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- This functional health assessment will offer guidance in identifying food intolerances rather than true allergies (immune system response).
- Intolerances are temporary and can be influenced by diet, stress, hormones, & more.
- The food results are not meant to be your forever diet, but rather to offer guidance in identifying potential triggers that may be causing physical symptoms.



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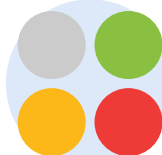
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Results are valid only for the sample analyzed.*

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HOW TO READ YOUR RESULTS



REVIEW YOUR RESULTS



ACTIONS TO TAKE



RETEST IN 6 MONTHS



How To Read Your Results



Intolerances



Grey:

No significant intolerance was detected. These items are not expected to cause discomfort or an adverse reaction. There is no need for avoidance.



Green: (Level 1)

Mild intolerance was detected. Any symptoms are unlikely to be noticeable. Consume these foods in rotation and moderation.



Yellow: (Level 2)

Moderate intolerance was detected. Symptoms may be starting to affect day to day life, indicating a more noticeable symptom. It is recommended to avoid these foods during your elimination period.



Red: (Level 3)

Severe intolerance was detected. Symptoms may have already physically manifested and require immediate attention. It is recommended to avoid these food items for 6-8 weeks.

Food

--	●	WZGZ	Acidity Regulator - E 330 Citric acid	LEVEL 1	●	JUAW	Acidity Regulator - E 507 Hydrochloric Acid
--	●	BA2Y	Acidity Regulator - E 331 Monosodium Citrate	LEVEL 2	●	49ZE	Acidity Regulator - E 509 Calcium Chloride
--	●	AKUS	Acidity Regulator - E 332 Monopotassium Citrate	--	●	GYZX	Acidity Regulator - E 511 Magnesium Chloride
LEVEL 2	●	QJYP	Acidity Regulator - E 333 Monocalcium Citrate	LEVEL 1	●	3S2B	Acidity Regulator - E 513 Sulphuric Acid
--	●	J53G	Acidity Regulator - E 334 Tartaric acid	--	●	CNMD	Acidity Regulator - E 521 Aluminium Sodium Sulphate
LEVEL 2	●	AZMS	Acidity Regulator - E 335 Monosodium tartrate	LEVEL 1	●	EAMY	Acidity Regulator - E 524 Sodium Hydroxide
LEVEL 1	●	KK77	Acidity Regulator - E 336 Monopotassium tartrate	LEVEL 3	●	BHDT	Acidity Regulator - E 525 Potassium Hydroxide
LEVEL 3	●	TN7R	Acidity Regulator - E 337 Sodium Potassium Tartrate	LEVEL 2	●	6ZG2	Acidity Regulator - E 526 Calcium Hydroxide
--	●	NG9A	Acidity Regulator - E 338 Orthophosphoric Acid	--	●	2DMQ	Acidity Regulator - E 530 Magnesium Oxide
LEVEL 2	●	U95X	Acidity Regulator - E 339 Monosodium Phosphate	LEVEL 2	●	DGVP	Acidity Regulator - E 574 Gluconic Acid
LEVEL 3	●	P89X	Acidity Regulator - E 340 Monopotassium Phosphate	--	●	7P5N	Acidity Regulator - E 577 Potassium Gluconate
--	●	QDXY	Acidity Regulator - E 341 Monocalcium Phosphate	LEVEL 3	●	G45T	Acidity Regulator - E 585 Iron II-lactate
--	●	Y92Y	Acidity Regulator - E 350 Sodium Malate	--	●	H42D	Anti-caking Agent - E 535 Sodium Ferrocyanide
--	●	KQH2	Acidity Regulator - E 353 Metataric Acid	LEVEL 3	●	7DSD	Anti-caking Agent - E 552 Calcium Silicate
LEVEL 2	●	KJHF	Acidity Regulator - E 354 Calcium Tartrate	LEVEL 2	●	G8WT	Anti-caking Agent - E 555 Aluminium Potassium Silicate
LEVEL 3	●	3TAA	Acidity Regulator - E 356 Sodium Adipate	--	●	2TU6	Anti-caking Agent - E 556 Aluminium Calcium Silicate
LEVEL 3	●	JE6M	Acidity Regulator - E 357 Potassium Adipate	--	●	J4G2	Anti-caking Agent - E 558 Bentonite
--	●	AVT4	Acidity Regulator - E 363 Succinic Acid	LEVEL 1	●	3RJ6	Anti-caking Agent - E 570 Stearic Acid
LEVEL 2	●	5YYF	Acidity Regulator - E 380 Triammonium Citrate	LEVEL 2	●	WKEM	Anti-caking Agent - E 578 Calcium Gluconate
--	●	JV48	Acidity Regulator - E 500 Sodium Carbonate	--	●	362V	Antioxidant - E 300 Ascorbic Acid (Vitamin C)
LEVEL 3	●	98K4	Acidity Regulator - E 501 Potassium Carbonate	--	●	3KP7	Antioxidant - E 301 Sodium L-ascorbate
--	●	8YDK	Acidity Regulator - E 503 Ammonium Carbonate	LEVEL 2	●	VJJ2	Antioxidant - E 302 Calcium L-ascorbate

