



Rocky Mountain Analytical®
Changing lives, one test at a time

Antigens List

By Category

Category	200+ Food Panel				160+ Vegetarian Food Panel		
	120+ Food Panel		Antigens Added to 120+				
Dairy/Eggs	Alpha-lactalbumin	Egg Yolk	Milk (Buffalo)		Alpha-Lactalbumin	Egg White	Milk (Cow)
	Beta-lactoglobulin	Milk (Cow)			Beta-Lactoglobulin	Egg Yolk	Milk (Goat)
	Casein	Milk (Goat)			Casein	Milk (Buffalo)	Milk (Sheep)
	Egg White	Milk (Sheep)					
Grains	Barley	Rye	Couscous	Spelt	Barley	Malt	Spelt
	Durum Wheat	Wheat	Malt		Couscous	Oat	Wheat
	Gliadin	Wheat Bran			Durum Wheat	Rye	Wheat Bran
	Oat				Gliadin		
Grains (gluten-free)	Buckwheat	Millet	Amaranth	Tapioca	Amaranth	Millet	Rice
	Corn	Rice	Polenta		Buckwheat	Polenta	Tapioca
Fruit	Apple	Lime	Blueberry	Papaya	Apple	Guava	Peach
	Apricot	Melon (Honeydew)	Date	Pomegranate	Apricot	Kiwi	Pear
	Avocado	Nectarine	Fig	Raisin	Avocado	Lemon	Pineapple
	Banana	Olive	Guava	Redcurrant	Banana	Lime	Plum
	Blackberry	Orange	Lychee	Rhubarb	Blackberry	Lychee	Pomegranate
	Blackcurrant	Peach	Mango	Tangerine	Blackcurrant	Mango	Raisin
	Cherry	Pear	Mulberry	Watermelon	Blueberry	Melon (Honeydew)	Raspberry
	Cranberry	Pineapple			Cherry		Redcurrant
	Grape	Plum			Cranberry	Mulberry	Rhubarb
	Grapefruit	Raspberry			Date	Nectarine	Strawberry
	Kiwi	Strawberry			Fig	Olive	Tangerine
	Lemon				Grape	Orange	Watermelon
					Grapefruit	Papaya	
	Vegetables	Asparagus	Chicory	Artichoke	Shallot	Artichoke	Caper
Bean (Green)		Cucumber	Arugula	Squash (Butternut)	Arugula	Carrot	Potato
Bean (Red Kidney)		Eggplant	Bean (Broad)		Asparagus	Cauliflower	Bell Peppers
Bean (White Haricot)		Leek	Cabbage (Red)	Squash (Summer)	Bean (Broad)	Celery	Quinoa
Beet		Lentil	Chard		Bean (Green)	Chard	Radish
Bell Peppers		Lettuce	Chickpea	Sweet Potato	Bean (Red Kidney)	Chickpea	Shallot
Broccoli		Onion	Fennel (Leaf)	Turnip	Bean (White Haricot)	Chicory	Soy Bean
Brussel Sprout		Pea	Quinoa	Watercress		Cucumber	Spinach
Cabbage (Savoy/White)		Potato	Radish	Yucca	Beet	Eggplant	Squash (Butternut)
Carrot		Soy Bean			Broccoli	Fennel (Leaf)	Squash (Summer)
Cauliflower		Spinach			Brussel Sprout	Leek	Sweet Potato
Celery		Tomato			Cabbage (Red)	Lentil	Tomato
					Cabbage (Savoy/White)	Lettuce	Turnip
						Onion	Watercress

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Category	200+ Food Panel				160+ Vegetarian Food Panel		
	120+ Food Panel		Antigens Added to 120+				
Fish/ Seafood	Cod	Salmon	Anchovy	Perch			
	Crab	Scallop	Barnacle	Pike			
	Haddock	Shrimp/Prawn	Bass	Clam (Razor)			
	Herring	Sole	Carp	Sardine			
	Lobster	Swordfish	Caviar	Sea Bream (Gilthead)			
	Mackerel	Trout	Clam	Sea Bream (Red)			
	Mussel	Tuna	Cockle	Sea Bream (Red)			
	Oyster	Turbot	Cuttlefish	Snail (Winkle)			
	Plaice		Eel	Spirulina			
			Espaguette	Squid			
			Hake	Wakame			
		Monkfish					
		Octopus					
Meat	Beef	Pork	Goat	Partridge			
	Chicken	Turkey	Horse	Quail			
	Duck	Veal	Ostrich	Rabbit			
	Lamb	Venison	Ox	Wild Boar			
Herbs/ Spices	Basil	Mint	Aniseed	Liquorice	Aniseed	Garlic	Nutmeg
	Chilli (Red)	Mustard Seed	Bayleaf	Marjoram	Basil	Ginger	Parsley
	Cinnamon	Nutmeg	Camomile	Nettle	Bayleaf	Ginkgo	Peppercorn
	Clove	Parsley	Cayenne	Peppermint	Camomile	Ginseng	(Black/White)
	Coriander (Leaf)	Peppercorn	Curry	Rosemary	Cayenne	Hops	Peppermint
	Cumin	(Black/White)	Ginkgo	Saffron	Chilli (Red)	Liquorice	Rosemary
	Dill	Sage	Ginseng	Tarragon	Cinnamon	Marjoram	Saffron
	Garlic	Thyme			Clove	Mint	Sage
	Ginger	Vanilla			Coriander (Leaf)	Mustard Seed	Tarragon
	Hops				Cumin	Nettle	Thyme
				Curry		Vanilla	
				Dill			
Nuts/Seeds	Almond	Pistachio	Flax Seed		Almond	Hazelnut	Macadamia Nut
	Brazil Nut	Canola	Macadamia Nut		Brazil Nut	Peanut	Sesame Seed
	Cashew Nut	Sesame Seed	Pine Nut		Cashew Nut	Pine Nut	Sunflower Seed
	Coconut	Sunflower Seed	Tiger Nut		Coconut	Pistachio	Tiger Nut
	Hazelnut	Walnut			Flax Seed	Canola	Walnut
	Peanut						
Misc	Cane Sugar	Tea (Black)	Agar Agar	Cola Nut	Agar Agar	Cocoa Bean	Tea (Black)
	Carob	Tea (Green)	Aloe Vera	Honey	Aloe Vera	Coffee	Tea (Green)
	Cocoa Bean	Yeast (Baker's)	Caper	Chestnut	Cane Sugar	Cola Nut	Yeast (Baker's)
	Coffee	Yeast (Brewer's)	Transglutaminase		Carob	Honey	Yeast (Brewer's)
	Mushroom				Chestnut	Mushroom	Transglutaminase

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