

Remote Allergy & Sensitivity Screening

Example Results Report (Demo Preview)

Purpose of this demo: This PDF shows an example layout of the results pack you will receive from a remote screening.

Important: This service is a **wellbeing screening** designed to explore possible patterns of sensitivity. It is **not** a medical allergy test and does not diagnose IgE-mediated allergy. If you have severe or rapid reactions (breathing difficulty, facial swelling, collapse), seek urgent medical care and speak with a qualified clinician.

Client	Demo Client (example only)	Report ID	BW-DEMO-001
Screening focus	Food & additives	Report date	18 Feb 2026
Notes	Results shown are illustrative placeholders for marketing/demo purposes.		

How to read this report

Each item is shown with an **Indicator** and a **Pathologies Triggered** list: **Indicator:** Low / Medium / High (relative signal within this screening). **Pathologies Triggered:** a short list of response pathways associated with that item (demo labels). **Recommended use:** treat “Medium/High” items as candidates for a structured, time-limited experiment (e.g., elimination and reintroduction) rather than as absolute truths.

Highlights (example)

Code	Item	Indicator	Pathologies Triggered	Suggested Action
13.96	Wildberry (Aroma)	High	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Abstain for 14–21 days. Structured reintroduction recommended.
13.91	Peach (Aroma)	High	<ul style="list-style-type: none"> Immune reactivity Neurological sensitivity 	Abstain for 14–21 days. Structured reintroduction recommended.
13.81	Cassis (Aroma)	High	<ul style="list-style-type: none"> Mucosal sensitivity 	Abstain for 14–21 days. Structured reintroduction recommended.
13.64	Thickeners in food	High	<ul style="list-style-type: none"> Immune reactivity Neurological sensitivity 	Abstain for 14–21 days. Structured reintroduction recommended.
13.62	Antioxidants in food	High	<ul style="list-style-type: none"> Histamine pathway 	Abstain for 14–21 days. Structured reintroduction recommended.
13.60	Colourings in food	High	<ul style="list-style-type: none"> Digestive irritation Mucosal sensitivity Immune reactivity 	Abstain for 14–21 days. Structured reintroduction recommended.
13.22	Red cabbage	High	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Abstain for 14–21 days. Structured reintroduction recommended.
13.17	Cucumber	High	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Abstain for 14–21 days. Structured reintroduction recommended.
12.71	Yeast	High	<ul style="list-style-type: none"> Digestive irritation Mucosal sensitivity Immune reactivity 	Abstain for 14–21 days. Structured reintroduction recommended.
12.69	Baking powder	High	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Abstain for 14–21 days. Structured reintroduction recommended.
12.61	Mustard	High	<ul style="list-style-type: none"> Histamine pathway 	Abstain for 14–21 days. Structured reintroduction recommended.
12.37	Clove	High	<ul style="list-style-type: none"> Digestive irritation Mucosal sensitivity Immune reactivity 	Abstain for 14–21 days. Structured reintroduction recommended.

Complete screening list (demo format)

Headings are shown in bold. This list demonstrates the full scope of items screened.

Code	Item	Indicator	Pathologies Triggered	Suggested Action
11.00	Food			
11.01	Biogenic amines	Medium	<ul style="list-style-type: none"> Digestive irritation Mucosal sensitivity Immune reactivity 	Reduce intake for 10–14 days and monitor symptom changes.
11.02	Histamine	Low	<ul style="list-style-type: none"> Histamine pathway 	Monitor only. No restriction required at present.
11.03	Phenylethylamine	Low	<ul style="list-style-type: none"> Neurological sensitivity Histamine pathway Inflammatory response 	Monitor only. No restriction required at present.
11.04	Serotonin	Low	<ul style="list-style-type: none"> Immune reactivity Neurological sensitivity 	Monitor only. No restriction required at present.
11.05	Tyramine	Low	<ul style="list-style-type: none"> Neurological sensitivity Histamine pathway Inflammatory response 	Monitor only. No restriction required at present.
11.06	Gluten, salicylic acid, phosphates	Low	<ul style="list-style-type: none"> Mucosal sensitivity 	Monitor only. No restriction required at present.
11.07	Gluten	Low	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Monitor only. No restriction required at present.
11.08	Phosphates	Low	<ul style="list-style-type: none"> Digestive irritation Mucosal sensitivity Immune reactivity 	Monitor only. No restriction required at present.
11.09	Salicylic acid	Low	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Monitor only. No restriction required at present.
11.10	Dairy products, eggs	Low	<ul style="list-style-type: none"> Neurological sensitivity Histamine pathway Inflammatory response 	Monitor only. No restriction required at present.
11.11	Butter	Low	<ul style="list-style-type: none"> Histamine pathway 	Monitor only. No restriction required at present.
11.12	Buttermilk	Low	<ul style="list-style-type: none"> Immune reactivity Neurological sensitivity 	Monitor only. No restriction required at present.
11.13	Evaporated milk	Medium	<ul style="list-style-type: none"> Mucosal sensitivity 	Reduce intake for 10–14 days and monitor symptom changes.

