

The Trusted Guide

ImuPro Basic tests for sensitivity against the 90 most common foods, such as meats, vegetables, fruits, cereals, dairy products and chicken egg.

You will find an overview of the tested foods below.

Meat

Beef	Pork
Chicken	Turkey Hen
Lamb	

Cereals (Gluten-Free) and Gluten Alternatives

Buckwheat	Millet
Maize (Sweet Corn)	Rice

Cereals (With Gluten)

Barley	Rye
Gluten	Spelt
Oats	Wheat

Vegetables

Aubergine	Green Pea
Beetroot	Kohlrabi (Turnip Cabbage)
Broccoli	Leek
Cabbage (Red)	Olive
Carrots	Onion
Celeriac (Knob Celery)	Pepper (Sweet)
Chili Cayenne	Potato
Courgette	Soy Bean
Cucumber	Tomato
Green Bean	

Mushrooms

Meadow Mushrooms

Spices & Herbs

Basil	Paprika
Cinnamon	Parsley
Garlic	Pepper (Black)
Horseradish	Rosemary
Mustard Seed	Thyme
Nutmeg	Vanilla
Oregano	

Sweeteners

Cane Sugar	Honey (Mixture)
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Salads

Butterhead Lettuce	Lamb's Lettuce
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Fish & Seafood

Crayfish	Salmon
Ocean Perch	Tuna
Pollock	

Egg

Chicken Egg (White and Yolk)

Fruits

Apple	Lemon
Apricot	Nectarine
Banana	Orange
Cherry	Pineapple
Grape/Raisin	Strawberry
Kiwi	Watermelon

Seeds & Nuts

Almond	Pistachio
Cashew Kernels	Poppy Seed
Cocoa Bean	Pumpkin Seed
Hazelnut	Sesame
Linseed	Sunflower Seed
Peanut	Walnut

Tea, Coffee & Wine

Peppermint

Milk Products

Goat (Milk and Cheese)	Sheep (Milk and Cheese)
Milk (Cow)	Sour-Milk Products (Cow)
Rennet Cheese (Cow)	

Yeast

Yeast

Food Additives

Guar Flour (E412)

