

## ImuPro Basic<sup>+</sup> tests 180 foods:

### Cereals

#### (with Gluten)

- Barley
- Gluten
- Kamut
- Oats
- Rye
- Spelt
- Wheat

### Alternatives to

#### Cereals

- Amaranth
- Arrowroot
- Buckwheat
- Carob
- Cassava
- Fonio
- Jerusalem artichoke
- Lupine
- Maize (sweet corn)
- Millet
- Quinoa
- Rice
- Sweet chestnut
- Sweet potato
- Tapioca, cassava
- Teff

### Meat

- Beef
- Chicken
- Deer
- Duck
- Goat meat
- Goose
- Hare

- Lamb
- Ostrich
- Pork
- Quail
- Rabbit
- Roe deer
- Turkey
- Veal
- Wild boar

### Fish & Seafood

- Anchovy
- Carp
- Cod, codling
- Crayfish
- Gilthead bream
- Haddock
- Hake
- Halibut
- Herring
- Mackerel
- Ocean perch
- Plaice
- Pollock
- Sardine
- Salmon
- Shark
- Sole
- Squid, cuttlefish
- Swordfish
- Trout
- Tunafish
- Zander

### Milk products

- Camel's milk
- Cow's milk
- Goat milk and cheese
- Halloumi
- Kefir
- Mare's milk
- Milk cooked
- Ricotta
- Rennet cheese (cow)
- Sheep milk and cheese
- Sour-milk products (cow)

### Egg

- Chicken egg
- Goose egg
- Quail egg

### Vegetables

- Artichoke
- Asparagus
- Beetroot
- Broccoli
- Brussels sprout
- Carrot
- Cauliflower
- Celeriac (knob celery)
- Chard (beet greens)
- Chili Cayenne
- Chinese cabbage

- Cucumber
- Eggplant
- Kale (curled kale)
- Kohlrabi (turnip cabbage)
- Leek
- Olive
- Onion
- Parsnip
- Potato
- Pumpkin
- Radish (red and white)
- Red cabbage
- Rutabaga
- Savoy cabbage
- Spinach
- Stalk Celery
- Sweet pepper
- Tomato
- White cabbage
- Zucchini (courgette)



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### Salads

- Arugula (Rocket)
- Butterhead lettuce
- Chicory
- Endive
- Iceberg lettuce
- Lamb's lettuce
- Lettuce
- Radicchio
- Romaine lettuce
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Plum
- Pineapple
- Strawberry
- Yellow plum
- Watermelon
- Mustard seed
- Nutmeg
- Oregano
- Paprika
- Parsley
- Black pepper
- Rosemary
- Thyme
- Vanilla

### Legumes

- Broad bean
- Chickpea
- Green bean
- Green pea
- Lentil
- Mung bean (green gram)
- Soybean

### Mushrooms

- Meadow mushroom

### Fruits

- Apple
- Apricot
- Avocado
- Banana
- Cherry
- Date
- Fig
- Grape
- Kiwi
- Lemon
- Lychee

### Seeds & Nuts

- Almond
- Brazil nut
- Cashew kernels
- Cocoa bean
- Coconut
- Flax, Linseed
- Hazelnut
- Macadamia nut
- Pine nut
- Peanut
- Pistachio
- Poppy seed
- Pumpkin seeds
- Sesame
- Sunflower seed
- Walnut

### Spices & Herbs

- Basil
- Chive
- Cinnamon
- Garlic
- Horseradish

### Yeast

- Yeast (beer, bread)

### Tea

- Peppermint

### Sweeteners

- Cane sugar
- Honey (mixture)

### Thickening Agents

- Guar flour (E412)