Code	Item	Indicator	Pathologies Triggered	Suggested Action
11.14	Yolk	Low	<ul style="list-style-type: none"> Digestive irritation Mucosal sensitivity Immune reactivity 	Monitor only. No restriction required at present.
11.15	White of egg	Low	<ul style="list-style-type: none"> Neurological sensitivity Histamine pathway Inflammatory response 	Monitor only. No restriction required at present.
11.16	Yogurt	Low	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Monitor only. No restriction required at present.
11.17	Kefir	Medium	<ul style="list-style-type: none"> Histamine pathway 	Reduce intake for 10–14 days and monitor symptom changes.
11.18	Milk	Medium	<ul style="list-style-type: none"> Histamine pathway 	Reduce intake for 10–14 days and monitor symptom changes.
11.19	Curds	Low	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Monitor only. No restriction required at present.
11.20	Cream	High	<ul style="list-style-type: none"> Digestive irritation Mucosal sensitivity Immune reactivity 	Abstain for 14–21 days. Structured reintroduction recommended.
11.21	Curdled milk	Medium	<ul style="list-style-type: none"> Mucosal sensitivity 	Reduce intake for 10–14 days and monitor symptom changes.
11.24	Cooking oils	Low	<ul style="list-style-type: none"> Histamine pathway 	Monitor only. No restriction required at present.
11.25	Thistle oil	Low	<ul style="list-style-type: none"> Inflammatory response Digestive irritation 	Monitor only. No restriction required at present.
11.26	Peanut oil	Low	<ul style="list-style-type: none"> Immune reactivity Neurological sensitivity 	Monitor only. No restriction required at present.
11.27	Margarine	Low	<ul style="list-style-type: none"> Histamine pathway 	Monitor only. No restriction required at present.
11.28	Olive Oil	Low	<ul style="list-style-type: none"> Neurological sensitivity Histamine pathway Inflammatory response 	Monitor only. No restriction required at present.

11.29	Rape oil	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and
11.30	Sunflower oil	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
11.33	Cheese	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
11.34	Camembert	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
11.35	Cheese hard	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
11.36	Cheese soft	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
11.37	Sheep cheese	High	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Abstain for 14–21 days. Structured reintroduction recommended.
11.40	Meat, Tofu	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
11.41	Chicken	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
11.42	Veal	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
11.43	Rabbit	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
11.44	Lamb	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
11.45	Turkey	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
11.46	Beef	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
11.47	Pork	Medium	• Neurological sensitivity • Histamine pathway • Inflammatory response	Reduce intake for 10–14 days and monitor symptom changes.

11.29	Rape oil	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and
11.48	Tofu	Low	<ul style="list-style-type: none"> • Neurological sensitivity • Histamine pathway • Inflammatory response 	Monitor only. No restriction required at present.
11.51	Fish, shellfish and molluscs	Low	<ul style="list-style-type: none"> • Histamine pathway 	Monitor only. No restriction required at present.
11.52	Eel	Low	<ul style="list-style-type: none"> • Mucosal sensitivity 	Monitor only. No restriction required at present.
11.53	Whitefish	Low	<ul style="list-style-type: none"> • Inflammatory response • Digestive irritation 	Monitor only. No restriction required at present.
11.54	Flounder	Low	<ul style="list-style-type: none"> • Digestive irritation • Mucosal sensitivity • Immune reactivity 	Monitor only. No restriction required at present.
11.55	Crayfish	Low	<ul style="list-style-type: none"> • Histamine pathway 	Monitor only. No restriction required at present.
11.56	Trout	Low	<ul style="list-style-type: none"> • Mucosal sensitivity 	Monitor only. No restriction required at present.
11.57	Shrimp	Low	<ul style="list-style-type: none"> • Digestive irritation • Mucosal sensitivity • Immune reactivity 	Monitor only. No restriction required at present.
11.58	Pike	Low	<ul style="list-style-type: none"> • Histamine pathway 	Monitor only. No restriction required at present.
11.59	Lobster	Low	<ul style="list-style-type: none"> • Histamine pathway 	Monitor only. No restriction required at present.
11.60	Codfish	Medium	<ul style="list-style-type: none"> • Histamine pathway 	Reduce intake for 10–14 days and monitor symptom changes.
11.61	Carp	Low	<ul style="list-style-type: none"> • Digestive irritation • Mucosal sensitivity • Immune reactivity 	Monitor only. No restriction required at present.
11.62	Salmon	Low	<ul style="list-style-type: none"> • Histamine pathway 	Monitor only. No restriction required at present.

