

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

	100	150plus	IBS 150plus	IWP 150plus
<b>Drinks</b>				
Acai Berry - Dried Extract		✓	✓	✓
Burdock Root		✓	✓	✓
Chamomile		✓	✓	✓
Coffee	✓	✓	✓	✓
Dandelion Root		✓	✓	✓
Elderberry		✓	✓	✓
Elderflower Mix		✓	✓	✓
Ginseng (Korean)		✓	✓	✓
Ginseng (Siberian)		✓	✓	✓
★ Grape (Cabernet Sauvignon)		✓	✓	✓
★ Grape (Chardonnay)		✓	✓	✓
★ Grape (Chenin Blanc)		✓	✓	✓
★ Grape (Concord)		✓	✓	✓
★ Grape (Malbec)		✓	✓	✓
★ Grape (Merlot)		✓	✓	✓
★ Grape (Pinot Grigio)		✓	✓	✓
★ Grape (Pinot Noir)		✓	✓	✓
★ Grape (Red Zinfandel Mix)		✓	✓	✓
★ Grape (Riesling)		✓	✓	✓
★ Grape (Sauvignon Blanc)		✓	✓	✓
★ Grape (Syrah/Shiraz)		✓	✓	✓
★ Grape (White Zinfandel)		✓	✓	✓
Green Tea		✓	✓	✓
Guarana		✓	✓	✓
★ Hibiscus		✓	✓	✓
Nettle Leaves		✓	✓	✓
Rooibos (Red Bush Tea)		✓	✓	✓
Rosehip		✓	✓	✓
Tea	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Meat/Poultry</b>				
Beef	✓	✓	✓	✓
Chicken	✓	✓	✓	✓
Duck	✓	✓	✓	✓
Lamb	✓	✓	✓	✓
Pork	✓	✓	✓	✓
Turkey	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Fish/Shellfish</b>				
Cod	✓	✓	✓	✓
Crab	✓	✓	✓	✓
Haddock	✓	✓	✓	✓
Herring	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
Lobster	✓	✓	✓	✓
Mackerel	✓	✓	✓	✓
Mussel	✓	✓	✓	✓
Oyster	✓	✓	✓	✓
Plaice	✓	✓	✓	✓
Prawn	✓	✓	✓	✓
Salmon	✓	✓	✓	✓
Scallop	✓	✓	✓	✓
Shrimp	✓	✓	✓	✓
Sole	✓	✓	✓	✓
Trout	✓	✓	✓	✓
Tuna	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Grains</b>				
Barley	✓	✓	✓	✓
Corn (Maize)	✓	✓	✓	✓
Gladin (Gluten)	✓	✓	✓	✓
Hops	✓	✓	✓	✓
Millet		✓	✓	✓
Oat	✓	✓	✓	✓
Rice	✓	✓	✓	✓
Rye	✓	✓	✓	✓
Wheat	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Nuts/Seeds</b>				
Almond	✓	✓	✓	✓
Brazil Nut	✓	✓	✓	✓
Cashew Nut	✓	✓	✓	✓
Hazelnut	✓	✓	✓	✓
Peanut	✓	✓	✓	✓
Sesame Seed	✓	✓	✓	✓
Sunflower Seed	✓	✓	✓	✓
Walnut	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Herbs/Spices</b>				
Anise Seed		✓	✓	✓
Basil	✓	✓	✓	✓
Buckwheat		✓	✓	✓
Chilli Pepper	✓	✓	✓	✓
Cinnamon		✓	✓	✓
Clove		✓	✓	✓
Coriander	✓	✓	✓	✓
Cumin	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
Dill	✓	✓	✓	✓
Ginger	✓	✓	✓	✓
Juniper Berry		✓	✓	✓
Mint	✓	✓	✓	✓
Mustard Seed		✓	✓	✓
Nutmeg		✓	✓	✓
Parsley	✓	✓	✓	✓
Peppercorn		✓	✓	✓
Sage	✓	✓	✓	✓
Thyme	✓	✓	✓	✓
Vanilla	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Vegetables/Pulses</b>				
Asparagus	✓	✓	✓	✓
Aubergine		✓	✓	✓
Beetroot		✓	✓	✓
Broccoli	✓	✓	✓	✓
Brussell Sprouts	✓	✓	✓	✓
Cabbage	✓	✓	✓	✓
Carrot	✓	✓	✓	✓
Cauliflower	✓	✓	✓	✓
Celery	✓	✓	✓	✓
Garlic	✓	✓	✓	✓
Haricot Bean	✓	✓	✓	✓
Kidney Bean	✓	✓	✓	✓
Lentils	✓	✓	✓	✓
Lettuce	✓	✓	✓	✓
Mushroom	✓	✓	✓	✓
Onion	✓	✓	✓	✓
Pea	✓	✓	✓	✓
Peppers (Capsicum)	✓	✓	✓	✓
Potato	✓	✓	✓	✓
Rhubarb		✓	✓	✓
Soya Bean	✓	✓	✓	✓
Spinach	✓	✓	✓	✓
String Bean	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Fruit</b>				
Apple	✓	✓	✓	✓
Apricot	✓	✓	✓	✓
Avocado	✓	✓	✓	✓
Banana	✓	✓	✓	✓
Bilberry		✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
Blackberry	✓	✓	✓	✓
Blackcurrant	✓	✓	✓	✓
Blueberry		✓	✓	✓
Boysenberry		✓	✓	✓
Cantaloupe	✓	✓	✓	✓
Cherry		✓	✓	✓
Coconut	✓	✓	✓	✓
Cranberry		✓	✓	✓
Cucumber	✓	✓	✓	✓
Grape	✓	✓	✓	✓
Grapefruit		✓	✓	✓
Honeydew	✓	✓	✓	✓
Kiwi	✓	✓	✓	✓
Lemon	✓	✓	✓	✓
Lime	✓	✓	✓	✓
Lychee		✓	✓	✓
Mango		✓	✓	✓
Mulberry		✓	✓	✓
Olive	✓	✓	✓	✓
Orange	✓	✓	✓	✓
Papaya		✓	✓	✓
Peach	✓	✓	✓	✓
Pear	✓	✓	✓	✓
Pineapple	✓	✓	✓	✓
Plum	✓	✓	✓	✓
Pomegranate		✓	✓	✓
Raspberry	✓	✓	✓	✓
Strawberry	✓	✓	✓	✓
Tomato	✓	✓	✓	✓
Watermelon	✓	✓	✓	✓

