

Client Name :

Test Date : Wednesday, 8 March 2006

	AVOID	ROTATE	NO REACTION
Grains		Corn (Maize)	Barley Gluten (Gliadin) Oat Rice Rye Wheat
Dairy	Egg White +3 Cows Milk +2 Egg Yolk +1		
Meats			Chicken/ Turkey Beef Lamb Pork
Fish			Crustacean Mix Oily Fish Mix Salmon / Trout Tuna White Fish Mix
Vegetables			Carrot Cucumber Mushroom Mustard Mix Onion Peppers (Capsicum) / Paprika Potato Legume Mix
Nuts			Nut Mix
Fruits			Apple / Pear Berry Mix Citrus Mix Banana Melon Mix Olive Tomato
Spices/Herbs			Mint Mix Spice Mix Herb Mix
Others	Yeast +1		Cocoa Bean Coffee Hops Sunflower Seed Tea