11.63	Mussel	Medium	• Neurological sensitivity • Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
11.64	Sardine	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
11.65	Sole	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
11.66	Tuna	Low	• Histamine pathway	Monitor only. No restriction required at present.
11.67	Cuttlefish	Low	• Histamine pathway	Monitor only. No restriction required at present.
11.70	Grains, rice, seeds	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
11.71	Buckwheat	Medium	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Reduce intake for 10–14 days and monitor symptom changes.
11.72	Spelt	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
11.73	Barley	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
11.74	Golden millet	High	• Neurological sensitivity • Histamine pathway • Inflammatory response	Abstain for 14–21 days. Structured reintroduction recommended.
11.75	Oats	Low	• Histamine pathway	Monitor only. No restriction required at present.
11.76	Linseed	Medium	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Reduce intake for 10–14 days and monitor symptom changes.
11.77	Corn	Medium	• Immune reactivity • Neurological sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
11.78	Poppy	High	• Mucosal sensitivity	Abstain for 14–21 days. Structured reintroduction recommended.
11.79	Rice	Low	• Histamine pathway	Monitor only. No restriction required at present.

11.63	Mussel	Medium	• Neurological sensitivity • Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
11.80	Rye, Cultivated rye	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
11.81	Sesame	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
11.82	Soya	Low	• Histamine pathway	Monitor only. No restriction required at present.
11.83	Wheat	High	• Immune reactivity • Neurological sensitivity	Abstain for 14–21 days. Structured reintroduction recommended.
11.86	Legumes, seeds	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
11.87	Peas yellow	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
11.88	Peas green	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
11.89	Pumpkin seeds	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
11.90	Lentil	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
11.91	Sunflower seeds	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
11.94	Sugar, Honey, Liquorice	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
11.95	Honey	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
11.96	Fruit sugar	Medium	• Immune reactivity • Neurological sensitivity	Reduce intake for 10–14 days and monitor symptom changes.

11.97	Milk sugar	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
11.98	Cane sugar	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
11.99	Beet sugar	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.00	Liquorice			
12.01	White sugar	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.04	Sweeteners, sugar substitutes	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
12.05	Aspartame	High	• Inflammatory response • Digestive irritation	Abstain for 14–21 days. Structured reintroduction recommended.
12.06	Isomalt	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.07	Cyclamate	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
12.08	Maltitol	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.09	Mannitol	High	• Inflammatory response • Digestive irritation	Abstain for 14–21 days. Structured reintroduction recommended.
12.10	Saccharin	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.11	Sorbitol	High	• Neurological sensitivity • Histamine pathway • Inflammatory response	Abstain for 14–21 days. Structured reintroduction recommended.
12.12	Xylitol	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.15	Salt, curing agent	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.16	Sodium fluoride	Low	• Histamine pathway	Monitor only. No restriction required at present.

11.97	Milk sugar	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.17	Sodium fluoride	Low	• Histamine pathway	Monitor only. No restriction required at present.
12.18	Sea salt	High	• Immune reactivity • Neurological sensitivity	Abstain for 14–21 days. Structured reintroduction recommended.
12.19	Salt	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.21	Seasoning, vinegar	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.22	Fruit vinegar	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.23	Maggi seasoning	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.24	Wine vinegar	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.27	Spices, tea, coffee, cocoa	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
12.28	Anise	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
12.29	Basil	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.30	Savory	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.31	Cayenne pepper	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.

