

Do you suffer from or have been diagnosed with:

Asthma	Arthritis	Chronic Fatigue
Sinus & Hayfever	Constipation	Irritable Bowel
Rashes/Itchy skin	Indigestion	ADHD/ADD
Candida	Excess Mucous	Restless Legs
PMS	Psoriasis	Sleep Disorders
Headache	Migraine	Bloating
Flatulence	Poor Concentration	Fatigue

Are you taking medications/supplements and still not feeling 100% better? It could be your diet!!!

From a small hair sample we test 400 foods and household items and from the results of this simple test, you can discover what foods are “biocompatible” for you, as well as the foods you need to avoid.

Eating foods that are not “biocompatible” to your body can cause inflammation. Researchers now say that inflammation is involved in up to 98% of diseases.

Baby not settled?

This is also a very safe and accurate test for babies – there is a special baby list. The baby list tests formulas, baby creams, powders, baby wipes, nappies, shampoos, soaps and baby foods.

Why wait....test today and start getting well and feeling great!!

It's easy..... for a comprehensive testing report, simply print and complete the following Food Intolerance Order Form below.

Australian 400+

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honey Dew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarin
Mango
Nectarine
Oranges
Passion fruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rock melon
Watermelon

BERRIES

Blackberry
Blueberry
Goji
Raspberry
Strawberry

ALCOHOL

Beer
Bourbon
Brandy
Gin
Rum
Vodka
Whiskey
Wine Red
Wine White

OTHER DRINKS

Caro
Ecco
Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
LLOYDS Org Prune juice
Milo
Ovaltine
Ribeena
Rooboo's Tea
Sprite-Lemonade
Tea (black)

SEAFOOD

Calamari
Fish (white)
Salmon
Sardine in oil
Shellfish (All)
Tuna

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea

HERB-SPICE-CONDIMENT

All Spice
Baking Powder
Bay Leaf
Bi Carb Soda
Cajun Spices
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Homus
Mixed Spice
Mustard
Nutmeg

Paprika
Pepper (black and white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Herbemare Vege Original
Salt Himalayan
Salt Rock Salt
Tabouli
Tarragon
Thyme
Trocomare Vege Salt
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider
Xanthan gum

SAUCES

AYAM Oyster
B.B.Q. Eta
B.B.Q. Master Foods
Hoi Sin
Horseradish
Mayo. Praise Traditional
Mayonnaise Kraft
Soy sauce (ALL)
Sweet Chilli Fountain
Tomato HEINZ Big Red
Tomato Paste Leggo's
Tomato Sauce Fountain
Worcester sauce

SEEDS

Linseed/oil/meal
Pumpkin
Sesame
Sunflower
Chia

STOCK
Beef Stock (Magi)
Beef Stock (Massel)
Chicken Stock (Magi)
Chicken Stock (Massel)
Miso
Vegetable Stock (Massel)

MEATS

Bacon
Beef
Chicken
Duck
Ham
Kangaroo
Lamb
Pork
Turkey

OILS / FATS

Coconut Oil
Ghee
Grape Seed Oil
Olive Oil
Rice Bran Oil
Sunflower (Crisco)

DAIRY FOODS

Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Fetta Cheese (Goat)
Goats Cheese
Goats Milk
Icecream (Peter's Vanilla)
Margarine (Flora)
Margarine (Nuttalex)
Milk A2
Milk Carnation
Milk Full Cream
Milk Skim
Oat milk
Rice Milk (So-Natural)
Rice Milk (Australia's Own)
Rice Milk (Rice Dream)

SOY PRODUCTS

Tofu
Tempey

GREEN VEGETABLES

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Leeks
Lettuce
Olives

Parsley
Rocket
Shallots
Snow Peas
Wombok

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

OTHER VEGETABLES

Avocado
B/Beans W'Worths Org
Baked Beans (Heinz)
Baked Beans SPC
Beetroot
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Choko
Corn
Cucumber
Eggplant
Fennel
Gherkins (bottle)
Mushrooms all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

NUTS

Almonds/meal/milk
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

HERBS: Dried & fresh

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary

DRIED VEGETABLES

Chick Peas
Coconut
Dried Beans
Lentils
Split Peas

SUPERMARKET BREADS

Corn Thins
Lavash [Bazaar]
Rice Thins
White
Wholemeal
Mountain Rice
King Henry Rye
Pumpernickel 100% Rye

HEALTH SHOP BREADS

Ancient Grain:Tigris Spelt
Ancient Grain: Devonport Rye
ESSENE: sprouted bread
Organic Kamut (SOL)
Paine DE Campagne (SOL)

SPREADS

Cottees Blackberry Jam
Cottees Marmalade
Nutella
St Dalfours: Strawberry
St Dalfours:Wild Blueberry
Vegetemite

FLOUR / GRAINS

Amaranth Flour
Cornflour [wheat free]
Couscous
Pasta (Durham wheat)
Rice Brown (ALL)
Rice White (ALL)
Rye Flour
Spelt flour
Tapico Flour
White Flour (Plain & Self Raising)
Wholemeal Flour (ALL)

GLUTEN FREE

BASCO Bread mix
BASCO Chicken & Veg soup
BASCO Chocolate Cake mix
Basco Date loaf
BASCO Pancake mix
Falafel
Fantastic Chicken Noodles
Fantastic Original crackers
Freedom free from Gluten wraps
Go Natural Fruit & Nut bar
Natures First Millet Meal
ORGRAN Buckwheat Flour
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti Tom Sauce
Potato Flour
Quinoa flour
SAN REMO Gluten Free Pasta
MOORE'S GF.yeast free bread

