

## Tested foods ImuPro300

### Meat

- Beef
- Chicken
- Lamb
- Pork
- Turkey hen
- Deer
- Duck
- Goat meat
- Goose
- Hare
- Ostrich meat
- Quail
- Rabbit
- Roe Deer
- Veal
- Wild boar

### Alternatives to cereals and starchy products

- Amaranth
- Arrowroot
- Buckwheat
- Carob
- Cassava
- Fonio
- Jerusalem artichoke
- Lupine
- Maize, sweet corn
- Millet
- Quinoa
- Rice
- Sweet chestnut
- Sweet potato
- Tapioca
- Teff

### Cereals (with gluten)

- Kamut
- Barley
- Wheat
- Rye
- Spelt
- Oats

### Mushrooms

- Bay boletus
- Cep (boletus)
- Chanterelle
- Meadow mushroom
- Oyster mushrooms
- Shiitake

### Spices & Herbs

- Alfalfa
- Allspice
- Aniseed
- Basil
- Bay leaf
- Capers
- Caraway
- Cardamom
- Chervil
- Chive
- Cinnamon
- Clove
- Coriander
- Cumin
- Dill
- Garden cress

### Vegetables

- Artichoke
- Asparagus
- Aubergine
- Bamboo shoots
- Beetroot
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Celeriac, knob celery
- Chard, beet greens
- Chili cayenne (caps. frutescens)
- Chili habanero (caps. chinense)
- Chili jalapeno (caps. annum)
- Chinese cabbage
- Courgette

- Garlic
- Ginger
- Horseradish
- Juniper berry
- Lavender
- Lemon balm
- Lovage
- Marjoram
- Mustard seed
- Nutmeg
- Oregano
- Paprika, spice
- Parsley
- Pepper, black
- Pepper, white
- Rosemary
- Saffron
- Sage
- Savory
- Thyme
- Vanilla
- Wild garlic

- Cucumber
- Fennel
- Kale, curled kale
- Kohlrabi (turnip cabbage)
- Leek
- Moluchia
- Okra, lady's finger
- Olive
- Onion
- Parsnip
- Potato
- Pumpkin
- Radish red, radish white
- Red cabbage
- Rutabaga
- Savoy cabbage
- Spinach
- Stalk celery
- Sweet pepper
- Tomato
- White cabbage

### **Salads**

- Butterhead lettuce
- Chicory
- Dandelion
- Endive
- Iceberg lettuce
- Lamb's lettuce
- Lollo rosso
- Radicchio
- Rocket
- Romaine/ Cos lettuce

### **Legumes**

- Broad bean
- Chickpeas
- Green bean
- Green pea
- Lentil
- Mung bean, green gram
- Soy bean

### **Fish & Seafood**

- Anchovy
- Angler, monkfish
- Blue mussels
- Carp
- Cod, codling
- Crayfish
- Eel
- Gilthead bram
- Haddock
- Hake
- Halibut
- Herring
- Iridescent shark, Sutchi catfish
- Lobster
- Mackerel
- Ocean perch
- Octopus
- Oysters
- Plaice
- Pollock
- Red snapper
- Salmon
- Sardine
- Scallop
- Sea bass

## Sweeteners

- Agave nectar
- Cane sugar
- Honey (mixture)
- Maple syrup

- Shark
- Shrimp, prawn
- Sole
- Squid, octopus
- Swordfish
- Trout
- Tuna
- Zander

## Eggs

- Chicken egg
- Chicken egg-white
- Chicken egg-yolk
- Goose egg
- Quail egg

## Preservatives

- Benzoic acid (E211)
- Sorbic acid (E200)

## Yeast

- Yeast (beer, bread)

## Seeds & Nuts

- Almond
- Brazil nut
- Cashew kernels
- Cocoa bean
- Coconut
- Hazelnut
- Linseed
- Macadamia nut
- Peanut
- Pine nut
- Pistachio
- Poppy seeds
- Pumpkin seeds
- Sesame
- Sunflower seed
- Walnut