	100	150plus	IBS 150plus	IWP 150plus
<b>Other</b>				
Agave		✓	✓	✓
Carob		✓	✓	✓
Cocoa Bean	✓	✓	✓	✓
Cola Nut		✓	✓	✓
Cow's Milk	✓	✓	✓	✓
Egg White	✓	✓	✓	✓
Egg Yolk	✓	✓	✓	✓
Goat's Milk		✓		
Hemp		✓	✓	✓
Sheep's Milk		✓		
Sugar Cane		✓	✓	✓
Yeast (Brewer's and Baker's)	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Drinks</b>				
Acai Berry - Dried Extract	✓	✓	✓	✓
Burdock Root	✓	✓	✓	✓
Chamomile	✓	✓		✓
Coffee	✓	✓	✓	✓
Dandelion Root	✓	✓	✓	✓
Elderberry	✓	✓		✓
Elderflower Mix	✓	✓		✓
Ginseng (Korean)	✓	✓	✓	✓
Ginseng (Siberian)	✓	✓	✓	✓
Green Tea	✓	✓	✓	✓
Guarana	✓	✓		✓
Nettle Leaves	✓	✓		✓
Rooibos (Red Bush Tea)	✓	✓	✓	✓
Rosehip	✓	✓		✓
Tea	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Meat/Poultry</b>				
Beef	✓	✓	✓	✓
Chicken	✓	✓	✓	✓
Deer		✓		✓
Duck	✓	✓	✓	✓
Goat			✓	✓
Lamb	✓	✓	✓	✓
Pheasant		✓		✓
Pork	✓	✓	✓	✓
Turkey	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Fish/Shellfish</b>				
Abalone			✓	✓
Anchovy		✓		✓
Cod	✓	✓	✓	✓
Crab	✓	✓	✓	✓
Cuttlefish			✓	✓
Eel		✓		✓
Haddock	✓	✓	✓	✓
Herring	✓	✓	✓	✓
Lobster	✓	✓	✓	✓
Mackerel	✓	✓	✓	✓
Mussel	✓	✓	✓	✓
Oyster	✓	✓	✓	✓
Plaice	✓	✓	✓	✓
Prawn (Shrimp)	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
Salmon	✓	✓	✓	✓
Sardines		✓		✓
Scallop	✓	✓	✓	✓
Shark		✓		✓
Shrimp				
Sole	✓	✓	✓	✓
Trout	✓	✓	✓	✓
Tuna	✓	✓	✓	✓
Vendance		✓		✓

