# **ImuPro Complete**

# **The Comprehensive Companion**

ImuPro Complete tests for sensitivity against 270 foods (including the 90 foods of ImuPro Basic). It covers an expanded list of meats, vegetables, fruits, cereals, milk and eggs. It also covers many alternatives, regionspecific foods, spices, teas, thickening agents and preservatives.

You will find an overview of the tested allergens below.

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# Meat

Beef	Ostrich
Chicken	Pork
Deer	Quail
Duck	Rabbit
Goat	Turkey Hen
Goose	Veal
Hare (Rabbit)	Venison
Lamb	Wild Boar

# Cereals (Gluten-Free) and Gluten Alternatives

Amaranth	Maize (Sweet Corn)
Arrowroot	Millet
Buckwheat	Quinoa
Carob	Rice
Cassava	Sweet Chestnut
Fonio	Sweet Potato
Jerusalem Artichoke	Tapioca
Lupine	Teff

# **Cereals (With Gluten)**

Barley	Rye
Gluten	Spelt
Kamut	Wheat
Oats	

#### **Mushrooms**

Bay Boletus	Meadow Mushrooms
Cep (Boletus)	Oyster Mushrooms
Chanterelle	Shiitake

# Salads

Butterhead Lettuce	Lamb's Lettuce
Chicory	Lollo Rosso
Dandelion	Radicchio
Endive	Rocket
Iceberg Lettuce	Romaine/Cos Lettuce

#### Egg

Chicken Egg White	Goose Eggs
Chicken Egg Yolk	Quail Eggs

# **Vegetables**

Artichoke	Cucumber
Asparagus	Fennel
Aubergine	Green Bean
Bamboo Shoots	Green Pea
Beetroot	Kale (Curled)
Broad Bean	Kohlrabi (Turnip Cabbage)
Broccoli	Leek
Brussel Sprouts	Lentil
Cabbage (Chinese)	Molokhia
Cabbage (Red)	Mung Bean (Green Gram)
Cabbage (Savoy)	Okra (Lady's Finger)
Cabbage (White)	Olive
Carrots	Onion
Cauliflower	Parsnip
Celeriac (Knob Celery)	Pepper (Sweet)
Celery (Stalk)	Potato
Chard (Beet Greens)	Pumpkin
Chickpea	Radish (Red and White)
Chili Cayenne	Rutabaga
Chili Habanero	Soy Bean
Chili Jalapeno	Spinach
	Broad Bean Broccoli Brussel Sprouts Cabbage (Chinese) Cabbage (Red) Cabbage (Savoy) Cabbage (White) Carrots Cauliflower Celeriac (Knob Celery) Celery (Stalk) Chard (Beet Greens) Chickpea Chili Cayenne Chili Habanero

