

Eat right, Stay healthy
Find out what your body can tolerate

Food Intolerance Profile

₹ 11,499/-



9 categories including 215 food items

Dairy (9)

Egg White
Casein
Sheep Milk
Goat Milk
Egg Yolk
Buffalo Milk
Alpha-lactalbumin
Cows Milk
Beta-lactoglobulin

Fish (39)

Alga Espaguette
Alga Spirulina
Anchovy
Bass
Carp
Caviar
Clam
Cockle
Cod
Crab
Cuttlefish
Sea Bream (Gilthead)
Sea Bream (Red)
Eel
Haddock
Hake
Herring
Lobster
Mackerel
Barnacle
Monkfish
Mussel
Octopus
Oyster
Perch
Pike
Plaice
Razor Clam
Salmon
Sardine
Scallop
Sole
Squid
Swordfish
Trout
Tuna
Turbot
Winkle
Alga Wakame

Meat (16)

Beef
Goat
Chicken
Duck
Horse
Lamb
Ostrich
Ox
Partridge
Pork
Quail
Rabbit
Turkey
Veal
Venison
Wild Boar

Fruits (36)

Apple
Apricot
Avocado
Banana
Blackberry
Blackcurrant
Blueberry
Cherry
Cranberry
Date
Fig
Grapefruit
Guava
Kiwi
Lemon
Lime
Lychee
Mango
Mulberry
Nectarine
Olive
Orange
Papaya
Peach
Pear
Pineapple
Plum
Pomegranate
Raisin
Raspberry

Cereals (18)

Buckwheat
Couscous
Durum Wheat
Flax Seed
Millet
Oat
Polenta
Quinoa
Rice
Rye
Spelt
Transglutaminase
Wheat Bran
Barley
Corn (maize)
Gliadin
Malt
Wheat

Nuts (11)

Almond
Cashew Nut
Brazil Nut
Coconut
Hazelnut
Macadamia Nut
Peanut
Pine Nut
Pistachio
Tiger Nut
Walnut

Vegetables (38)

Amaranth
Artichoke
Asparagus
Aubergine
Bean (Broad)
Bean (Green)
Bean (Red Kidney)
Bean (White Haricot)
Beetroot
Broccoli
Brussel Sprout
Cabbage (Red)
Cabbage (White)
Caper
Carrot
Cauliflower
Celery
Chard
Chickpea
Chicory
Cucumber
Fennel (Leaf)
Leek
Lentil
Lettuce
Marrow
Onion
Pea
Potato
Radish
Rocket
Shallot
Soya Bean
Spinach
Sweet Potato
Turnip
Watercress
Yuca

Spices (31)

Aniseed
Basil
Bay Leaf
Camomile
Cayenne
Cinnamon
Clove
Coriander Leaf
Cumin
Dill
Garlic
Ginger
Aloe Vera
Ginkgo
Ginseng
Hops
Liquorice
Marjoram
Mint
Mustard Seed
Nettle
Nutmeg
Parsley
Peppermint
Red Chilli
Rosemary
Saffron
Sage
Tarragon
Thyme
Vanilla

Miscellaneous (17)

Agar Agar
Cane Sugar
Carob
Chestnut
Cocoa Bean
Coffee
Cola Nut
Honey
Mushroom
Rapeseed
Sesame Seed
Sunflower Seed
Tapioca
Tea (Black)
Tea (Green)
Yeast (Baker's)
Yeast (Brewer's)