



Juvenalis
WELLNESS TESTING
BY EUROFINS BIOMNIS

25 foods

IgG food panel List of foods

Nutritol²⁵

Vegetables

Carrots
Peas
Tomatoes

Gluten- containing cereals

Gluten

Gluten-free cereals and alternatives

Quinoa
Rice

Seeds and nuts

Almonds
Poppy seeds
Nuts

Spices and herbs

Garlic
Curry powder
Black pepper

Fruits

Bananas
Kiwis
Oranges

Meats

Beef
Turkey

Fish and shellfish

Crayfish
Cod or codling

Milk products

Milk (cow)

Eggs

Egg white (hen's egg)

Salads

Lamb's lettuce

Natural sweeteners

Honey (blended)

Yeasts

Yeast (brewer's,
baker's)

Food additives

Guar flour/gum (E412)



Nutritol⁵⁰

IgG food panel List of foods

Vegetables

Broccoli
Celery stalks
Cucumber
Green beans
Onions
Bell peppers
Potatoes
Soya

Cereals containing gluten

Wheat
Gluten
Barley
Rye

Gluten-free cereals and alternatives

Maize, sweet corn
Millet
Rice

Seeds and nuts

Almonds
Peanuts
Cocoa beans
Pumpkin seeds
Hazelnuts
Pistachios

Spices and herbs

Garlic
Mustard seeds
Nutmeg
Paprika, spice
Horseradish
Vanilla

Fruits

Pineapples
Bananas
Lemons
Strawberries
Kiwis
Oranges
Apple

Meats

Beef
Pork
Chicken

Fish and shellfish

Cod
Crayfish
Salmon

Milk products

Goat: milk and cheese
Milk (cow)

Eggs

Egg white (hen's egg)
Egg yolk (hen's egg)

Salad

Lettuce

Mushrooms

Mushrooms

Natural sweeteners

Honey (blended)

Yeasts

Guar flour (E412)

Yeasts

Yeast (brewer's, baker's)

Tea, coffee and tannin

Coffee
Peppermint

Food additives

Guar flour/gum (E412)



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50 vegan foods

Nutritol⁵⁰VEGAN

IgG food panel List of foods

Vegetables

Beetroot
Carrots
Red cabbage
Green beans
Peas
Leeks
Potatoes
Soya
Tomatoes

Cereals containing gluten

Oats
Gluten
Rye

Gluten-free cereals and alternatives

Maize, sweet corn
Quinoa
Rice
Buckwheat

Seeds and nuts

Almonds
Peanuts
Cocoa beans
Pumpkin seeds
Linseed
Poppy seeds
Sunflower seeds
Hazelnuts
Cashew nuts
Sesame seeds

Spices and herbs

Garlic
Basil
Cinnamon
Curry powder
Mustard seeds
Nutmeg
Parsley
Black pepper
Rosemary
Vanilla

Fruits

Apricots
Bananas

Lemons
Raspberries
Kiwis
Oranges
Apple
Grapes / raisins

Salads

Lettuce

Mushrooms

Mushrooms

Natural sweeteners

Honey (blended)
Cane sugar

Yeasts

Yeast (brewer's, baker's)

Tea, coffee and tannin

Coffee
Tea

Food additives

Guar flour/gum (E412)



Nutritol¹⁰⁰

IgG food panel List of foods

Vegetables

Aubergines
Beetroot
Broccoli
Carrots
Celery stalks
Red cabbage
Kohlrabi
Cucumber
Courgettes
Green beans
Onions
Olives
Peas
Leeks
Bell peppers
Potatoes
Soya
Tomatoes

Cereals containing gluten

Oats
Wheat
Spelt
Gluten
Barley
Rye

Gluten-free cereals and alternatives

Maize, sweet corn
Millet
Quinoa
Rice
Buckwheat

Seeds and nuts

Almonds
Peanuts
Cocoa beans
Pumpkin seeds
Linseed
Poppy seeds
Sunflower seeds
Hazelnuts
Nuts
Cashew nuts
Pistachios
Sesame seeds

Spices and herbs

Garlic
Basil
Cinnamon
Curry powder
Mustard seeds
Nutmeg
Oregano
Paprika, spice
Parsley
Black pepper
Horseradish
Thyme
Vanilla

Fruits

Apricots
Pineapples
Bananas
Cherries
Lemons
Strawberries

Raspberries
Kiwis
Nectarines
Oranges
Watermelon
Apple
Grapes / raisins

Meats

Lamb
Beef
Turkey
Pork
Chicken

Fish and shellfish

Cod
Crayfish
Lobster
Pollock
Salmon
Redfish
Tuna

Milk products

Sheep: milk and cheese
Goat: milk and cheese
Rennet cheese (from cow)
Milk (cow)
Curd / fermented milk
products (from cow)

Eggs

Egg white (hen's egg)
Egg yolk (hen's egg)