	Modern Living	Nordic	Asian	200plus
<b>Grains</b>				
Barley	✓	✓	✓	✓
Buckwheat	✓	✓	✓	✓
Corn (Maize)	✓	✓	✓	✓
Dinkel Flour (Spelt)	✓	✓	✓	✓
Gliadin (Gluten)	✓	✓	✓	✓
Hops	✓	✓	✓	✓
Malt				
Millet	✓	✓	✓	✓
Oat	✓	✓	✓	✓
Quinoa	✓			✓
Rice	✓	✓	✓	✓
Rye	✓	✓	✓	✓
Wheat	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Nuts/Seeds</b>				
Almond	✓	✓	✓	✓
Brazil Nut	✓	✓	✓	✓
Cashew Nut	✓	✓	✓	✓
Chia seed	✓			✓
Coconut	✓	✓	✓	✓
Flax/Linseed	✓			✓
Hazelnut	✓	✓	✓	✓
Peanut	✓	✓	✓	✓
Rapeseed	✓	✓	✓	✓
Walnut	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Herbs/Spices</b>				
Anise Seed	✓	✓	✓	✓
Basil	✓	✓	✓	✓
Bayleaf			✓	✓
Cardamom			✓	✓
Cassia			✓	✓
Chilli Pepper	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
Chilli Pepper	✓	✓	✓	✓
Cinnamon	✓	✓	✓	✓
Clove	✓	✓	✓	✓
Coriander	✓	✓	✓	✓
Cumin	✓	✓	✓	✓
Curry Leaves			✓	✓
Curry Powder			✓	✓
Dill	✓	✓	✓	✓
Garlic	✓	✓	✓	✓
Ginger	✓	✓	✓	✓
Juniper	✓	✓	✓	✓
Mint	✓	✓	✓	✓
Mustard Seed	✓	✓	✓	✓
Nutmeg	✓	✓	✓	✓
Parsley	✓	✓	✓	✓
Peppercorn	✓	✓	✓	✓
Saffron			✓	✓
Sage	✓	✓	✓	✓
Sesame Seed	✓	✓	✓	✓
Thyme	✓	✓	✓	✓
Vanilla	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Vegetables/Pulses</b>				
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	✓	✓	✓	✓
Lentils	✓	✓	✓	✓
Lettuce	✓	✓	✓	✓
Lotus Root			✓	✓

	Modern Living	Nordic	Asian	200plus
Mushroom	✓	✓	✓	✓
Okra	✓		✓	✓
Onion	✓	✓	✓	✓
Paprika	✓	✓	✓	✓
Parsnip		✓		✓
Pea	✓	✓	✓	✓
Peppers (Capsicum)	✓	✓	✓	✓
Potato	✓	✓	✓	✓
Pumpkin	✓	✓	✓	✓
Rocket (Arugula)	✓			✓
Soya Bean	✓	✓	✓	✓
Spinach	✓	✓	✓	✓
String Bean	✓	✓	✓	✓
Swede			✓	✓
Sweet Potato	✓		✓	✓
Tapioca		✓		✓
Tumeric			✓	✓
Turnip		✓		✓
Water Chestnut			✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Fruit</b>				
Apple	✓	✓	✓	✓
Apricot	✓	✓	✓	✓
Banana	✓	✓	✓	✓
Bilberry	✓	✓	✓	✓
Blackberry	✓	✓	✓	✓
Blackcurrant	✓	✓	✓	✓
Blueberry	✓	✓		✓
Boysenberry	✓	✓		✓
Cantaloupe	✓	✓	✓	✓
Cherry	✓	✓	✓	✓
Cloudberry		✓		✓
Cranberry	✓	✓	✓	✓
Goji Berry	✓			✓
Grape	✓	✓	✓	✓
Grapefruit	✓	✓	✓	✓
Honeydew	✓	✓	✓	✓
Kiwi	✓	✓	✓	✓
Lemon	✓	✓	✓	✓
Lime	✓	✓	✓	✓
Lingonberry		✓		✓
Lychee	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
Mango	✓	✓	✓	✓
Mulberry	✓	✓	✓	✓
Olive	✓	✓	✓	✓
Orange	✓	✓	✓	✓
Papaya	✓	✓	✓	✓
Peach	✓	✓	✓	✓
Pear	✓	✓	✓	✓
Pineapple	✓	✓	✓	✓
Plantain			✓	✓
Plum	✓	✓	✓	✓
Pomegranate	✓	✓	✓	✓
Pumpkin	✓	✓	✓	✓
Prune				✓
Raspberry	✓	✓	✓	✓
Rhubarb	✓	✓	✓	✓
Strawberry	✓	✓	✓	✓
Tomato	✓	✓	✓	✓
Watermelon	✓	✓	✓	✓

	Modern Living	Nordic	Asian	200plus
<b>Other</b>				
Agar Agar			✓	✓
Agave	✓	✓		✓
Aloe Vera	✓			✓
Bamboo			✓	✓
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			✓	✓
Wheatgrass	✓			✓
Yeast	✓	✓	✓	✓

★ Also included in Lorisian 200plus