Food

LEVEL 3	●	W8NN	Antioxidant - E 304 Ascorbyl Palmitate/ Ascorbyl Stearate	--	●	Y8Y8	Beverage - Milk (hemp)
--	●	JP4Z	Antioxidant - E 306 Natural Tocopherols (Vitamin E)	--	●	49G6	Beverage - Milk (oat)
LEVEL 3	●	K6WK	Antioxidant - E 307 Synthetic Alpha-Tocopherol	LEVEL 2	●	U32E	Beverage - Milk (rice)
--	●	5E6R	Antioxidant - E 309 Synthetic Delta-Tocopherol	--	●	N474	Beverage - Milk (soy)
LEVEL 1	●	HAQ6	Antioxidant - E 310 Propyl Gallate	--	●	THA7	Beverage - Orange Juice
LEVEL 2	●	PWXE	Antioxidant - E 311 Octyl Gallate	LEVEL 3	●	TFRU	Beverage - Pineapple Juice
LEVEL 1	●	TSHT	Antioxidant - E 312 Dodecyl Gallate	LEVEL 3	●	8QPY	Beverage - Pomegranate Juice
LEVEL 2	●	763H	Antioxidant - E 315 Isoascorbic Acid	--	●	XSK6	Beverage - Rum
LEVEL 2	●	KUSS	Antioxidant - E 316 Sodium Isoascorbate	LEVEL 3	●	3RZN	Beverage - Tea (black)
--	●	EK3C	Antioxidant - E 320 Butylated Hydroxyanisole (BHA)	LEVEL 3	●	XZYT	Beverage - Tea (chamomile)
LEVEL 2	●	QDSG	Antioxidant - E 321 Butylated Hydroxytoluene	LEVEL 2	●	RZHZ	Beverage - Tea (earl grey)
LEVEL 2	●	KJRB	Antioxidant - E 512 Tin II Chloride	--	●	BZ97	Beverage - Tea (green)
LEVEL 2	●	HECN	Beverage - Apple Juice	LEVEL 1	●	SSQ5	Beverage - Tea (jasmine)
LEVEL 1	●	QCEE	Beverage - Beer	--	●	47V9	Beverage - Tea (oolong)
LEVEL 3	●	4XFP	Beverage - Coffee (black)	--	●	KK7B	Beverage - Tea (rooibos)
--	●	7HN6	Beverage - Cola	--	●	6WFC	Beverage - Tea (yerba mate)
--	●	7HJM	Beverage - Cranberry Juice	LEVEL 3	●	UTRF	Beverage - Tequila
LEVEL 2	●	24RX	Beverage - Gin	--	●	38VK	Beverage - Vodka
LEVEL 1	●	UE9G	Beverage - Kombucha	--	●	BREP	Beverage - Whisky
LEVEL 1	●	QNXU	Beverage - Milk (almond)	LEVEL 2	●	933B	Beverage - Wine (red)
--	●	JSCD	Beverage - Milk (cashew)	LEVEL 2	●	X9RA	Beverage - Wine (white)
--	●	7RFY	Beverage - Milk (coconut)	LEVEL 2	●	55TH	Bread Enhancer - E 927 Carbanide

Food

LEVEL 1	●	PCCM	Coagulating Agent - E 520 Aluminium Sulphate	LEVEL 1	●	TZDY	Dairy - Cheese (ricotta)
LEVEL 1	●	64MM	Coating - E 901 Bees Wax, White and Yellow	LEVEL 1	●	3CK3	Dairy - Cheese (swiss)
LEVEL 2	●	AJVB	Coating - E 902 Candelilla Wax	--	●	2NKX	Dairy - Cream
--	●	NF79	Coating - E 904 Shellac	LEVEL 3	●	26RC	Dairy - Cream Cheese
LEVEL 3	●	C9EK	Coating - E 912 Montanic Acid Ester	LEVEL 2	●	3RFX	Dairy - Kefir
--	●	JSZN	Dairy - Buttermilk	LEVEL 2	●	FRS5	Dairy - Milk (boiled)
--	●	BRJH	Dairy - Cheese (blue)	LEVEL 3	●	XGR9	Dairy - Milk (condensed)
LEVEL 1	●	HGQP	Dairy - Cheese (brie)	--	●	T8E8	Dairy - Milk (cow)
LEVEL 2	●	BW8F	Dairy - Cheese (camembert)	LEVEL 1	●	CBSN	Dairy - Milk (evaporated)
--	●	UZS8	Dairy - Cheese (cheddar)	LEVEL 2	●	CYYM	Dairy - Milk (goat)
LEVEL 2	●	Q4B8	Dairy - Cheese (colby)	--	●	WBYA	Dairy - Milk (sheep)
LEVEL 2	●	NWSE	Dairy - Cheese (cottage)	LEVEL 3	●	8K8R	Dairy - Sour Cream
--	●	E3MK	Dairy - Cheese (feta)	LEVEL 1	●	KVSD	Dairy - Yogurt (plain Greek)
LEVEL 3	●	Q7TQ	Dairy - Cheese (goat)	--	●	EDJW	Dairy - Yogurt (plain)
LEVEL 3	●	92EN	Dairy - Cheese (gouda)	LEVEL 1	●	FKJ9	Emulsifier - E 322 Lecithins
LEVEL 2	●	XEJG	Dairy - Cheese (gruyere)	--	●	APNP	Emulsifier - E 432 Polyoxyethylene-sorbitan-monolaurate
LEVEL 2	●	4BMT	Dairy - Cheese (havarti)	--	●	KK4Z	Emulsifier - E 434 Polyoxyethylene-sorbitan-monopalmitate
--	●	QJYS	Dairy - Cheese (mozzarella)	LEVEL 2	●	T8XZ	Emulsifier - E 435 Polyoxyethylene-sorbitan-monostearate
LEVEL 2	●	PS7P	Dairy - Cheese (muenster)	LEVEL 2	●	SAYY	Emulsifier - E 436 Polyoxethylene-sorbitan-tristearate
LEVEL 2	●	VR6B	Dairy - Cheese (parmesan)	--	●	CC5B	Emulsifier - E 442 Ammonium Phosphatides
LEVEL 3	●	UAB5	Dairy - Cheese (pepper jack)	LEVEL 1	●	VDYC	Emulsifier - E 444 Sucrose-acetate-isobutyrate
LEVEL 3	●	NFVA	Dairy - Cheese (provolone)	LEVEL 1	●	M8WB	Emulsifier - E 450 Diphosphate, Phosphate