12.32	Curry	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.33	Dill	Low	• Histamine pathway	Monitor only. No restriction required at present.
12.34	Verveine	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
12.35	Tarragon	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
12.36	Fennel seed	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.37	Clove	High	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Abstain for 14–21 days. Structured reintroduction recommended.
12.38	Green tea	Medium	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Reduce intake for 10–14 days and monitor symptom changes.
12.39	Rose hip	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.40	Ginger	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.41	St. John's wort	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.42	Coffee	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.43	Camomile	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.44	Cocoa	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.45	Garlic	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.46	Coriander	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.

12.32	Curry	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required
12.47	Caraway	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
12.48	Lime-tree-blossom	Low	• Histamine pathway	Monitor only. No restriction required at present.
12.49	Laurel	Medium	• Neurological sensitivity • Histamine pathway • Inflammatory response	Reduce intake for 10–14 days and monitor symptom changes.
12.50	Marjoram	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.51	Nutmeg	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.52	Oregano	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.53	Paprika	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.54	Parsley	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.55	Pepper	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.56	Peppermint	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.57	Rosemary	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.58	Sage	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.59	Chives	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.

12.60	Black Tea	Low	• Mucosal sensitivity	Monitor only. No restriction required
12.61	Mustard	High	• Histamine pathway	Abstain for 14–21 days. Structured reintroduction recommended.
12.62	Thyme	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.63	Juniper	Medium	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Reduce intake for 10–14 days and monitor symptom changes.
12.64	Cinnamon	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
12.65	Lemon balm	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.68	Baking ingredients	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.69	Baking powder	High	• Inflammatory response • Digestive irritation	Abstain for 14–21 days. Structured reintroduction recommended.
12.70	Gelatin	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.71	Yeast	High	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Abstain for 14–21 days. Structured reintroduction recommended.
12.72	Saffron	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.73	Chocolate powder	Medium	• Neurological sensitivity • Histamine pathway • Inflammatory response	Reduce intake for 10–14 days and monitor symptom changes.
12.74	Vanilla	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.76	Nuts	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.77	Peanut	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.

12.60	Black Tea	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.78	Hazelnut	Low	• Histamine pathway	Monitor only. No restriction required at present.
12.79	Coconut	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.80	Almond	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.81	Brazilnut	Medium	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Reduce intake for 10–14 days and monitor symptom changes.
12.82	Pecan	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.83	Pistachio	Low	• Histamine pathway	Monitor only. No restriction required at present.
12.84	Walnut	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
12.87	Mushrooms	Low	• Histamine pathway	Monitor only. No restriction required at present.
12.88	Field mushroom	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.89	Craterellus	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
12.90	Morel	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.91	Boletus	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
12.94	Alcoholic beverages	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.

12.95	Beer	Medium	• Neurological sensitivity • Histamine pathway • Inflammatory response	Reduce intake for 10–14 days and monitor symptom changes.
12.96	Cognac	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
12.97	Red wine	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
12.98	White wine	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.01	Tuber vegetables	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
13.02	Potato	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.03	Kohlrabi	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.04	Carrot	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
13.05	Red radish	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.06	Radish	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
13.07	Beetroot	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
13.08	Celeriac	Medium	• Neurological sensitivity • Histamine pathway • Inflammatory response	Reduce intake for 10–14 days and monitor symptom changes.
13.09	Onion	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.12	Vegetables, legumes	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.13	Cauliflower	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.

12.95	Beer	Medium	• Neurological sensitivity • Histamine pathway • Inflammatory response	Reduce intake for 10–14 days and monitor symptom changes.
13.14	Beans	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.15	Broccoli	Medium	• Immune reactivity • Neurological sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
13.16	Fennel	Low	• Histamine pathway	Monitor only. No restriction required at present.
13.17	Cucumber	High	• Inflammatory response • Digestive irritation	Abstain for 14–21 days. Structured reintroduction recommended.
13.18	Leek	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
13.19	Melon	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
13.20	Paprika	Medium	• Immune reactivity • Neurological sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
13.21	Brussels sprouts	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
13.22	Red cabbage	High	• Inflammatory response • Digestive irritation	Abstain for 14–21 days. Structured reintroduction recommended.
13.23	Tomato	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.24	Savoy	Low	• Histamine pathway	Monitor only. No restriction required at present.
13.25	Zucchini	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
13.28	Pome fruit	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.

13.29	Apple	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.30	Pear	Low	• Histamine pathway	Monitor only. No restriction required at present.
13.33	Stone fruits, tropical fruits	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.34	Pineapple	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.35	Apricot	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.36	Banana	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
13.37	Fig	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.38	Cherry	Medium	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Reduce intake for 10–14 days and monitor symptom changes.
13.39	Nectarine	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.40	Peach	Medium	• Neurological sensitivity • Histamine pathway • Inflammatory response	Reduce intake for 10–14 days and monitor symptom changes.
13.41	Plum	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.44	Berries	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.45	Blackberry	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.46	Strawberry	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.47	Raspberry	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.

