***Hair Intolerance Testing – List of Items Tested***

**Egg:** Whole hen Egg

**Dairy products:** Cheese, milk cream, plain yoghurt, ricotta cheese, butter, feta cheese, lactose, casein

**Other milks:** Goats milk, goats feta, rice milk, soy milk

**Grains:** Wheat, oats, rye, barley, rice, maize, buckwheat, basmati rice, brown rice, short grain white rice, chickpeas, quinoa, red lentils, brown lentils, split peas, spelt, tapioca

**Soy:** milk and tofu and oil, soy sauce, tamari

**Fruits**: Apples, apricot, avocado, banana, feijoa, grapefruit, grapes, kiwifruit, lemon, mandarin nectarine, orange, pawpaw, peach, pear, pineapple, plum, prunes, raspberry, strawberry, tangelo, tamarillo, watermelon, boysenberry, black currant, gold kiwifruit,

**Dried fruits:** apricot, currants, dates, apple, raisins, sultanas, papaya**,** prune, cranberry, pineapple

**Vegetables** alfalfa, asparagus, Beetroot, zucchini, green bean, broccoli, cabbage, capsicum, carrot(cooked and raw), sweetcorn, cucumber, eggplant, garlic, kumara, lettuce, mushroom, mung bean, winter mint, peppermint, spearmint, onion, peas, potato, pumpkin, parsley, tomato.

**Nuts and Seeds:** Brazil, Peanuts, almonds, pinenut, hazelnut, coconut, cashew, linseed, pumpkin seeds, sesame seeds, sunflower seeds, chia seeds.

**Oils:** canola, cod-liver, flaxseed, margarine, olive, sunflower, soya, coconut, oliviani

**Meats:** Bacon, beef, chicken, lamb, pork, ham, turkey, venison.

**Fish:** hoki, sardines, snapper, salmon (fresh and tinned) tuna **Shellfish**: mussel, prawns, scallop

**Sugars:** Honey, white sugar, brown sugar, chocolate, demerara, golden syrup, stevia, coconut sugar, allulose,

**Yeasts:** Baker’s yeast, brewer’s yeast, vegemite, marmite, kombucha

**Condiments:** cayenne, chili, cinnamon, cloves, curry, ginger, nutmeg, turmeric, vinegar – malt, white and balsamic, baking powder and baking soda, raw cacao powder, cocoa powder

**Drinks:** Coffee, black tea, green tea, coke, alcohol (cider, beer, wine red and white. Most spirits) milo, carob, cocoa, De Caffe coffee

**Additives:** MSG No 621, food colorings yellow, red, blue, green, aspartame, sulphites and nitrates

**Pollens**: mixed grass, privet, pine, mixed pollens, wattle

**Animal Hair/Fibre:** Cat fur, dog hair, horse hair, wool, feathers, deer hair

**Dust:** House dust, dust mite, dry rot **Heavy Metals:** lead, mercury, aluminum, cigarette smoke,

**Chemicals:** Petrol, cigarette, salicylic acid, Pyrethrum, diesel, aftershaves and perfumes, chlorine, roundup, fly spray, jiff,

**Miscellaneous**: mixed mould, bacteria, (Staph, Strep) *Candida albicans*, Mixed Candidia strains, Giardia and campylobacter. Latex rubber, Persil laundry powder, eco store powder and liquid, sunlight dishwashing and soap, Palmolive hand wash and dish wash liquid.