## The food and drink ingredients we test for...

		100	150plus	IBS 150plus	IWP 150plus	
	Drinks					
	Acai Berry - Dried Extract		/	/	/	
1	Burdock Root		/	/	/	
	Chamomile		/	/	/	
1	Coffee	/	/	/	/	
	Dandelion Root		/	/	/	100
b	Elderberry		/	/	/	
ă	Elderflower Mix		/	/	/	
	Ginseng (Korean)		/	/	/	
	Ginseng (Siberian)		/	/	/	
7	Grape (Cabernet Sauvignon)		/	/	/	
	Grape (Chardonnay)		/	/	/	
	Grape (Chenin Blanc)		/	$\checkmark$	$\checkmark$	
	Grape (Concord)		$\checkmark$	/	$\checkmark$	
	Grape (Malbec)		$\checkmark$	$\checkmark$	$\checkmark$	
	Grape (Merlot)		/	/	/	
	Grape (Pinot Grigio)		$\checkmark$	$\checkmark$	$\checkmark$	
	Grape (Pinot Noir)		/	/	/	
	Grape (Red Zinfandel Mix)		$\checkmark$	$\checkmark$	$\checkmark$	
	Grape (Riesling)		/	/	/	
ł	Grape (Sauvignon Blanc)		$\checkmark$	$\checkmark$	$\checkmark$	24
	Grape (Syrah/Shiraz)		/	/	/	3.0
	Grape (White Zinfandel)		<b></b>	$\checkmark$	$\checkmark$	+ 1 7 a
٩	Green Tea		/	/	/	•
Ý	Guarana		<b></b>	$\checkmark$	$\checkmark$	
k	Hibiscus		$\checkmark$	$\checkmark$	$\checkmark$	
	Nettle Leaves		$\checkmark$	$\checkmark$	$\checkmark$	
	Rooibos (Red Bush Tea)		$\checkmark$	$\checkmark$	$\checkmark$	100
	Rosehip		$\checkmark$	$\checkmark$	$\checkmark$	
	Tea	/	/	/	$\sqrt{}$	
ä	<b>3</b>	153				200
	Meat/Poultry					
	Beef	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	
d	Chicken	$\sqrt{}$	<b>_</b>	<b>_</b>	$\sqrt{}$	
	Duck	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	
	Lamb	$\sqrt{}$	<b>_</b>	<b>_</b>	$\sqrt{}$	1/3
V	Pork	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	5
1	Turkey	<b>/</b>	/	/	V	SS
0			9	3	'	0
	Fish/Shellfish					8
	Cod	<b>\</b>	<u> </u>	<u> </u>	/	
d	Crab	V	V	V	V	
8	Haddock	<b>V</b>	\ 	V	<b>V</b>	

	Kiligiedi	J١	ال	٥.	٧V	'C'
		00	50plus	IBS 150plus	IWP 150plus	
	Lobster	/	<b>√</b>	<b>√</b>	✓	
8	Mackerel	./	1/	✓	1/	
꿞	Mussell	√	√	✓	<b>√</b>	
34	Oyster	/	/	/	/	
53	Plaice	<b>/</b>	✓	<b>V</b>	<b>√</b>	
2	Prawn	/	/	/	/	
	Salmon	/	/	/	/	
	Scallop	1	1	1	1	
	Shrimp	/	/	/	/	
ж.	Sole	/	1	1	1	
	Trout	/	/	/	/	
	Tuna	./	1/	./	1/	
		V	V			
90	Croine					
	<b>Grains</b> Barley	/	/	/	/	
Щ.	Corn (Maize)	/	/	/	/	
ш	Gliadin (Gluten)	V	/	/	V /	
246		/	/	/	/	
31	Hops Millet	<b>√</b>	\	/	V /	8
		1	/	/	V	
v	Oat	V	\	<b>V</b>	<b>/</b>	
	Rice	V	/	/	V	
	Rye	V	V	V	V	
	Wheat	V	<b>√</b>	\ 	<b>_</b>	
	Nuts/Seeds		*			
4	Almond	/	/	/	/	
100 m	Brazil Nut	/	/	/	/	-
	Cashew Nut	/	/	/	/	
Ş	Hazelnut	/	/	/	/	
į	Peanut	/	/	/	/	
N	Sesame Seed	/	/	/	/	
3	Sunflower Seed	/	/	/	/	
	Walnut	/	/	/	/	
		16				M
	Herbs/Spices		-		-	
æ	Anise Seed	,	V	/	V	
	Basil		V	/	V	
- 2	Buckwheat	,	V	V	V	
)  -	Chilli Pepper	<b>√</b>	V	V	V	
H	Cinnamon		V	V	V	
4	Clove	,	V	V	V	
	Coriander	V	V	V	V	1

	100	150plus	IBS 150plus	IWP 150plus
Dill		/	/	/
Ginger	/	/	/	/
Juniper Berry		/	/	/
Mint	/	/	/	/
Mustard Seed		/	/	/
Nutmeg		/	/	/
Parsley	/	/	/	/
Peppercorn		/	/	/
Sage	/	/	/	/
Thyme	/	/	/	/
Vanilla	/	/	/	/
Vegetables/Pulses				
				-
Asparagus		/	\/ \/	<b>V</b>