## Fruits

- Apple
- Apricot
- Avocado
- Banana
- Blackberry
- Blueberry
- Cherry
- Cranberry
- Currant
- Date
- Fig
- Gooseberry
- Grape
- Grapefruit
- Guava
- Honeydew melon
- Kiwi
- Lemon
- Lime
- Lingonberry
- Lyche
- Mandarin
- Mango
- Nectarine
- Orange
- Papaya

## Tea, coffee & wine

- Camomile
- Coffee
- Nettle
- Peppermint
- Rooibus tea
- Rose hip

- Tannin
- Tea, black
- Tea, green

### **Milk products**

- Camel's milk
- Goat: milk and cheese
- Halloumi
- Kefir
- Mare's milk
- Milk (cow)
- Milk cooked
- Rennet cheese (cow)
- Ricotta
- Sheep: milk and cheese
- Sour-milk products (cow)

- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Prickly pear
- Quince
- Raspberry
- Rhubarb
- Sea buckthorn
- Strawberry
- Watermelon
- Yellow plum

### **Algae**

- Red algae (Nori)
- Spirulina

### **Thickening agents**

### **Specials**

- Aloe vera
- Aspergillus niger
- Candida
- Candied lemon peel
- Vine leaves

- Carrageen (E407)
- Guar flour (E412)
- Pectin (E440)
- Tragacanth (E413)
- Xanthan gum

	controls (%)	CD patients (%)
<b>Meat</b>		
Beef	10	4
Chicken		13
Lamb		6
Pork	5	6
Turkey hen		11
Deer		4
Duck		28
Goat meat		
Goose		3
Hare		
Ostrich meat		1
Quail		8
Rabbit		3
Roe Deer		
Veal		
Wild boar		
<b>Alternatives to cereals and starchy products</b>		
Amaranth	25	40
Arrowroot		
Buckwheat	10	51
Carob		
Cassava		
Fonio		
Jerusalem artichoke		
Lupine		
Maize, sweet corn	5	25
Millet	5	60
Quinoa		9
Rice		35
Sweet chestnut	5	46
Sweet potato		
Tapioca		
Teff		
<b>Cereals (with gluten)</b>		
Kamut	45	70
Barley	35	58
Wheat	35	60
Rye	35	50
Spelt	35	58
Oats	30	54
Unripe spelt wheat	40	69
<b>Mushrooms</b>		
Bay boletus		
Cep (boletus)		23
Chanterelle	35	65
Meadow mushroom		
Oyster mushrooms	30	58
Shiitake	15	48
<b>Spices &amp; Herbs</b>		
Alfalfa		
Allspice	-	10

Aniseed		44
Basil		6
Bay leaf		4
Capers		
Caraway	5	14
Cardamom		16
Chervil	5	20
Chive	10	26
Cinnamon	10	10
Clove		
Coriander		9
Cumin		38
Dill	5	13
Garden cress		
Garlic		13
Ginger	10	36
Horseradish		29
Juniper berry	5	21
Lavender	15	28
Lemon balm		
Lovage		
Marjoram		
Mustard seed	15	36
Nutmeg		50
Oregano		
Paprika, spice	55	63
Parsley		8
Pepper, black	10	29
Pepper, white	5	18
Rosemary		3
Saffron		4
Sage		4
Savory	15	28
Thyme	5	5
Vanilla	40	70
Wild garlic		
<b>Vegetables</b>		
Artichoke		
Asparagus	5	23
Aubergine		
Bamboo shoots	55	73
Beetroot		
Broccoli		
Brussels sprouts		43
Carrots		
Cauliflower		
Celeriac, knob celery		21
Chard, beet greens		
Chili cayenne (caps. frutescens)	30	56
Chili habanero (caps. chinense)	10	48
Chili jalapeno (caps. annum)		
Chinese cabbage		
Courgette		6
Cucumber		
Fennel		
Kale, curled kale		
Kohlrabi (turnip cabbage)		16
Leek	5	26
Moluchia		
Okra, lady's finger		