Food

LEVEL 3	●	UA87	Emulsifier - E 451 Triphosphate, Phosphate	--	●	RS26	Emulsifier - E 494 Sorbitan Mono-oleate
--	●	W53R	Emulsifier - E 452 Polyphosphate	--	●	YAM7	Emulsifier - E 495 Sorbitan Monopalmitate
LEVEL 2	●	PBP9	Emulsifier - E 470 a Sodium	LEVEL 2	●	T9HH	Emulsifier - E 541 Sodium Aluminium Phosphate
--	●	KGUF	Emulsifier - E 470 b Magnesium Salts of Edible Fatty Acids	LEVEL 1	●	JAWZ	Fat - Avocado Oil
LEVEL 1	●	T6HK	Emulsifier - E 471 Mono- and Diglyceride	LEVEL 3	●	MRMX	Fat - Butter
LEVEL 1	●	MG2X	Emulsifier - E 472 a Acetic Acid Esters	--	●	SBQY	Fat - Canola Oil
LEVEL 3	●	9EX3	Emulsifier - E 472 b Lactic Acid Esters	LEVEL 1	●	Q9Y2	Fat - Coconut Oil
LEVEL 2	●	SUQC	Emulsifier - E 472 c Citric Acid Esters	LEVEL 1	●	2XSW	Fat - Cod Liver Oil
--	●	46BN	Emulsifier - E 472 d Tartaric Acid Esters	LEVEL 2	●	46T6	Fat - Corn Oil
--	●	XWYU	Emulsifier - E 472 e Mono and Diacetyltartaric Acid Esters	LEVEL 1	●	84QP	Fat - Cottonseed Oil
LEVEL 1	●	4SHP	Emulsifier - E 472 f Mixed Acetic and Tartaric Acid Esters	--	●	S72R	Fat - Flaxseed Oil
LEVEL 2	●	H44C	Emulsifier - E 473 Sucrose Esters	--	●	JDV3	Fat - Ghee
LEVEL 3	●	38VZ	Emulsifier - E 474 Sucroglycerides	LEVEL 3	●	GW8Q	Fat - Grapeseed Oil
LEVEL 3	●	RNXH	Emulsifier - E 475 Polyglycerol Esters of Fatty Acids	LEVEL 3	●	ARZW	Fat - Hemp Seed Oil
LEVEL 2	●	D2ZT	Emulsifier - E 476 Polyglycerol Polyricinoleate	LEVEL 3	●	9TSW	Fat - Olive Oil
LEVEL 3	●	BZJD	Emulsifier - E 477 Propane	LEVEL 3	●	X8J5	Fat - Palm Kernel Oil
--	●	KGR9	Emulsifier - E 479 Thermo-oxidised Soya Oil	--	●	WRFA	Fat - Palm Oil
LEVEL 1	●	37ZT	Emulsifier - E 481 Sodium Stearoyl	LEVEL 3	●	TCSA	Fat - Peanut Oil
--	●	QUAY	Emulsifier - E 482 Calcium Stearoyl	LEVEL 3	●	SSTP	Fat - Peppermint Oil
LEVEL 2	●	Y8CX	Emulsifier - E 483 Stearyl Tartrate	--	●	9J2B	Fat - Pumpkin Seed Oil
LEVEL 1	●	9RHT	Emulsifier - E 492 Sorbitan Tristearate	--	●	6FXV	Fat - Sesame Oil
LEVEL 2	●	64NA	Emulsifier - E 493 Sorbitan Monolaurate	--	●	4GTF	Fat - Soybean Oil

Food

LEVEL 1	●	SPDZ	Fat - Sunflower Oil	LEVEL 1	●	A5Q9	Food Dye - E 104 Quinoline Yellow
LEVEL 1	●	PTGN	Fat - Vegetable Oil	LEVEL 2	●	VQES	Food Dye - E 110 Sunset Yellow FCF
--	●	TU3T	Flavor Enhancer - E 620 Glutamic Acid	LEVEL 2	●	WMFK	Food Dye - E 120 Cochineal, Carminic Acid
--	●	9B83	Flavor Enhancer - E 621 Monosodium Glutamate	LEVEL 3	●	EVUZ	Food Dye - E 122 Carmoisine
LEVEL 2	●	CXF7	Flavor Enhancer - E 622 Monopotassium Glutamate	--	●	7NWJ	Food Dye - E 123 Amaranth
--	●	UC7A	Flavor Enhancer - E 623 Calcium Diglutamate	--	●	6ZQ9	Food Dye - E 124 Poceau 4R
LEVEL 3	●	SW48	Flavor Enhancer - E 624 Monoammonium Glutamate	LEVEL 3	●	YX6P	Food Dye - E 127 Erythrosine
LEVEL 1	●	QZW9	Flavor Enhancer - E 625 Magnesium Diglutamate	LEVEL 2	●	R7T5	Food Dye - E 128 Rot 2 G
--	●	E7TA	Flavor Enhancer - E 626 Guanylic Acid	--	●	ZUGE	Food Dye - E 129 Allura Red AC
LEVEL 3	●	8H2G	Flavor Enhancer - E 627 Disodium Guanylate	LEVEL 3	●	8U5Y	Food Dye - E 131 Patent Blue V
--	●	8UDS	Flavor Enhancer - E 628 Dipotassium Guanylate	LEVEL 1	●	Y76M	Food Dye - E 132 Indigo Carmine
--	●	WMRX	Flavor Enhancer - E 629 Calcium Guanylate	LEVEL 1	●	6CBF	Food Dye - E 133 Brilliant Blue FCF
LEVEL 3	●	R9M6	Flavor Enhancer - E 630 Insinic Acid	LEVEL 2	●	X93P	Food Dye - E 140 Chlorophylls and Chlorophyllins
--	●	Y9GM	Flavor Enhancer - E 631 Disodium Ionisate	LEVEL 1	●	EU77	Food Dye - E 141 Chlorophylls (CU Complexes)
LEVEL 1	●	JUE5	Flavor Enhancer - E 632 Dipotassium Ionisate	--	●	MF9E	Food Dye - E 142 Green S
LEVEL 1	●	892Y	Flavor Enhancer - E 633 Dicalcium Ionisate	LEVEL 1	●	2NNN	Food Dye - E 150 a Caramel
LEVEL 1	●	NNU4	Flavor Enhancer - E 634 Calcium 5-ribonucleotide	LEVEL 3	●	3E2X	Food Dye - E 150 b Sulphite Lye Caramel
--	●	A9X5	Flavor Enhancer - E 635 Disodium 5-ribonucleotide	--	●	2NZ7	Food Dye - E 150 d Ammonium Sulphite Caramel
--	●	BPCT	Flavor Enhancer - E 640 Glycine and its Sodium Salts	LEVEL 2	●	2SJ9	Food Dye - E 151 Brilliant Black BN. Black PN
--	●	JURE	Food Dye - E 100 Curcumin	--	●	JFSH	Food Dye - E 153 Vegetable Carbon
--	●	UPC6	Food Dye - E 101 Riboflavin	LEVEL 1	●	WD2W	Food Dye - E 154 Brown FK
--	●	UED8	Food Dye - E 102 Tartrazine	LEVEL 2	●	VFSK	Food Dye - E 160 a Carotene

