

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%

Noira Salman	Your Test:	23/01/2018	Ref:	37793
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 (*Agrostis tenuis*)**

Grass that grows in moistlands and grasslands.



87%

Dahlia (*Dahlia hybrida*)

Dahlia is a genus of bushy, tuberous, herbaceous perennial plants native to Mexico.



88%

Dandelion (*Taraxum duplidens*)

A weed of the daisy flower. Known for its big, yellow flower.



99%

Juniper bush

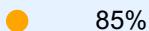
The plant which produces the juniper berry. Distinctive fragrance unlike most bushes.



95%

Red fescue (*Festuca rubra*)

Common, tall grass - red in colour



85%

Ribwort (*Plantago lanceolata*)

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 (*Anthoxanthum odoratum*)

Sweet scented grass. Grown in meadows as hay grass.



98%

Thistle

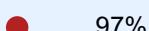
Common name of a group of flowering plants characterised by leaves with sharp prickles on the margins - usually purple in colour.



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