Salads

Lettuce
Lamb's lettuce

Mushrooms

Mushrooms
Oyster mushrooms

Natural sweeteners

Honey (blended)
Cane sugar

Yeasts

Yeast (brewer's, baker's)

Tea, coffee and tannin

Coffee
Peppermint
Tea

Food additives

Guar flour/gum (E412)

Specific

Black aspergillus



Nutritol²⁸⁷ - Puce FOX®

IgG food panel
List of foods

Cereals & Seeds

Amaranth
Barley
Buckwheat
Chickpea
Corn
Durum
Einkorn
Emmer
Gluten
Hempseed
Lineseed
Lupine seed
Malt (barley)
Millet
Oat
Polish wheat
Poppy seed
Pumpkin seed
Quinoa
Rapeseed
Rice
Rye
Sesame
Spelt
Sunflower
Wheat
Wheat bran
Wheat gliadin
Wheatgrass

Coffee & Tea

Chamomile
Cocoa
Coffee
Hibiscus
Jasmine
Moringa
Peppermint
Tea, black
Tea, green

Edible Mushrooms

Boletus
Chanterelle
Enoki
French horn mushroom
Oyster mushroom
White Mushroom

Egg & Milk

Buffalo's milk
Buttermilk
Camel's milk
Camembert
Cottage cheese
Cow's milk
Egg white
Egg yolk
Emmental
Goat cheese
Goat's milk
Gouda
Mozzarella
Parmesan
Quail egg
Sheep cheese
Sheep's milk

Fish & Seafood

Abalone
Atlantic cod
Atlantic herring
Atlantic redfish
Carp
Caviar
Cockle
Common mussel
Crab
Eel
European anchovy
European pilchard
European plaice

Gilt-head bream
Haddock
Hake
Lobster
Mackerel
Monkfish
Noble crayfish
Northern pike
Northern prawn
Octopus
Oyster
Razor shell
Salmon
Scallop
Sepia
Shrimp mix
Sole
Squid
Swordfish
Thornback Ray
Trout
Tuna
Turbot
Venus clam

Fruits

Apple
Apricot
Banana
Blackberry
Blueberry
Cherry
Cranberry
Date
Elderberry
Fig
Gooseberry
Grape
Grapefruit
Kiwi
Lemon

Lime
Lychee
Mango
Melon
Mulberry
Nectarine
Orange
Papaya
Passion fruit
Peach
Pear
Physalis
Pineapple
Plum
Pomegranate
Raisin
Raspberry
Red currant
Strawberry
Tangerine
Watermelon

Legumes

Green bean
Lentil
Mung bean
Pea
Peanut
Soy
Sugar pea
Tamarind
White bean

Meat

Beef
Boar
Chicken
Duck
Goat
Horse
Lamb



Nutritol²⁸⁷- Puce FOX®

IgG food panel
List of foods

Ostrich
Pork
Rabbit
Stag
Turkey
Veal
Venison

Novel Foods

Almond milk
Aloe
Aronia
Baobab
Chia seed
Chlorella
Dandelion root
Ginkgo
Ginseng
Greater burdock root
Guarana
House cricket
Maca root
Mealworm
Migratory locust
Nori
Safflower oil
Spirulina
Tapioca
Wakame
Yacón root

Nuts

Almond
Brazil nut
Cashew
Coconut
Coconut milk

Hazelnut
Kola nut
Macadamia
Pecan nut
Pine nut
Pistachio
Sweet chestnut
Tigernut
Walnut

Spices

Anise
Basil
Bay leaf
Caraway
Cardamom
Cayenne pepper
Chili (red)
Cinnamon
Clove
Coriander
Cumin
Curry
Dill
Fenugreek
Ginger
Juniper berry
Lemongrass
Majoram
Mint
Mustard
Nutmeg
Oregano
Paprika
Parsely
Pepper (black/white/green/
red/yellow)

Rosemary
Sage
Tarragon
Thyme
Turmeric
Vanilla

Vegetables

Artichoke
Arugula
Avocado
Bamboo sprouts
Broccoli
Brussels sprouts
Cabbage
Caper
Carrot
Cauliflower
Celery_Bulb
Celery_Stalk
Chard
Chicory
Chinese cabbage
Chives
Cucumber
Eggplant
Endive
Fennel (bulb)
Garlic
Green cabbage
Horseradish
Kiwano
Kohlrabi
Lamb's lettuce
Leek
Nettle leaves

Olive
Onion
Parsnip
Pok-Choi
Potato
Pumpkin_Butternut
Pumpkin_Hokkaido
Radicchio
Radish
Red beet
Red cabbage
Romanesco
Savoy
Shallot
Spinach
Sweet potato
Tomato
Turnip
Watercress
White Asparagus
White cabbage
Wild garlic
Zucchini

Other

Agar Agar
Aspergillus niger
Baker's yeast
Brewer's yeast
Elderflower
Honey
Hops
M-Transglutaminase, meat
glue
Cane sugar
Cross-reactive Carbohydrate
Determinants