Food

LEVEL 2	●	N743	Food Dye - E 160 c Capsanthin, Capsorubin	--	●	KU96	Fruit - Apple (red delicious)
--	●	SMD5	Food Dye - E 161 b Lutein	--	●	KYEH	Fruit - Apricots
LEVEL 1	●	3DQ8	Food Dye - E 161 g Canthaxanthin	--	●	QQRD	Fruit - Avocado
--	●	25J2	Food Dye - E 162 Beetroot Red (betanin)	--	●	NC9W	Fruit - Bananas
--	●	A6UY	Food Dye - E 163 Anthocyanins	LEVEL 2	●	B7BT	Fruit - Blackberries
LEVEL 2	●	2R99	Food Dye - E 170 Calcium Carbonate	--	●	5A9J	Fruit - Blueberries
--	●	CYNY	Food Dye - E 171 Titanium Dioxide	LEVEL 3	●	CNSY	Fruit - Cantaloupe
LEVEL 1	●	NW9J	Food Dye - E 172 Iron Oxides, Iron Hydroxides	LEVEL 3	●	NY6K	Fruit - Carambola
LEVEL 1	●	VSGS	Food Dye - E 173 Aluminium	LEVEL 2	●	V44W	Fruit - Cherries
LEVEL 1	●	GN4K	Food Dye - E 174 Silver	LEVEL 3	●	EYH6	Fruit - Coconut
LEVEL 3	●	XKN6	Food Dye - E 175 Gold	LEVEL 3	●	5FRC	Fruit - Cranberries
LEVEL 2	●	WB2X	Food Dye - E 180 Lithol Rubine	--	●	4JM3	Fruit - Dates
--	●	4ZAD	Fruit - Acai Berry	LEVEL 1	●	SCDR	Fruit - Figs
--	●	SA6C	Fruit - Apple (cortland)	--	●	2A6B	Fruit - Goji Berries
LEVEL 1	●	ZTMP	Fruit - Apple (fuji)	LEVEL 2	●	PMJE	Fruit - Grapefruit (pink)
LEVEL 3	●	YMUT	Fruit - Apple (gala)	LEVEL 2	●	VC44	Fruit - Grapefruit (white)
--	●	XAP9	Fruit - Apple (golden delicious)	--	●	RKSN	Fruit - Grapes (red)
--	●	N3RC	Fruit - Apple (granny smith)	--	●	GD54	Fruit - Grapes (white)
--	●	2KK7	Fruit - Apple (honey crisp)	--	●	EGU6	Fruit - Guava
--	●	TFPY	Fruit - Apple (jazz)	LEVEL 3	●	MG9H	Fruit - Honeydew Melon
LEVEL 1	●	R8D7	Fruit - Apple (mcintosh)	--	●	XNVM	Fruit - Kiwis
--	●	MPFT	Fruit - Apple (pink lady)	LEVEL 3	●	EBRK	Fruit - Lemons

Food

LEVEL 1	●	DNGK	Fruit - Lime	LEVEL 3	●	3VVB	Fruit - Tomatoes (cooked)
--	●	D4NN	Fruit - Mango	LEVEL 3	●	GKWZ	Fruit - Tomatoes (raw)
LEVEL 3	●	R5WX	Fruit - Olives (black)	LEVEL 2	●	DPMW	Fruit - Watermelons
LEVEL 2	●	S5AK	Fruit - Olives (green)	LEVEL 2	●	NJCH	Grain - Amaranth
LEVEL 2	●	RQN4	Fruit - Oranges (blood)	LEVEL 1	●	27DP	Grain - Barley
--	●	CEGP	Fruit - Oranges (clementine)	LEVEL 2	●	KACT	Grain - Buckwheat
--	●	6U3H	Fruit - Oranges (mandarin)	LEVEL 1	●	F82X	Grain - Bulgur Wheat
--	●	MZAV	Fruit - Oranges (navel)	--	●	J9T2	Grain - Cassava Flour
LEVEL 3	●	E2ED	Fruit - Oranges (tangerines)	LEVEL 3	●	DDJX	Grain - Corn Flour (maize)
LEVEL 1	●	RMPA	Fruit - Oranges (valencia)	LEVEL 1	●	U4D3	Grain - Couscous
LEVEL 3	●	2YSU	Fruit - Papaya	--	●	G69X	Grain - Farro
LEVEL 2	●	B7UD	Fruit - Peaches	LEVEL 3	●	UKQW	Grain - Flaxseed
--	●	UU4K	Fruit - Pears	--	●	2JVE	Grain - Freekeh
--	●	24NJ	Fruit - Pineapples	LEVEL 3	●	TVTU	Grain - Millet
LEVEL 1	●	JSDG	Fruit - Plantain	--	●	YJHS	Grain - Oat
LEVEL 3	●	EPYK	Fruit - Plums	LEVEL 3	●	8JSW	Grain - Quinoa
LEVEL 1	●	CB3T	Fruit - Pomegranates	LEVEL 2	●	RKBQ	Grain - Rice (brown)
--	●	85UG	Fruit - Prunes	--	●	MBS7	Grain - Rice (white)
LEVEL 1	●	F49C	Fruit - Raisins	--	●	JTQ4	Grain - Rice (wild)
LEVEL 1	●	5CQD	Fruit - Raspberries	LEVEL 1	●	D89M	Grain - Rye
LEVEL 3	●	SV9B	Fruit - Strawberries	--	●	CMWH	Grain - Sorghum
LEVEL 3	●	QEZG	Fruit - Tomatillo	LEVEL 1	●	6J82	Grain - Spelt

