

Grains

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

Dairy

Cows Milk
Goats Milk
Sheep 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

Acai Berry
Apple
Apricot
Banana
Blackberry
Blackcurrant
Boysenberry
Cherry
Cranberry
Elderberry & Elderflower
Grape (Cabernet Sauvignon)
Grape (Chardonnay)
Grape (Chenin Blanc)
Grape (Concord)
Grape (Malbec)
Grape (Merlot)
Grape (Pinot Noir)
Grape (Red & White Zinfandel)
Grape (Riesling)
Grape (Sauvignon Blanc)
Grape (Shiraz)
Grapefruit
Kiwi
Lemon
Lime
Lychee
Mango
Melon Mix (Watermelon,
Honeydew & Cantaloupe)
Mulberry
Olive
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Raspberry
Rhubarb
Strawberry
Tomato

Nuts

Almond
Brazil Nut
Cashew Nut
Coconut
Hazelnut
Peanut
Walnut

Spice/Herbs

Anise Seed
Buckwheat
Chamomile
Chilli Pepper
Cinnamon & Clove
Dandelion & Burdock
Garlic
Ginger
Guarana
Herb Mix (Coriander, Cumin &
Dill)
Hibiscus
Juniper
Mint Mix (Mint, Sage, Basil &
Thyme)
Mustard Mix
Nettle
Nutmeg & Peppercorn
Parsley
Rosehip
Sesame Seed
Vanilla

Others

Agave
Carob
Cocoa Bean
Coffee
Cola Nut
Egg White
Egg Yolk
Ginseng (Korean)
Ginseng (Siberian)
Green Tea
Hemp
Hops
Rooibos (Red Bush Tea)
Sunflower Seed
Tea
Yeast (Brewers & Bakers)

The Lorisian Silver Test will not identify the following:

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