Olive		3
Onion		5
Parsnip		
Potato	10	24
Pumpkin	5	24
Radish red, radish white	15	34
Red cabbage	30	48
Rutabaga		
Savoy cabbage	20	58
Spinach		9
Stalk celery		
Sweet pepper		
Tomato		19
White cabbage		44
<b>Salads</b>		
Butterhead lettuce		5
Chicory		4
Dandelion		16
Endive	5	4
Iceberg lettuce	5	29
Lamb's lettuce		30
Lollo rosso		
Radicchio	25	63
Rocket	5	10
Romaine/ Cos lettuce	5	21
Water Cress	5	43
<b>Fish &amp; Seafood</b>		
Anchovy	5	29
Angler, monkfish		
Blue mussels		
Carp		
Cod, codling	5	13
Crayfish		
Crawfish meat	50	48
Eel	5	4
Gilthead bram		
Haddock	5	19
Hake		
Halibut		24
Herring		
Iridescent shark, Sutchi catfish		
Lobster	30	41
Mackerel		
Ocean perch	5	4
Octopus	25	31
Oysters	15	39
Plaice		5
Pollock		
Red snapper		
Salmon		9
Sardine		
Scallop	5	33
Sea bass		
Shark		8
Shrimp, prawn	10	8
Sole	10	9
Squid, octopus		
Swordfish		

Trout		1
Tuna		35
Zander	45	63
<b>Legumes</b>		
Broad bean	10	39
Chickpeas	5	28
Green bean		
Green pea		
Lentil		14
Mung bean, green gram	15	59
Soy bean		15
<b>Sweeteners</b>		
Agave syrup	45	78
Aspartam	10	50
Cane sugar	45	59
Honey (mixture)	10	56
Maple syrup		6
<b>Eggs</b>		
Chicken egg		
Chicken egg-white	27	34
Chicken egg-yolk	19	24
Goose egg		
Quail egg		
<b>Preservatives</b>		
Benzoic acid (E211)		
Sorbic acid (E200)		
<b>Yeast</b>		
Yeast (beer, bread)	66	83
<b>Seeds &amp; Nuts</b>		
Almond	40	36
Brazil nut	15	33
Cashew kernels	30	43
Cocoa bean	5	35
Coconut	5	24
Hazelnut	15	39
Linseed	10	70
Macadamia nut		
Peanut	20	44
Pine nut	10	43
Pistachio	10	49
Poppy seeds	40	74
Pumpkin seeds	5	18
Sesame		1
Sunflower seed	15	21
Walnut	30	23
<b>Fruits</b>		
Apple		
Apricot		



Avocado		14
Banana		
Blackberry		
Blueberry		
Cherry		6
Cranberry	5	10
Currant		
Date	5	11
Fig		
Gooseberry	15	46
Grape	10	31
Grapefruit	5	13
Guava		
Honeydew melon		24
Kiwi	40	65
Lemon	10	25
Lime		
Lingonberry		
Lyche		5
Mandarin	5	10
Mango		5
Nectarine	5	4
Orange	25	38
Papaya		8
Peach	5	10
Pear		
Pineapple		
Plum	5	8
Pomegranate		
Prickly pear		
Quince	15	48
Raspberry		
Rhubarb	10	53
Sea buckthorn	5	11
Strawberry		
Watermelon		5
Yellow plum	5	29
<b>Tea, coffee &amp; wine</b>		
Camomile		3
Coffee		11
Nettle		5
Peppermint		3
Rooibus tea	15	14
Rose hip	25	61
Tannin		
Tea, black	25	5
Tea, green		11
Valerian	25	43
<b>Milk products</b>		
Camembert cheese	60	76
Camel's milk		
Cottage Cheese	45	51
Goat: milk and cheese	35	40
Halloumi		
Kefir		
Mare's milk		
Milk (cow)	40	46
Milk cooked		

Processed cheese	60	84
Rennet cheese (cow)	40	44
Ricotta	35	55
Sheep: milk and cheese		
Sour-milk products (cow)		
Yoghourt	45	48
Whey	60	61
<b>Algae</b>		
Red algae (Nori)		
Spirulina		
<b>Thickening agents</b>		
Carrageen (E407)	20	40
Guar flour (E412)	5	48
Pectin (E440)		1
Tragacanth (E413)	5	23
Xanthan gum		
<b>Specials</b>		
Aloe vera	20	74
Aspergillus niger	60	55
Candida		
Candied lemon peel		8
Vine leaves		
Curcumin	15	43