Food

--	●	VMF5	Grain - Teff	LEVEL 3	●	HJJK	Misc - Vanilla
--	●	SZWJ	Grain - Triticale	--	●	HG2M	Misc - Vinegar (apple cider)
--	●	FW9M	Grain - Wheat	--	●	M3TA	Misc - Vinegar (clear)
LEVEL 3	●	KVKE	Grain - Wheat Berry	LEVEL 1	●	SR5B	Misc - Vinegar (malt)
--	●	V7XR	Humectant - E 1518 Glycerine Triacetate (triacetin)	LEVEL 3	●	QD56	Misc - Wakame
LEVEL 3	●	7ZPF	Misc - Arrowroot	LEVEL 2	●	DQ4M	Modified Starch - E 1404 Oxidierte Starch
LEVEL 3	●	73SY	Misc - Carob	LEVEL 2	●	HTBV	Modified Starch - E 1410 Monostarch Phosphate
--	●	ZQJU	Misc - Chlorella	LEVEL 1	●	JKV7	Modified Starch - E 1412 Di-starch Phosphate
LEVEL 2	●	QRBV	Misc - Chlorophyll	--	●	FDBD	Modified Starch - E 1413 Phosphatised Di-starch P.
--	●	QVNT	Misc - Chocolate (dark)	LEVEL 2	●	YV5N	Modified Starch - E 1414 Acetylised Di-starch Phosphate
LEVEL 2	●	GGAZ	Misc - Chocolate (milk)	LEVEL 3	●	7VY8	Modified Starch - E 1420 Acetylised Starch
--	●	DQSS	Misc - Chocolate (white)	LEVEL 2	●	EYU3	Modified Starch - E 1440 Hydroxypropyl Starch
LEVEL 2	●	ENBW	Misc - Gelatin	LEVEL 1	●	89JV	Modified Starch - E 1442 Hydroxypropyl Di-starch Phosphate
LEVEL 1	●	K8D3	Misc - Hemp	LEVEL 1	●	AX9G	Modified Starch - E 1450 Starch Sodium Ocenylsuccinate
LEVEL 1	●	YEXR	Misc - Kelp	LEVEL 2	●	9WSJ	Nuts - Almond
LEVEL 1	●	SAYZ	Misc - Nori	LEVEL 2	●	C2UE	Nuts - Baru
--	●	22FP	Misc - Nutritional Yeast	LEVEL 2	●	ARGW	Nuts - Brazil Nuts
LEVEL 3	●	BRAY	Misc - Oyster Sauce	LEVEL 2	●	Z66M	Nuts - Cashew Nuts
--	●	PQ9G	Misc - Soy Sauce	LEVEL 1	●	9T8C	Nuts - Chestnuts
LEVEL 1	●	4Z44	Misc - Spirulina	--	●	H297	Nuts - Hazelnuts
LEVEL 2	●	4DF4	Misc - Tahini	--	●	EKKT	Nuts - Hickory
--	●	JAUI	Misc - Tapioca	LEVEL 2	●	XSKQ	Nuts - Macadamia Nuts

Food

--	●	D5BP	Nuts - Peanut Butter	LEVEL 2	●	TCSD	Preservative - E 222 Sodium Hydrogen Sulphite
--	●	CUBP	Nuts - Peanuts	--	●	Y4C2	Preservative - E 223 Sodium Metabisulphite
--	●	MSS3	Nuts - Pecans	LEVEL 3	●	8CGS	Preservative - E 224 Potassium Metabisulphite
LEVEL 3	●	KN6E	Nuts - Pili	--	●	2SZY	Preservative - E 226 Calcium Sulphite
--	●	T6QP	Nuts - Pine Nuts	--	●	UPQ4	Preservative - E 227 Calcium Hydrogen Sulphite
--	●	2T5M	Nuts - Pistachio	LEVEL 2	●	4942	Preservative - E 234 Nisin
LEVEL 1	●	EEQU	Nuts - Poppy Seeds	--	●	YW8W	Preservative - E 239 Hexamethylene-tetramine
--	●	9AGD	Nuts - Sunflower Seeds	--	●	DQ47	Preservative - E 242 Dimethyl Dicarbonate
LEVEL 3	●	A3RK	Nuts - Walnuts	--	●	J83Q	Preservative - E 249 Potassium Nitrite
LEVEL 3	●	QTJB	Preservative - E 1105 Lysozyme	--	●	KNYK	Preservative - E 250 Sodium Nitrite
LEVEL 2	●	4JDJ	Preservative - E 200 Sorbic Acid	--	●	AFPT	Preservative - E 252 Potassium Nitrate
LEVEL 1	●	N3G3	Preservative - E 203 Calcium Corbat	LEVEL 3	●	XEN8	Preservative - E 261 Potassium Acetate
--	●	MY85	Preservative - E 210 Benzoic Acid	LEVEL 3	●	8M64	Preservative - E 262 Sodium Acetate
LEVEL 3	●	T54C	Preservative - E 211 Sodium Benzoate	--	●	D48C	Preservative - E 270 Lactic Acid
LEVEL 1	●	VRC2	Preservative - E 213 Calcium Benzoate, Benzoic Acid	--	●	5Y8K	Preservative - E 280 Propionic Acid
LEVEL 1	●	K84S	Preservative - E 214 Ethyl-para-hydroxybenzoate	--	●	6KVQ	Preservative - E 281 Sodium Propionate
LEVEL 3	●	3KAA	Preservative - E 215 Sodium Ethyl-para-hydroxybenzoate	LEVEL 1	●	WDG9	Preservative - E 282 Calcium Propionate
LEVEL 1	●	KVWC	Preservative - E 217 Sodiumpropyl-para-hydroxybenzoate	LEVEL 3	●	6TT6	Preservative - E 283 Potassium Propionate
--	●	UP9Y	Preservative - E 218 Methyl-para-hydroxybenzoate	LEVEL 1	●	VU9A	Preservative - E 296 Malic Acid
LEVEL 1	●	NT2P	Preservative - E 219 Sodium Methyl-para-hydroxybenzoate	--	●	6ZCW	Preservative - E 297 Fumaric Acid
LEVEL 2	●	32TB	Preservative - E 220 Sulphur Dioxide	LEVEL 3	●	6ZHW	Preservative - E 325 Sodium Lactate
--	●	7AMS	Preservative - E 221 Sodium Sulphite	LEVEL 1	●	GZB7	Preservative - E 326 Potassium Lactate