13.29	Apple	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.48	Red currant	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.49	Grape	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.50	Raisin	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.53	Citrus fruits	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.54	Tangerine	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.55	Orange	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
13.56	Grapefruit	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.57	Lemon	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.59	Food additives	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.60	Colourings in food	High	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Abstain for 14–21 days. Structured reintroduction recommended.
13.61	Preservatives in food	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.62	Antioxidants in food	High	• Histamine pathway	Abstain for 14–21 days. Structured reintroduction recommended.
13.63	Gelling agents in food	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.

13.64	Thickeners in food	High	• Immune reactivity • Neurological sensitivity	Assess for 14–21 days. Structure
13.65	Sweeteners in food	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
13.66	Stabilisers in food	Low	• Histamine pathway	Monitor only. No restriction required at present.
13.67	Flavour enhancers in food	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.68	Miscellaneous food additives	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.69	Glycerol	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.70	Potassium bromate	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.71	Lecithin	Low	• Histamine pathway	Monitor only. No restriction required at present.
13.72	Paraffin	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.74	Food flavourings	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.75	Pineapple (Aroma)	Low	• Histamine pathway	Monitor only. No restriction required at present.
13.76	Apple (Aroma)	Medium	• Mucosal sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
13.77	Apricot (Aroma)	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
13.78	Banana (Aroma)	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.79	Bitter almond (Aroma)	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.

13.64	Thickeners in food	High	• Immune reactivity • Neurological sensitivity	Abstain for 14–21 days. Structured reintroduction recommended.
13.80	Blackberry (Aroma)	Low	• Mucosal sensitivity	Monitor only. No restriction required at present.
13.81	Cassis (Aroma)	High	• Mucosal sensitivity	Abstain for 14–21 days. Structured reintroduction recommended.
13.82	Strawberry (Aroma)	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.83	Blueberry (Aroma)	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.84	Raspberry (Aroma)	Medium	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Reduce intake for 10–14 days and monitor symptom changes.
13.85	Coffee (Aroma)	Medium	• Immune reactivity • Neurological sensitivity	Reduce intake for 10–14 days and monitor symptom changes.
13.86	Cherry (Aroma)	Medium	• Inflammatory response • Digestive irritation	Reduce intake for 10–14 days and monitor symptom changes.
13.87	Almond (Aroma)	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.88	Maraschino (Aroma)	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.89	Orange (Aroma)	Low	• Inflammatory response • Digestive irritation	Monitor only. No restriction required at present.
13.90	Peppermint (Aroma)	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.
13.91	Peach (Aroma)	High	• Immune reactivity • Neurological sensitivity	Abstain for 14–21 days. Structured reintroduction recommended.
13.92	Pistachio (Aroma)	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.

13.93	Rum (Aroma)	Low	• Mucosal sensitivity	Monitor only. No restriction required
13.94	Grape (Aroma)	Medium	• Histamine pathway	Reduce intake for 10–14 days and monitor symptom changes.
13.95	Vanilla (Aroma)	Low	• Immune reactivity • Neurological sensitivity	Monitor only. No restriction required at present.
13.96	Wildberry (Aroma)	High	• Inflammatory response • Digestive irritation	Abstain for 14–21 days. Structured reintroduction recommended.
13.97	Williamspear (Aroma)	Low	• Neurological sensitivity • Histamine pathway • Inflammatory response	Monitor only. No restriction required at present.
13.98	Lemon (Aroma)	Low	• Digestive irritation • Mucosal sensitivity • Immune reactivity	Monitor only. No restriction required at present.

Next steps (example)

1) Pick 3–6 items to trial first

Choose the highest-indicator items that also fit your symptom story (for example, histamine-related foods if symptoms flare after aged foods).

2) Use a time-limited, structured approach

A typical pattern is 10–14 days reduction/elimination, then careful reintroduction of one item at a time while tracking symptoms.

3) Escalate when needed

If symptoms are severe, rapid-onset, or involve breathing/swelling, seek medical advice and consider formal allergy testing.

Disclaimer

This document is a demo draft created for marketing/preview purposes. It does not constitute medical advice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare professional for medical concerns.