate (salts from lactic acid)
E 327 Calcium lactate (salts from lactic acid)
E 338 Orthophosphoric acid, Phosphoric acid
E 352 Calcium malate
E 380 Triammonium citrate (salts from citric acid)
E 403 Ammonium alginate
E 404 Calcium alginate
E 405 Propylene glycol alginate
E 406 Agar
E 412 Guar gum
E 414 Gum arabic
E 415 Xanthan gum
E 422 Glycerine
E 440 Pectin, amidated pectin
E 460 Cellulose, microcrystalline cellulose, cellulose powder
E 479 Thermo-oxidised soya oil
E 901 Bees wax, white and yellow
E 902 Candelilla wax
E 903 Carnauba wax
E 904 Shellac
E 950 Acesulfame K, Acesulfame
E 951 Aspartame
E 952 Cyclamate, Cyclohexane sulphamide acid
E 953 Isomalt
E 954 Saccharin
E 965 Maltite, Maltite syrup
E 966 Lactite
E 967 Xylitol
Earl Grey tea
Endive
Escarole Lettuce
Evaporated Milk
Fennel Fresh
Flaxseed
Fuji apple
Gala apple
Galia melon
Gelatin
Goat
Golden Delicious apple
Granary Bread
Granny Smith apple
Guava
Hops
Iceberg Lettuce
Jazz apple
Kale
Karaya gum (E 416)
Lactose
Maize



CASE STUDY

"After several years of great stress, I was diagnosed with Leaky Gut Syndrome and hypothyroidism. That was just the beginning. I was exhausted all the time with body aches, stomach and gut issues, brain fog, you name it. After several diets, including a Candida diet, going gluten-free and dairy free and the Whole 30, I was better but still not 100%. I was still not able to exercise like I wanted or had the energy I desired to be there for my family. I saw a friend's son benefit from the Allergy Testing and decided, "why not?" The results came back and I decided to immediately limit those things in my diet. Within a week, I noticed a difference. A few weeks later, and I saw my energy levels return! I have not felt this great in 5 years!! I am in my 40s but feel like I am 25 again! Plus, the blotches on my skin (from inflammation) disappeared! I highly recommend Allergy Testing to anyone dealing with gut and health issues. It will save you years of guessing!"

Karen Mangold

FOOD

Mango
Mint (Fresh)
Mutton
Okra
Olive oil
Olives (black)
Olives (green)
Orange juice
Oyster Mushroom
Oyster sauce
Parsley
Passionfruit
Peppermint oil
Pineapple
Pink lady apple
Plums
Pork Sausages
Portobello Mushroom
Prawns
Prunes (cooked)
Pumpkin
Quinoa
Radish
Red Kidney Bean
Rice - Brown
Rocket
Romaine Lettuce
Shitake Mushroom
Smoked herring
Sour cream
Soya Bean
Sweet Freedom
Tea (Black)
Tequila
Thyme
Turkey
Vanilla
Watercress
White bean
Winkles

METALS

Aluminium
Antimony
Arsenic
Beryllium
Bismuth
Cadmium
Chromium
Cobalt
Copper
Gold
Iron
Lead
Magnesium
Manganese
Mercury
Nickel
Palladium
Platinum
Rhodium
Silver
Strontium
Tin (from canned food)
Titanium
Tungsten
Vanadium
Zinc

NUTRITION

Acidophilus
Allium
Alpha Lipoic Acid
Anthocyanidins
Ascorbic Acid
Beta-Carotene
Betaine
Bio-flavonoids
Biotin
Bromelain
Calcium
Carotenoids
Choline
Chromium
Citrus bio-flavonoids
Co-Q-10
Copper
Creatine
Cystine
Docosahexaenoic acid
Eicosapentaenoic acid
Ellagic acid
Fibre
Flavonoids
Folate
Folic acid
Formic acid
Gallic acid
Genistein
Germanium
Glutamine
Glutathione
Inositol
Iodine
Iron
Iso-Flavonoids
L-Carnitine
Lactic acid
Lecithin
Lignans
Lutein
Lycopene
Magnesium
Mallic acid
Manganese
Melatonin
Molybdenum
Niacin
Nicotinic acid
Nucleic acid
Omega 3
Omega 6
Oxalic acid
Pantothenic acids
Para Aminobenzoic acid
Phosphorus
Phytosterols
Polyphenols
Potassium
Pro-anthocyanidins
Pyridoxine
Salicylic acid
Saponins
Selenium
Silica
Sodium
Sulforaphane
Tannins
Tartaric acid
Taurine
Uric acid
Vit. B2
Vit. B3
Vit. C
Vitamin D
Vitamin K
Vitamin. A
Vitamin. B1
Vitamin. B12
Vitamin. B5
Vitamin. B6
Vitamin. E
Zeaxanthin
Zinc

500 ITEMS