Food

LEVEL 3	●	64HJ	Preservative - E 327 Calcium Lactate	LEVEL 1	●	A3NX	Protein - Seitan
LEVEL 1	●	EJNZ	Protein - Bacon	LEVEL 2	●	M2TV	Protein - Soy
--	●	G26Q	Protein - Beef	--	●	GY9B	Protein - Tempeh
LEVEL 2	●	JRSN	Protein - Beef Bone Broth	--	●	39XA	Protein - Textured Vegetable Protein
--	●	JH4A	Protein - Beef Jerky	LEVEL 2	●	SWEM	Protein - Tofu
LEVEL 3	●	225S	Protein - Bison	LEVEL 3	●	NPAR	Protein - Turkey
--	●	ZD8X	Protein - Chicken	--	●	KQ4T	Protein - Veal
--	●	MPCB	Protein - Chicken Bone Broth	--	●	DR9P	Protein - Venison
LEVEL 1	●	3RMM	Protein - Duck	--	●	P9ZF	Salt Substitute - E 508 Potassium Chloride
LEVEL 3	●	BXZN	Protein - Egg White (chicken)	LEVEL 3	●	FV4S	Salt Substitute - E 515 Potassium Sulphate
LEVEL 1	●	4EB2	Protein - Egg White (duck)	--	●	7MKD	Seafood - Anchovy
LEVEL 3	●	58Y5	Protein - Egg Yolk (chicken)	LEVEL 1	●	GD8T	Seafood - Bass
--	●	SX5K	Protein - Egg Yolk (duck)	LEVEL 1	●	PGSG	Seafood - Catfish
--	●	XR2H	Protein - Goat	LEVEL 3	●	92D7	Seafood - Clams
LEVEL 3	●	67XP	Protein - Goose	--	●	25P9	Seafood - Cod
LEVEL 1	●	P38K	Protein - Lamb	LEVEL 1	●	BS2X	Seafood - Crab
--	●	4JFC	Protein - Liver (beef)	--	●	D8PA	Seafood - Crayfish
--	●	4QH7	Protein - Liver (chicken)	LEVEL 1	●	Q2R9	Seafood - Eel
LEVEL 3	●	URZJ	Protein - Pea Protein	LEVEL 2	●	DKGK	Seafood - Flounder
--	●	J557	Protein - Pork	LEVEL 2	●	Y3WK	Seafood - Grouper
--	●	GVWG	Protein - Quorn	--	●	7NJF	Seafood - Haddock
LEVEL 3	●	GZB9	Protein - Rabbit	LEVEL 1	●	QV9V	Seafood - Halibut

Food

--	●	EWWT	Seafood - Herring	LEVEL 3	●	KJ96	Spice - Aniseed
--	●	QQV5	Seafood - Lobster	--	●	7224	Spice - Basil
LEVEL 3	●	NZC2	Seafood - Mackerel	LEVEL 3	●	3Z5X	Spice - Bay Leaf
--	●	RJXC	Seafood - Mahi-mahi	--	●	UFNJ	Spice - Caraway
LEVEL 1	●	HXQC	Seafood - Mussels	--	●	YHM9	Spice - Cardamom
LEVEL 2	●	AAFD	Seafood - Octopus	--	●	SS2M	Spice - Cilantro
LEVEL 2	●	MURF	Seafood - Orange Roughy	LEVEL 1	●	3JH2	Spice - Cinnamon
LEVEL 2	●	87T4	Seafood - Oyster	--	●	ZH7U	Spice - Cloves
--	●	Q236	Seafood - Perch	--	●	D3SP	Spice - Coriander
LEVEL 3	●	Q73F	Seafood - Pollock	LEVEL 3	●	F8BN	Spice - Cress
LEVEL 3	●	XZZ6	Seafood - Prawns	LEVEL 1	●	BWS9	Spice - Cumin
LEVEL 2	●	Q8H2	Seafood - Salmon	--	●	PWHP	Spice - Curry (green)
--	●	VE43	Seafood - Sardine	LEVEL 3	●	85TH	Spice - Curry (red)
LEVEL 3	●	WT5E	Seafood - Scallops	LEVEL 3	●	3BFG	Spice - Curry (yellow)
LEVEL 1	●	YH8Y	Seafood - Shrimp	--	●	JJTC	Spice - Dill
LEVEL 3	●	98X9	Seafood - Snail	LEVEL 1	●	NRZG	Spice - Fennel
--	●	DXWN	Seafood - Snapper	LEVEL 3	●	PK2U	Spice - Ginger
LEVEL 1	●	6MJC	Seafood - Sole	LEVEL 3	●	T5MF	Spice - Mint
LEVEL 1	●	4HMH	Seafood - Swordfish	LEVEL 2	●	SNMX	Spice - Miso
LEVEL 2	●	SCUW	Seafood - Tilapia	--	●	TF9T	Spice - Nutmeg
--	●	WYZ5	Seafood - Trout	--	●	63XS	Spice - Oregano
LEVEL 3	●	8A7Z	Seafood - Tuna	LEVEL 3	●	WA4B	Spice - Paprika