Aubergine		/	/	/
Beetroot		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	<b>/</b>	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
Broccoli		/	/	/
Brussell Sprouts		<b>/</b>	<b>/</b>	<b>/</b>
Cabbage		/	/	/
Carrot		<b>V</b>	<b>/</b>	<b>/</b>
Cauliflower		<b>V</b>	/	/
Celery	<b>/</b>	<b>V</b>	<b>/</b>	<b>/</b>
Garlic		<b>V</b>	/	<b>V</b>
Haricot Bean		<b>/</b>	<b>V</b>	<b>/</b>
Kidney Bean		<b>/</b>	<b>V</b>	<b>/</b>
Lentils	<b>/</b>	<b>\</b>	<b>/</b>	<b></b>
Lettuce		/	<b>/</b>	<b>/</b>
Mushroom	<b>√</b>	<b>/</b>	<b>\</b>	<b>/</b>
Onion		/	<b>/</b>	/
Pea	<b>√</b>	<b>/</b>	<b>V</b>	<b>/</b>
Peppers (Capsicum)		/	/	$\checkmark$
Potato	<b>/</b>	<b>V</b>	<b>/</b>	$\sqrt{}$
Rhubarb		/	/	<b>/</b>
Soya Bean	<b>/</b>	/	/	<b></b>
Spinach	<b>/</b>	/	/	/
String Bean	/	/	/	/
	//			
Fruit				
Apple	<b>_</b>	/	/	/
Apricot	<b>V</b>	/	/	/
Avocado	<b></b>	/	/	/
Banana	1	1	/	/

## LORISIAN

. L/U.1				
	100	1 50 plus	IBS 150plus	IWP 150plus
Blackberry	/	/	/	$\checkmark$
Blackcurrant	/	/	/	/
Blueberry		/	/	/
Boysenberry		/	/	/
Cantaloupe	/	/	/	/
Cherry		/	/	/
Coconut	/	/	/	/
Cranberry		/	/	/
Cucumber	/	/	/	/
Grape	/	/	/	/
Grapefruit		/	/	/
Honeydew	/	/	/	/
Kiwi	/	/	/	/
Lemon	/	/	/	1
Lime	/	/	/	/
Lychee	·	/	/	/
Mango		/	/	/
Mulberry		/	/	/
Olive	/	<b>/</b>	/	<b>√</b>
Orange	1	/	/	/
Papaya		/	/	<b>V</b>
Peach	/	/	/	/
Pear	/	<b>/</b>	/	<b>V</b>
Pineapple	/	/	/	/
Plum	1	/	/	<b>V</b>
Pomegranate		./	./	/
Raspberry	1	<b>√</b>	/	<b>√</b>
Strawberry	1	./	./	1
Tomato	./	./	./	1
Watermelon	./	./	./	./
Nation Control of the	V		V	
Other			0.000.44	
Agave		/	/	/
Carob		/	/	/
Cocoa Bean	/	/	/	/
Cola Nut	·	/	/	1
Cow's Milk	./	./	./	/
Egg White	/	/	/	/
Egg Yolk	/	√	/	/
Goat's Milk	V	✓	V	V
Hemp			./	./
Sheep's Milk		✓	<b>√</b>	V
Sugar Cane		/	1	
Yeast (Brewer's and Baker's)		/	/	V
readi (Diewei 3 and Dakel 3)	V	V	V	V

## LORISIAN

TOTAL CONTRACTOR OF THE PARTY O											The state of the s										to make	
	ern g	. <u>.</u> 2	200plus		lern Ig	양	_	200plus		Modern Living	응	_	200plus	Lie B	. <u>0</u>	_ ا	snl		lua d	ا 2.	ر ا	Ins
	Modern Living	Nordic Asian	200g		Modern Living	Nordic	Asian	200		Mod	Nordic	Asian	200	Modem	Nordic	Asian	200plus		Modern Living	Nordic	Asian	200plu
Drinks		2 4		Salmon	/	/	/	✓	Chilli Pepper	/	/	/	/	Mushroom ✓			√ √	Mango	<b>∠</b>		✓	7
Acai Berry - Dried Extract				Sardines	V	1/	V	./	Cinnamon	/	1	/	·/	Okra	V	/	V	Mulberry	V	/	/	/
Burdock Root	/	V V	V /	Scallop	/	V	./	./	Clove	/	/	/	<u>/</u>	Onion /	/	<u> </u>	V	Olive	/	/	/	/
Chamomile	/	V V	V	Shark	T V	./	V	./	Coriander	/	./	./	./	Paprika /	/	V	V	Orange	V	-	√	/
Coffee	V	/ /	V /	Shrimp		V		V	Cumin	/	./	./	./	Parsnip	V	<b>V</b>	V		V /	V /		V /
Dandelion Root	V	/ /	V	Sole	1	./	1		Curry Leaves	V	<u> </u>	/	./		V	1	V	Papaya	/	V	/	V
Elderberry	/	V V	V	Trout	V /	V /	V /	/	Curry Powder			/	./	Pea /	V	<u> </u>	<u> </u>	Peach	V /	V /	V	<u> </u>