BREAKFAST CEREALS

CRUNCHOLA Apple and Blueberry
FREE AND LOW Muesli
GOOD MORNING Millet Puffs
Lecithin
LOWAN Rice Porridge
Polenta

CHOCOLATE / SWEETS

Carob
Cocoa (Cadbury)
Chocolate (Darrell Lea)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Chocolate (SWEET WILLIAM)
Liquorice

BISCUITS

Digestive original
Jatz original
Milk Arrowroot
Sakata plain
Sao
Select: Chocolate Creams
Select: Orange Cream
Vita Wheat original

SUPERMARKET CEREALS

Cornflakes
Crunchy Nut
Goodness Cereals (All)
Just Right
Oat Bran
Oat Brits
Rice Bran
Rice Bubbles
Rolled Oats
Special K
Sultana Bran
Vita Brits
Weet Bix

SUGARS/ Sweeteners

Golden Syrup
Honey
Manuka Honey
Maple Syrup
Stevia
Sugar Brown
Sugar CSR smart blend
Sugar Raw
Sugar White
Xylitol

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener Cuddly
Fabric Softener Fluffy
Lux Flakes (laundry)
Nappisan
Omo
Preen
Radiant
Sard Wonder Soaker
Windex
Wool Mix M'Gardner

EARTH CHOICE PRODUCTS

Fabric Softener
Laundry liquid
Multi Purpose spray
Wool Mix
Dish Liquid

Floor-surface

DEODORANTS

Body Choice Natural
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Sunscreen Banana Boat
Sunscreen UV Tripplegard
Coles sensitive 30+

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo: Baby (Johnsons)
Shampoo: Head & Shoulders
Shampoo Pantene
Shampoo (Alchemy)
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Pears
Soap Sunlight Personal
Talcum Powder

KITCHEN: Cleaning Products

Ajax Spray & Wipe
Domestos
Exit Mould
Insect Spray
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Cleen
Shower Power
Sunlight Dish Liquid

TOOTHPASTE

Colgate (all types)
Grants Herbal
McLeans (all types)
RED SEAL Herbal
Sensodyne
Steradent
VICO Herbal

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Gold
Mercury
Silver

COMMON SUPPLEMENTS

Aloe Vera
Chlorella
Fenugreek Tea (Indian)
Fish oil Capsules
Inner Health Plus
Psyllium
Rose Hip Oil
Silica tissue salts
Slippery Elm Powder
Spirulina
Barley Green
Wheat grass
Herbal Fibre blend
ISOwhey Protein Powder

CREAMS AND OINTMENTS

Arnica: (Martin & Pleasance)
Calendula:(Martin & Pleasance)
Comfrey: (Martin & Pleasance)
Papaw ointment (Lucas)
Thuja (Martin & Pleasance)

MISCELLANEOUS

Aspro
Cigarette Smoke
Diesel
Digestaid (Eagle)
Kerosene
Lugol
Methylated Spirits
Nordic Fish Oils
Nurofen
Panadine
Paracetamol: Heron
Paracetamol: Panadol
Petrol
Sorbolene

List subject to change. Brand names remain the property of manufacturers.

Baby Test

Baby Test includes Australian 400+ and the items below

CREAMS AND POWDERS

AM-O-LIN Baby Cream
JOHNSONS Baby Lotion (pink)
JOHNSONS Baby Powder
CURASH Baby Powder
JOHNSONS Cornstarch Powder
JOHNSONS Nappy Rash Cream
BEPANTHEN Antiseptic Cream
JOHNSONS Baby Sorbolene Cream
QV cream
Heinz Sudocrem
Palmers Cocoa Butter
Palmers Cocoa Butter lotion Vit E

MEDICATIONS

Bonjella
Pentavite
MILTON Antibacterial Tablet
Brauers Collic drops

SHAMPOO AND SOAPS

CEDEL Baby Shampoo (no tears)
JOHNSONS baby shampoo & condit.
JOHNSONS baby bedtime bath
JOHNSONS baby bath moisturizing
Amolin Baby Bath
Amolin Baby Shampoo

BABY WIPES

CHUBS STACKABLES Baby Wipes
HUGGIES Baby Wipes (green)
Johnson & Johnson baby wipes
PIDGEON Baby Wipes

FORMUALS

S26 Lactose Free
S26 Gold
S26 AR
Karicare De-Lact
Karicare thickened
Karicare Soya
Karicare Gold
Karicare Goat
Heinz Nurture Gold
Heinz Nurture follow on
Nestles NAN
Neo Cate

DISPOSABLE NAPPIES

Huggies
Baby Love
VIP'S
Home Brand

PROCESSED FOODS

Farex original
Heinz Teething Rusks
Heinz Baby's first rice cereal
Arnotts Milk Arrowroot biscuits
Heinz Potato, Peas, Broccoli
Heinz sweetcorn & chicken
Golden Circle Pumpkin, Beef, Potato
Golden Circle Creamy tuna & vegies
Golden Circle Fruit salad
Golden Circle Banana custard
Golden Circle Apple & mango
Heinz egg custard
Heinz fruit salad yoghurt desert
Heinz Apple & blackcurrant gel
Heinz Chocolate custard