Food

LEVEL 3	●	KP84	Spice - Parsley	LEVEL 2	●	GHEH	Sweetener - Stevia
LEVEL 2	●	Q597	Spice - Pepper (black)	LEVEL 1	●	HX7A	Sweetener - Sugar (brown)
--	●	NZN7	Spice - Pepper (red/ cayenne)	--	●	W785	Sweetener - Sugar (cane)
LEVEL 2	●	73V9	Spice - Pepper (white)	LEVEL 2	●	8P4P	Sweetener - Sugar (white)
LEVEL 2	●	GSBV	Spice - Rosemary	--	●	3Z7R	Sweetener - E 420 Sorbit, Sorbit Syrup
LEVEL 1	●	RSQ8	Spice - Sage	--	●	QV6H	Sweetener - E 421 Mannite
--	●	RPVE	Spice - Salt (pink Himalayan)	LEVEL 3	●	JZP4	Sweetener - E 950 Acesulfame K
LEVEL 3	●	G32W	Spice - Salt (sea)	LEVEL 3	●	E66H	Sweetener - E 951 Aspartame
--	●	NYS5	Spice - Salt (table)	LEVEL 2	●	JNTC	Sweetener - E 952 Cyclamate
--	●	BUAC	Spice - Sesame	--	●	BKGU	Sweetener - E 953 Isomalt
LEVEL 3	●	WSCE	Spice - Thyme	--	●	GFQB	Sweetener - E 954 Saccharin
LEVEL 3	●	7YTP	Spice - Turmeric	--	●	ZM66	Sweetener - E 955 Sucralose
--	●	8RVM	Spice - Wasabi	--	●	JBMM	Sweetener - E 957 Thaumatin
--	●	FE94	Stabilizer - E 1505 Triethyl Citrate	LEVEL 2	●	WN2M	Sweetener - E 959 Neohesperdin DC
LEVEL 1	●	697M	Stabilizer - E 514 Sodium Sulphate	LEVEL 2	●	BVTD	Sweetener - E 965 Maltite, Maltite Syrup
LEVEL 2	●	BYP6	Stabilizer - E 517 Ammonium Sulphate	LEVEL 1	●	KUTB	Sweetener - E 966 Lactite
--	●	HCS8	Stabilizer - E 523 Aluminium Ammonium Sulphate	LEVEL 3	●	GGM5	Sweetener - E 967 Xylitol
--	●	ATN8	Sweetener - Agave	LEVEL 3	●	C2DB	Thickening Agent - E 1200 Polydextrose
LEVEL 1	●	CCF2	Sweetener - Honey	LEVEL 1	●	C59Z	Thickening Agent - E 352 Calcium Malate
--	●	JS4N	Sweetener - Maple Syrup	--	●	M8XY	Thickening Agent - E 401 Sodium Alginate
--	●	VE2Y	Sweetener - Molasses	--	●	ZW5G	Thickening Agent - E 402 Potassium Alginate
LEVEL 2	●	D2W5	Sweetener - Monk Fruit	--	●	4VNT	Thickening Agent - E 403 Ammonium Alginate

Food

--	●	XH7X	Thickening Agent - E 405 Propylene Glycol Alginate	LEVEL 3	●	7CHG	Veg - Beans (broad)
LEVEL 3	●	S6R3	Thickening Agent - E 406 Agar	LEVEL 2	●	5PMB	Veg - Beans (chickpea)
--	●	3PED	Thickening Agent - E 407 a Eucheuma Algae, Treated	LEVEL 2	●	PUUF	Veg - Beans (green)
--	●	83ZE	Thickening Agent - E 407 Carrageenan	--	●	QZPT	Veg - Beans (lima)
--	●	SP97	Thickening Agent - E 410 Locust Bean Gum, Carob Gum	LEVEL 1	●	D5F6	Veg - Beans (pinto)
--	●	UJ3Z	Thickening Agent - E 412 Guar Gum	--	●	FWA3	Veg - Beans (red kidney)
--	●	7ZFJ	Thickening Agent - E 414 Gum Arabic	LEVEL 3	●	WP44	Veg - Beans (white)
LEVEL 2	●	26G8	Thickening Agent - E 415 Xanthan Gum	LEVEL 3	●	D2DZ	Veg - Beets
--	●	ZAYQ	Thickening Agent - E 416 Karaya Gum	LEVEL 1	●	UF3K	Veg - Bell Pepper (green) (cooked)
LEVEL 2	●	RBTP	Thickening Agent - E 417 Tara Meal	--	●	5MNP	Veg - Bell Pepper (green) (raw)
LEVEL 1	●	HWWP	Thickening Agent - E 418 Gellane	--	●	DBKZ	Veg - Bell Pepper (orange) (cooked)
--	●	M8NX	Thickening Agent - E 440 Pectin, Amidated Pectin	LEVEL 1	●	HEFY	Veg - Bell Pepper (orange) (raw)
LEVEL 1	●	Z67Q	Thickening Agent - E 461 Methylcellulose	--	●	BQ9B	Veg - Bell Pepper (red) (cooked)
LEVEL 1	●	UK78	Thickening Agent - E 463 Hydroxypropylcellulose	LEVEL 3	●	KNJQ	Veg - Bell Pepper (red) (raw)
--	●	JTE3	Thickening Agent - E 464 Hydroxypropylmethylcellulose	--	●	K3P9	Veg - Bell Pepper (yellow) (cooked)
LEVEL 1	●	BJ73	Thickening Agent - E 465 Ethylmethylcellulose	LEVEL 3	●	GE6Q	Veg - Bell Pepper (yellow) (raw)
LEVEL 2	●	E29K	Thickening Agent - E 466 Carboxymethylcellulose	--	●	P7XV	Veg - Bok Choy
LEVEL 2	●	UJYT	Veg - Artichoke	--	●	GRYY	Veg - Broccoli (cooked)
LEVEL 2	●	CKXH	Veg - Asparagus	--	●	5U3S	Veg - Broccoli (raw)
LEVEL 2	●	DUTW	Veg - Aubergine (eggplant)	LEVEL 1	●	32YE	Veg - Brussel Sprouts
LEVEL 1	●	MSRS	Veg - Bean Sprouts	LEVEL 1	●	ZYQF	Veg - Cabbage (red) (cooked)
LEVEL 2	●	CNWN	Veg - Beans (black)	--	●	AHPU	Veg - Cabbage (red) (raw)