Elderflower Mix	/	/	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Tuna	V	V	V	V	Dill	/	./	./	./	Peppers (Capsicum)   Detate	V	<u> </u>	V	Pear	V	/	V /	/
<u> </u>	/	/ /	V /	Vendance	V	V /	V	V /	Garlic	/	V /	/	<u>v</u>	Potato /	V	V_	<b>√</b>	Pineapple	V	V	V	V
Ginseng (Korean)	-	/ /	V	vendance		V	*	V	Ginger	/	/	/	<u></u>	Pumpkin /	V	<u> </u>	<b>√</b>	Plantain	1	/	/	<u>/</u>
Ginseng (Siberian)	/	V V	V /	Grains			(SEASO)	10.575.	Juniper	V	/	v	<u> </u>	Rocket (Arugula)			<u> </u>	Plum	V /	V	V	<u> </u>
Green Tea	/	√ √ ✓	V		1	1	1	1	Mint		V	/	V /	Soya Bean 🗸	V	√	<u> </u>	Pomegranate	V	V	V	V
Guarana	V	/	V	Barley Buckwheat	V	/	/	/	Mustard Seed	/	V	/	/	Spinach /	V	V	V	Pumpkin	<b>\</b>	<b>√</b>	<b>V</b>	V
Nettle Leaves	/	/	V	<u> </u>	1	V	V	V	Nutmeg	/	V	V	V	String Bean 🗸	<b>V</b>	<b>√</b>	<b>√</b>	Prune			,	<u> </u>
Rooibos (Red Bush Tea)	V	/ /	V	Corn (Maize)	V	V	V	\	<u> </u>	/	V	/	V	Swede	<b>/</b>		<u> </u>	Raspberry	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	V	<b>√</b>	<b>V</b>
Rosehip	V	V	<b>V</b>	Dinkel Flour (Spelt)	1	V	V	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Parsley	/	V	/	V	Sweet Potato /		<b>√</b>	<b>✓</b>	Rhubarb	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	V	<b>V</b>	<u> </u>
Tea	<b> </b>	<u> </u>		Gliadin (Gluten)	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	<b>/</b>	<b>V</b>	<b>V</b>	Peppercorn	<b>/</b>	<b>√</b>	<u>/  </u>	<u>√</u>	Tapioca	<b>/</b>		$\checkmark$	Strawberry	<b>\</b>	<b>✓</b>	$\checkmark$	$\sqrt{}$
				Hops		<b>_</b>	<b>✓</b>	$\overline{}$	Saffron			<u> </u>	<b>√</b>	Tumeric		<u> </u>	$\checkmark$	Tomato	<b>/</b>	<b>✓</b>	$\checkmark$	$\checkmark$
Meat/Poultry		\$46000000000000000000000000000000000000		Malt					Sage	/	<u> </u>	<u>/  </u>	<u> </u>	Turnip	<b>/</b>		$\checkmark$	Watermelon	/	/	/	/
Beef	/	<b>√</b> ✓	1./	Millet	<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>	Sesame Seed	<b>/</b>	<u> </u>	<u> </u>	<u> </u>	Water Chestnut	1400000	$\checkmark$	$\checkmark$	Out	1			
Chicken	/	/ /	1/	Oat	<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>	Thyme	V	<u> </u>	<u>/  </u>	<u> </u>			P.		Other				
Deer	V	V V	1/	Quinoa	<b>/</b>			$\checkmark$	Vanilla Vanilla	<b> </b>	<u> </u>	<b>√</b>	$\checkmark$					Agar Agar	,	-	<u> </u>	<u> </u>
Duck	/	/ /	1/	Rice	<b>/</b>	<b>/</b>	<b>/</b>	<b>/</b>				1	V.					Agave	<b>/</b>	<b>√</b>		<u> </u>
Goat	V	V V	V	Rye	<b> </b>	./	<b>V</b>	<b> </b>	· · · · · · · · · · · · · · · · · · ·	1			4.5	Fruit			ě	Aloe Vera	V			<b>√</b>
		/	1./			V										,	, 8	D b			-	/
l amh	./	/ /	1	Wheat	/	\/	/	/	Vegetables/Pulses					Apple /	/	<b>/</b>	<u> </u>	Bamboo			<b>/</b>	<u> </u>
Lamb Pheasant	/	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\/ \/	Wheat	<b>/</b>	V	<b>/</b>	•	Vegetables/Pulses Asparagus	<b>/</b>	<b>√</b>	<b>√</b>	<b>√</b>	Apricot 🗸	✓	√ ✓	√ ✓	Carob	<b>/</b>	✓	√ √	√ √
Pheasant	/	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\/ \/	Wheat  * Nuts/Seeds	<b>V</b>	V	<b>V</b>	- -	Vegetables/Pulses Asparagus Aubergine (Eggplant)	√ √	√ √	√ √	√ √	Apricot   Banana   ✓	✓ ✓	√ √ √	√ √ √	Carob Chickpea	✓ ✓	✓ <b>.</b>	√ √ √	√ √ √
