

Drinks

Acai Berry
Burdock
Chamomille
Coffee
Dandelion
Elderberry
Elderflower
Ginseng (Korean)
Ginseng (Siberian)
Green Tea
Guarana
Nettle Leaves
Rooibos (Red Bush Tea)
Rosehip
Tea

Meat/Poultry

Beef
Chicken
Deer
Duck
Lamb
Pheasant
Pork
Turkey

Fish/Shellfish

Anchovy
Cod
Crab
Eel
Haddock
Herring
Lobster
Mackerel
Mussel
Oyster
Plaice
Prawn (Shrimp)
Salmon
Sardines
Scallop
Shark

Sole

Trout

Tuna

Vendance

Grains

Barley

Buckwheat

Corn (Maize)

Gluten (Gliadin)

Hops

Millet

Oat

Rice

Rye

Spelt

Wheat

Nuts/Seeds

Almond

Brazil Nut

Cashew Nut

Coconut

Hazelnut

Peanut

Rapeseed

Sunflower Seed

Sesame Seed

Walnut

Herbs/Spices

Anise Seed

Basil

Chilli Pepper

Cinnamon

Clove

Coriander

Cumin

Dill

Garlic

Ginger

Juniper

Mint

Mustard Seed

Nutmeg

Paprika

Parsley

Peppercorn

Sage

Thyme

Vanilla

Vegetables/Pulses

Asparagus

Aubergine (Eggplant)

Avocado

Beetroot

Broccoli

Brussels Sprouts

Cabbage

Carrot

Cauliflower

Celery

Cucumber

Haricot Bean

Kale

Kidney Bean

Lentils

Lettuce

Mushroom

Onion

Parsnip

Pea

Peppers (Capsicum)

Potato

Pumpkin

Soya Bean

Spinach

String Bean

Swede

Tapioca

Turnip

Fruit

Apple

Apricot

Banana

Bilberry

Blackberry

Blackcurrant

Blueberry

Boysenberry

Cantaloupe

Cherry

Cloudberry

Cranberry

Grape

Grapefruit

Honeydew

Kiwi

Lemon

Lime

Lingonberry

Lychee

Mango

Mulberry

Olive

Orange

Papaya

Peach

Pear

Pineapple

Plum

Pomegranate

Raspberry

Rhubarb

Strawberry

Tomato

Watermelon

Other

Agave

Carob

Cocoa Bean

Cola Nut

Cow's Milk

Egg White

Egg Yolk

Goat's Milk

Hemp

Sheep's Milk

Sugar Cane

Yeast