Food

LEVEL 1	●	R65Z	Veg - Cabbage (white) (cooked)	--	●	YBH7	Veg - Lentils
--	●	QHCQ	Veg - Cabbage (white) (raw)	LEVEL 2	●	5AYJ	Veg - Lettuce (arugula)
LEVEL 3	●	KSZF	Veg - Carrots (cooked)	--	●	YVSK	Veg - Lettuce (butter)
--	●	H4TX	Veg - Carrots (raw)	--	●	GHSD	Veg - Lettuce (chicory)
LEVEL 3	●	KGDM	Veg - Cauliflower (cooked)	LEVEL 3	●	Y96A	Veg - Lettuce (escarole)
LEVEL 2	●	E82X	Veg - Cauliflower (raw)	--	●	8F3T	Veg - Lettuce (green leaf)
LEVEL 1	●	7MBN	Veg - Celery (cooked)	--	●	3U5A	Veg - Lettuce (iceberg)
LEVEL 1	●	SN59	Veg - Celery (raw)	LEVEL 2	●	2XVM	Veg - Lettuce (red leaf)
--	●	PMKZ	Veg - Corn	--	●	QT8M	Veg - Lettuce (romaine)
LEVEL 1	●	YG62	Veg - Cucumber	LEVEL 2	●	J7Q2	Veg - Mushroom (button)
LEVEL 1	●	XSA8	Veg - Edamame	LEVEL 1	●	MUPQ	Veg - Mushroom (chestnut)
LEVEL 2	●	HF62	Veg - Endive	LEVEL 3	●	W938	Veg - Mushroom (lion's mane)
LEVEL 3	●	PE8P	Veg - Garlic (cooked)	LEVEL 2	●	UMKG	Veg - Mushroom (oyster)
--	●	QSRS	Veg - Garlic (raw)	--	●	CCUB	Veg - Mushroom (portabella)
--	●	9Z84	Veg - Greens (collard)	--	●	XFAD	Veg - Mushroom (shiitake)
--	●	B3TX	Veg - Greens (mustard)	LEVEL 3	●	KB73	Veg - Mushroom (turkey tail)
--	●	JUN9	Veg - Greens (turnip)	LEVEL 3	●	46J4	Veg - Okra
--	●	9TZD	Veg - Horseradish	--	●	46FP	Veg - Onions (cooked)
LEVEL 3	●	C2CF	Veg - Kale (cooked)	LEVEL 3	●	J3KP	Veg - Onions (raw)
--	●	3XX5	Veg - Kale (raw)	LEVEL 3	●	VC43	Veg - Onions (scallions)
LEVEL 2	●	EYR5	Veg - Kohlrabi	--	●	CTG5	Veg - Parsnips
--	●	5KAA	Veg - Leek	--	●	TEEE	Veg - Peas (black eyed)

Food

LEVEL 1	●	V24N	Veg - Peas (field)	--	●	GYH9	Veg - Radicchio
--	●	CZKH	Veg - Peas (garden)	LEVEL 2	●	XKEU	Veg - Radish
LEVEL 1	●	FP3E	Veg - Pepper (banana)	LEVEL 1	●	GNFK	Veg - Rhubarb
--	●	RKP5	Veg - Pepper (cherry)	LEVEL 1	●	36BY	Veg - Rutabaga
LEVEL 3	●	AXEA	Veg - Pepper (habanero)	LEVEL 1	●	69TA	Veg - Sauerkraut
--	●	Z6Q9	Veg - Pepper (jalapeno)	LEVEL 3	●	72MW	Veg - Spinach (cooked)
LEVEL 2	●	PBTC	Veg - Pepper (pepperoncini)	LEVEL 2	●	RD5E	Veg - Spinach (raw)
--	●	HNHG	Veg - Pepper (poblano)	--	●	SSUB	Veg - Squash (acorn)
--	●	6XWY	Veg - Pepper (serrano)	LEVEL 3	●	SHWD	Veg - Squash (butternut)
LEVEL 2	●	Y3HN	Veg - Pickle (bread & butter)	LEVEL 1	●	NAJA	Veg - Squash (spaghetti)
--	●	92B3	Veg - Pickle (dill)	LEVEL 2	●	CHRX	Veg - Squash (yellow)
--	●	QD44	Veg - Potatoes (red)	LEVEL 2	●	N86J	Veg - Squash (zucchini)
LEVEL 1	●	SJ2F	Veg - Potatoes (sweet)	LEVEL 1	●	ZTBM	Veg - Swiss Chard
--	●	CVXX	Veg - Potatoes (white)	LEVEL 2	●	MJJ9	Veg - Turnip
--	●	EV8G	Veg - Potatoes (yellow)	LEVEL 3	●	7EM4	Veg - Water Chestnut
--	●	WCJD	Veg - Pumpkin	LEVEL 2	●	8PVR	Veg - Watercress
--	●	GHYW	Veg - Pumpkin Seed	LEVEL 2	●	SUBB	Veg - Yuca (cassava)