Pheasant Pork	√ √	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	Wheat  Nuts/Seeds Almond	<b>(</b> ,1	\ \ \ \	√ 	√ 	Vegetables/Pulses Asparagus Aubergine (Eggplant) Avocado	<b>/</b>	√ √ √		√ √ √	Apricot $\sqrt{}$ Banana $\sqrt{}$ Bilberry $\sqrt{}$	\/ \/	\/ \/ \/ \/	<u></u>	Carob Chickpea Cocoa Bean	\/ \/	\frac{1}{\sqrt{1}}	\/ \/ \/ \/	\/ \/ \/
Pheasant	√ √ √	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	Wheat  Nuts/Seeds Almond Brazil Nut	✓ ✓	✓ ✓			Vegetables/Pulses Asparagus Aubergine (Eggplant) Avocado Bean Sprouts	\frac{1}{\sqrt{1}}	√ √ √		\frac{}{}	Apricot   Banana   Bilberry   Blackberry    V	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \	\frac{}{}	\frac{1}{\sqrt{1}}	Carob Chickpea Cocoa Bean Cola Nut	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\/ \/ \/ \/	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \	\/ \/ \/ \/ \/
Pheasant Pork Turkey	√ √ √		\frac{1}{\sqrt{1}}	Wheat  Nuts/Seeds Almond	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \			<b>√</b>	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	✓ ✓	\frac{1}{\sqrt{1}}	Apricot   Banana   Bilberry   Blackberry   Blackcurrant	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \	<u></u>	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\/ \/ \/ \/ \/ \/
Pheasant Pork Turkey Fish/Shellfish	\frac{1}{\sqrt{1}}	\frac{\sqrt{\sq}\sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}} \end{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}} \sqrt{\sqrt{\sq}}}}}}} \end{\sqrt{\sqrt{\sq}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\		Wheat  Nuts/Seeds Almond Brazil Nut	✓ ✓	✓ ✓		✓ ✓	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi)	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	✓ ✓	\frac{1}{\sqrt{1}}	Apricot   Banana   Bilberry   Blackberry   Blackcurrant   Blueberry    V	\frac{1}{\sqrt{1}}	\frac{}{}	<u></u>	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \
Pheasant Pork Turkey  Fish/Shellfish Abalone	\frac{1}{\sqrt{1}}			Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut	✓ ✓	✓ ✓		✓ ✓	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	Apricot  Banana  J  Bilberry  Blackberry  Blackcurrant  Blueberry  Soysenberry  V	\frac{1}{\sqrt{1}}	\frac{\sqrt{\sq}\sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}} \end{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}} \sqrt{\sqrt{\sqrt{\sq}}}}}}} \end{\sqrt{\sqrt{\sq}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\	\frac{}{}	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{\frac}}}}}}}}{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy	\frac{1}{1}			Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed	\/ \/ \/	\frac{1}{\sqrt{1}}		✓ ✓	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Brussel Sprouts	\frac{1}{\sqrt{1}}	\( \sqrt{1} \)	\frac{1}{\sqrt{1}}		Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  