

Grains
Barley
Buckwheat
Corn (Maize)
Gliadin (Gluten)
Hops
Malt
Millet
Oat
Rice
Rye
Wheat

Dairy
Cows Milk
Goats Milk
Sheep Milk

Meat
Beef
Chicken
Duck
Goat
Lamb
Pheasant
Pork
Turkey

Fish
Crab
Cod
Haddock
Herring
Lobster
Oyster
Mackerel
Mussel
Prawn
Plaice
Salmon
Scallop
Sole
Trout
Tuna

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

Fruit
Apple
Apricot
Banana

Blackberry
Blackcurrant
Boysenberry
Cantaloupe
Cherry
Cranberry
Grapefruit
Kiwi
Lemon
Lime
Lychee
Mango
Melon Mix (Watermelon, Honeydew &
Cantaloupe)
Mulberry
Olive
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Prune
Raspberry
Rhubarb
Strawberry
Tomato

Nuts
Almond
Brazil Nut
Cashew Nut
Coconut
Hazelnut
Peanut
Sesame Seed
Sunflower Seed
Walnut

Spice/Herbs
Anise Seed
Basil
Chilli Pepper
Cinnamon
Clove
Garlic
Ginger
Herb Mix (Coriander, Cumin & Dill)
Juniper
Mint Mix (Mint, Sage, Basil & Thyme)
Mustard Seed
Nutmeg & Peppercorn
Parsley
Sesame Seed
Vanilla

Others
Abalone
Agar Agar
Agave
Aloe Vera
Anchovy
Bamboo
Beansprouts
Bay leaf
Bok Choy (Pak Choi)
Cardamom
Carob
Cassia
Chai Seed
Chickpea
Cloudberry
Cocoa Bean
Cola Nut
Curry Leaves
Curry Powder
Cuttlefish

Deer
Eel
Egg White
Egg Yolk
Goji Berry
Hemp
Jasmine
Kale
Lemongrass
Lingonberry
Linseed (Flax)
Oak
Okra
Plantain
Pumpkin
Quinoa
Rapeseed
Rocket (Arugula)
Saffron
Sardines
Seaweed
Shark
Spelt
Spirulina
Sugar Cane
Swede
Sweet Potato
Tamarind
Tapioca
Turmeric
Turnip
Vendace
Water Chestnut
Wheatgrass
Yeast
Rooibos (Red Bush Tea)
Sunflower Seed
Tea
Yeast (Brewers & Bakers)

Drinks
Acai Berry
Chamomile
Coffee
Dandelion
Burdock
Elderberry
Elderflower
Ginseng (Korean)
Ginseng (Siberian)
Grape (Cabernet Sauvignon)
Grape (Chardonnay)
Grape (Chenin Blanc)
Grape (Malbec)
Grape (Merlot)
Grape (Pinot Gris/Grigio)
Grape (Pinot Noir)
Grape (Red Zinfandel)
Grape (White Zinfandel)
Grape (Riesling)
Grape (Sauvignon Blanc)
Grape (Shiraz)
Guarana
Hibiscus
Nettle
Rooibos (Red blush tea)
Rosehip
Tea / Green Tea

The Lorisian Gold Test will not identify the following:

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