Tomato

## Fish & Seafood

Courgette

Anchovy Angler (Monkfish) Blue Mussels Carp Cod (Codling) Crayfish Eel Sea Bass Gilthead Bream Haddock Hake Halibut Herring Lobster Mackerel Octopus Oysters  Pollock Red Snapper Salmon Sardine Sea Bass Scallop Sea Bass Shrimp, Prawn Shark Sole Halibut Squid, Cuttlefish Trout Tuna Octopus Oysters		
Blue Mussels Carp Salmon Cod (Codling) Crayfish Scallop Eel Sea Bass Gilthead Bream Haddock Hake Halibut Herring Sutchi Catfish Lobster Mackerel Octopus Salmon Sardine Scallop Eel Sea Bass Shrimp, Prawn Shark Sole Halibut Squid, Cuttlefish Frout Catfish Trout Tuna Octopus Zander	Anchovy	Plaice
Carp Salmon Cod (Codling) Sardine Crayfish Scallop Eel Sea Bass Gilthead Bream Shrimp, Prawn Haddock Shark Hake Sole Halibut Squid, Cuttlefish Herring Sutchi Catfish Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Angler (Monkfish)	Pollock
Cod (Codling) Crayfish Scallop Eel Sea Bass Gilthead Bream Shrimp, Prawn Haddock Hake Sole Halibut Herring Lobster Mackerel Ocean Perch Octopus Sardine Scallop Sea Bass Shrimp, Prawn Shrimp, Prawn Shrimp, Prawn Shrimp, Prawn Shrimp, Prawn Shrimp, Prawn Stark Shark Sole Squid, Cuttlefish Frout Sutchi Catfish Trout Tuna Octopus Zander	Blue Mussels	Red Snapper
Crayfish Scallop Eel Sea Bass Gilthead Bream Shrimp, Prawn Haddock Shark Hake Sole Halibut Squid, Cuttlefish Herring Sutchi Catfish Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Carp	Salmon
EelSea BassGilthead BreamShrimp, PrawnHaddockSharkHakeSoleHalibutSquid, CuttlefishHerringSutchi CatfishLobsterSwordfishMackerelTroutOcean PerchTunaOctopusZander	Cod (Codling)	Sardine
Gilthead Bream Shrimp, Prawn Haddock Shark Hake Sole Halibut Squid, Cuttlefish Herring Sutchi Catfish Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Crayfish	Scallop
Haddock Shark Hake Sole Halibut Squid, Cuttlefish Herring Sutchi Catfish Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Eel	Sea Bass
Hake Sole Halibut Squid, Cuttlefish Herring Sutchi Catfish Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Gilthead Bream	Shrimp, Prawn
Halibut Squid, Cuttlefish Herring Sutchi Catfish Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Haddock	Shark
Herring Sutchi Catfish Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Hake	Sole
Lobster Swordfish Mackerel Trout Ocean Perch Tuna Octopus Zander	Halibut	Squid, Cuttlefish
Mackerel Trout Ocean Perch Tuna Octopus Zander	Herring	Sutchi Catfish
Ocean Perch Tuna Octopus Zander	Lobster	Swordfish
Octopus Zander	Mackerel	Trout
	Ocean Perch	Tuna
Oysters	Octopus	Zander
	Oysters	





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# **Spices & Herbs**

Alfalfa Horseradish Allspice Juniper Berry Aniseed Lavender Basil Lemon Balm Bay Leaf Lovage Capers Marjoram Caraway Mustard Seed Cardamom Nutmeg Chervil Oregano Chive Paprika Cinnamon Parsley Clove Pepper (Black) Coriander Pepper (White) Cumin Rosemary Dill Saffron Garden Cress Sage Garlic Savory Garlic (Wild) Thyme

#### **Sweeteners**

Ginger

Agave Nectar	Honey (Mixture)
Cane Sugar	Maple Syrup

Vanilla

#### Seeds & Nuts

Almond Peanut Brazil Nut Pine Nut Cashew Kernels Pistachio Cocoa Bean Poppy Seed Coconut Pumpkin Seed Hazelnut Sesame Linseed Sunflower Seed Macadamia Nut Walnut

### Tea, Coffee & Wine

Camomile	Rose Hip
Coffee	Tannin
Nettle	Tea (Green)
Peppermint	Tea (Black)
Rooibus Tea	

### Yeast

Yeast

#### **Fruits**

Apple	Lychee
Apricot	Mandarin
Avocado	Mango
Banana	Nectarine
Blackberry	Orange
Blueberry	Papaya
Cherry	Peach
Cranberry	Pear
Currant	Pineapple
Date	Plum
Fig	Pomegranate
Gooseberry	Prickly Pear
Grape/Raisin	Quince
Grapefruit	Raspberry
Guava	Rhubarb
Honeydew Melon	Sea Buckthorn
Kiwi	Strawberry
Lemon	Watermelon
Lime	Yellow plum
Lingonberry	

#### **Milk Products**

Goat (Milk and Chees	se) Milk (Mare)
Halloumi	Rennet Cheese (Cow)
Kefir	Ricotta
Milk (Camel)	Sheep (Milk and Cheese)
Milk (Cow)	Sour-Milk Products (Cow)
Milk (Cow-Cooked)	

#### **Food Additives**

Agar-Agar (E406)	Pectin (E440)
Benzoic Acid (E211)	Sorbic Acid (E200)
Carrageen (E407)	Tragacanth (E413)
Curcumin (E100)	Xanthan Gum
Guar Flour (E412)	

#### Algae

Aigae	
Red Algae (Nori)	Spirulina

# **Specials**

Aloe Vera	Candied Lemon Peel
Aspergillus niger	Vine Leaves
Candida albicans	