V  Cantaloupe	\frac{1}{\sqrt{1}}	\frac{\sqrt{\sq}}\sqrt{\sq}}}}}}}}\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}}\signt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}\sqrt{\sqrt{\sq}}}}}}\sqrt{\sqrt{\sq}}\sq}\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}\sqrt{\sqrt{\sq}}\sqrt{\sq}\sq}\sqit{\sqrt{\sq}\sq}}\sqrt{\sq}\sq}\sqrt{\sq}\sign}\sqrt{\sq}	<u></u>	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	/	<b>√</b>	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \		Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut Flax/Linseed Hazelnut	\/ \/ \/	\frac{1}{\sqrt{1}}		\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli		\( \sqrt{1} \)	\( \sqrt{1} \)		Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  V  Boysenberry  Cantaloupe  Cherry  V	\frac{1}{\sqrt{1}} \frac{1}{\sqr	\frac{\sqrt{\sq}\sqrt{\sq}}}}}}}}}\signtimes\sintitex{\sintitex{\sintitta}\sintitta}\sintitex{\sintitta}\sintitita}\sintititit{\sintitta}\sintititit{\sintitta}\sintititit{\sintitta}\sintititit{\sintitit{\sintititit{\sintititit{\sintititit{\sintititit{\sintititit{\sintitititititititititititititititititit	\frac{1}{\sqrt{1}}	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	√ √	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \			Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut Flax/Linseed	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Brussel Sprouts Cabbage Carrot	\frac{1}{\sqrt{1}}	\( \sqrt{1} \)	\( \sqrt{1} \)	\frac{\frac}}}}}}}}{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frace{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac}}}}}}}}{\frac}}}}}}}}}}}}{\frac{\	Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  V  Cantaloupe	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{}{}	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	/	<b>√</b>	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \		Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut Flax/Linseed Hazelnut	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Brussel Sprouts Cabbage		\( \sqrt{1} \)		\frac{1}{\sqrt{1}}	Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  V  Boysenberry  Cantaloupe  Cherry  V	\frac{1}{\sqrt{1}} \frac{1}{\sqr	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	/	√ √	<b>/</b>
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \ \ \ \ \ \		Wheat  Nuts/Seeds  Almond  Brazil Nut  Cashew Nut  Chia seed  Coconut  Flax/Linseed  Hazelnut  Peanut	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery	\frac{1}{\sqrt{1}}				Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  Vantaloupe  Cherry  Cloudberry	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\frac{\frac}}}}}}}}{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frace{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac}}}}}}}}{\frac}}}}}}}}}}}}}{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\frac{\fir}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}}	