

Grains

Barley
Corn (Maize)
Gliadin (Gluten)
Oat
Rice
Rye
Wheat

Dairy

Cows Milk

Meat

Beef
Chicken
Duck
Lamb
Pork
Turkey

Fish

Crustacean Mix (Crab, Lobster, Prawn/Shrimp)
Mollusc Mix (Mussel, Oyster & Scallop)
Oily Fish Mix (Herring & Mackerel)
Plaice & Sole
Salmon & Trout
Tuna
White Fish Mix (Cod & Haddock)

Vegetables

Asparagus
Avocado
Carrot
Celery
Cucumber
Haricot Bean
Kidney Bean
Lentils
Lettuce
Mushroom
Mustard Mix (Broccoli, Brussel Sprouts, Cabbage & Cauliflower)
Onion
Pea
Peppers (Capsicum) & Paprika
Potato
Soya Bean
Spinach
String Bean

Fruit

Apple
Apricot
Banana
Blackberry

Blackcurrant

Grape
Kiwi
Lemon
Lime
Melon Mix (Watermelon, Honeydew & Cantaloupe)
Olive
Orange
Peach
Pear
Pineapple
Plum
Raspberry
Strawberry
Tomato

Nuts

Almond
Brazil Nut
Cashew Nut
Coconut
Hazelnut
Peanut
Walnut

Spice/Herbs

Chilli Pepper
Garlic
Ginger
Herb Mix (Coriander, Cumin & Dill)
Mint Mix (Mint, Sage, Basil & Thyme)
Parsley
Sesame Seed
Vanilla

Others

Cocoa Bean
Coffee
Egg White
Egg Yolk
Hops
Sunflower Seed
Tea
Yeast (Brewers & Bakers)

The Lorisian Bronze Test will not identify the following:

- Any food allergies (IgE antibodies)
- Coeliac disease
- Lactose intolerance or any enzyme deficiencies
- Histamine sensitivity
- Any chemical sensitivities