\frac{1}{\sqrt{1}}	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	/	√ √	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel Haddock	✓	\frac{1}{\sqrt{1}} \frac{1}{\sqr		Wheat  Nuts/Seeds  Almond  Brazil Nut  Cashew Nut  Chia seed  Coconut  Flax/Linseed  Hazelnut  Peanut  Rapeseed  Walnut	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower		\( \sqrt{1} \) \( \sq			Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  Cantaloupe  Cherry  Cloudberry  Cranberry  Goji Berry  √  Banana  √  Salackcurrant  √  Couthant  √  Couthant  Co	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	\ \sqrt{\sq}\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}\sint\sint\}}}}}}}}} \sqrt{\sq}}}}}}}}}} \sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sq}}}}}}}}} \sqrt{\sqrt{\sq}\sign{\sqrt{\sqrt{\sq}}\sqrt{\sq}\sq\sintitita\sent{\sint{\si}}}}}\sign{\sign{\sintiting{\sintiin}}}}}} \sims\simp\si	\frac{1}{\sqrt{1}}	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak Seaweed	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	<b>/</b>
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel Haddock Herring	√ √	\frac{1}{\sqrt{1}} \frac{1}{\sqr		Wheat  Nuts/Seeds  Almond  Brazil Nut  Cashew Nut  Chia seed  Coconut  Flax/Linseed  Hazelnut  Peanut  Rapeseed	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery		\frac{1}{\sqrt{1}}			Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  Cantaloupe  Cherry  Cloudberry  Cranberry  Goji Berry  Grape  Grapefruit			\frac{1}{\sqrt{1}} \frac{1}{\sqr	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak Seaweed Sheep's Milk	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	<b>/</b>
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel Haddock Herring Lobster	✓	\frac{1}{\sqrt{1}} \frac{1}{\sqr	/	Wheat  Nuts/Seeds  Almond  Brazil Nut  Cashew Nut  Chia seed  Coconut  Flax/Linseed  Hazelnut  Peanut  Rapeseed  Walnut	\frac{1}{\sqrt{1}}	\( \sqrt{1} \)	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery Chickpea		\frac{1}{\sqrt{1}}			Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  Cantaloupe  Cherry  Cloudberry  Cranberry  Goji Berry  √  Banana  √  V  V  V  V  V  V  V  V  V  V  V  Carape  V  V  V  Cantaloupe  V  Cranberry  V  Cranberry  V  Cranberry  V  Cranberry  V		$\checkmark$	\frac{1}{\sqrt{1}} \frac{1}{\sqr	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak Seaweed Sheep's Milk Spirulina	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	√ √ √
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel Haddock Herring	√ √	\frac{1}{\sqrt{1}} \frac{1}{\sqr	/	Wheat  Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut Flax/Linseed Hazelnut Peanut Rapeseed Walnut  Herbs/Spices		\( \sqrt{1} \)	\( \sqrt{1} \)	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery Chickpea Cucumber		\frac{1}{\sqrt{1}}			Apricot  Banana  Bilberry  Blackberry  Blackcurrant  Blueberry  Cantaloupe  Cherry  Cloudberry  Cranberry  Goji Berry  Grape  Grapefruit			\frac{1}{\sqrt{1}} \frac{1}{\sqr	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak Seaweed Sheep's Milk Spirulina Sugar Cane	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}	√ √ √
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel Haddock Herring Lobster	\ \ \ \	\frac{1}{\sqrt{1}} \frac{1}{\sqr	✓	Wheat  Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut Flax/Linseed Hazelnut Peanut Rapeseed Walnut  Herbs/Spices Anise Seed		\( \sqrt{1} \)	\frac{1}{\sqrt{1}}	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery Chickpea Cucumber Haricot Bean				$\checkmark$	Apricot  Banana  J Bilberry  Blackberry  Blackcurrant  Blueberry  Cantaloupe  Cherry  Cranberry  Cranberry  Goji Berry  Grape  Grapefruit  Honeydew	/	$\checkmark$	\frac{1}{\sqrt{1}} \frac{1}{\sqr	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak Seaweed Sheep's Milk Spirulina	\frac{1}{\sqrt{1}}	\(  \)	\frac{1}{\sqrt{1}}	\/ \/ \/ \/ \/
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel Haddock Herring Lobster Mackerel	\/ \/ \/	\frac{1}{\sqrt{1}} \frac{1}{\sqr	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \	Wheat  Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut Flax/Linseed Hazelnut Peanut Rapeseed Walnut  Herbs/Spices Anise Seed Basil		\( \sqrt{1} \)		\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery Chickpea Cucumber Haricot Bean Kale				√ √	Apricot  Banana  J Bilberry  Blackberry  Blackcurrant  Blueberry  V Boysenberry  Cantaloupe  Cherry  Cloudberry  Cranberry  Goji Berry  Grape  J Grapefruit  Honeydew  Kiwi	✓ ✓	✓	\frac{1}{\sqrt{1}} \frac{1}{\sqr	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak Seaweed Sheep's Milk Spirulina Sugar Cane Sunflower Seed Tamarind	\frac{1}{\sqrt{1}}	<i>J J J</i>	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}}
Pheasant Pork Turkey  Fish/Shellfish Abalone Anchovy Cod Crab Cuttlefish Eel Haddock Herring Lobster Mackerel Mussel	\frac{1}{\sqrt{1}}	\frac{1}{\sqrt{1}} \frac{1}{\sqr	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \	Wheat  Nuts/Seeds Almond Brazil Nut Cashew Nut Chia seed Coconut Flax/Linseed Hazelnut Peanut Rapeseed Walnut  Herbs/Spices Anise Seed Basil Bayleaf		\( \sqrt{1} \)			Asparagus Aubergine (Eggplant) Avocado Bean Sprouts Beetroot Bok Choi (Pak Choi) Broccoli Brussel Sprouts Cabbage Carrot Cauliflower Celery Chickpea Cucumber Haricot Bean Kale Kidney Bean				√ √ √	Apricot  Banana  J Bilberry  Blackberry  Blackcurrant  Blueberry  Cantaloupe  Cherry  Cranberry  Cranberry  Goji Berry  Grape  Grapefruit  Honeydew  Kiwi  Lemon	✓ ✓ ✓	✓ ✓ ✓	\frac{1}{\sqrt{1}}	Carob Chickpea Cocoa Bean Cola Nut Cow's Milk Egg White Egg Yolk Goat's Milk Hemp Jasmine Lemongrass Oak Seaweed Sheep's Milk Spirulina Sugar Cane Sunflower Seed	\frac{1}{\sqrt{1}}	<i>J J J</i>	\frac{1}{\sqrt{1}}	\/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \/ \