

ΤΜΗΜΑ ΠΡΟΛΗΠΤΙΚΗΣ ΙΑΤΡΙΚΗΣ & ΜΑΚΡΟΒΙΟΤΗΤΑΣ**ΠΡΟΛΗΠΤΙΚΟΣ ΑΛΛΕΡΓΙΟΛΟΓΙΚΟΣ ΕΛΕΓΧΟΣ ALEX2 TEST**

Όνοματεπώνυμο : **39831 ΜΑΡΤΙΝΗ ΘΗΛΥ**

Ημερομηνία γέννησης : 23/07/2021

Ημερομηνία Παραλαβής : 11/07/2023

Ημερομηνία Απάντησης : 14/07/2023

Αποτέλεσμα : Επισυνάπτεται σε αρχείο pdf πλήρης αναφορά των αποτελεσμάτων.

Μεθοδολογία: Το ALEX² TEST είναι ένα διαγνωστικό ποσοτικό τεστ που ανιχνεύει την ύπαρξη αλλεργιών. Συγκεκριμένα, ανιχνεύει ολική IgE καθώς και ταυτόχρονα 295 ειδικά IgE αντισώματα έναντι σε 117 εκχυλίσματα αλλεργιογόνων και σε 178 μοριακά αλλεργιογόνα.

Πρόκειται για μέθοδο βασισμένη στην ELISA, όπου νανοσωματίδια συζευγμένα με εκχυλίσματα των αλλεργιογόνων ή των μοριακών αλλεργιογόνων είναι τοποθετημένα σε Macroscopic Arrays. Μετά την ολοκλήρωση της αντίδρασης, ακολουθεί η ανάλυση μέσω της συσκευής ImageXplorer και με το λογισμικό MADx's Raptor Analysis Software γίνεται ο υπολογισμός και η έκδοση της αναφοράς των ποσοτικών αποτελεσμάτων των ειδικών IgE αντισωμάτων.

Η Επιστημονικά Υπεύθυνη



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PATIENT ID:

417307

PATIENT NAME:

39831 MARTINH THAY

DATE OF BIRTH:

7/23/2021

SAMPLE CODE:



QR-CODE:

02BBA2E9

ANALYZED ON:

7/14/2023

APPROVED ON:

7/14/2023

PRINTED ON:

7/14/2023

REFERRING PHYSICIAN:

ADDITIONAL INFORMATION:

The internal QC (Plausibility check for GD) was within acceptance range.

Lab report: Summary on detectable sensitisations

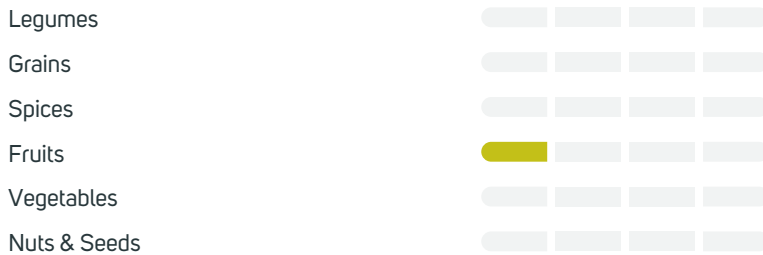
POLLEN



MITES



PLANT-BASED FOOD



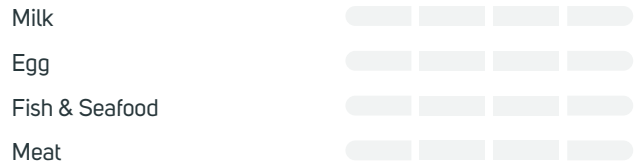
INSECTS & VENOMS



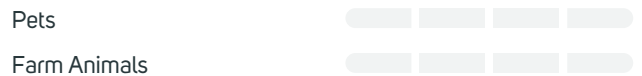
MICROORGANISMS



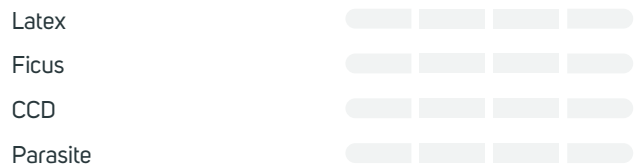
ANIMAL-DERIVED FOOD



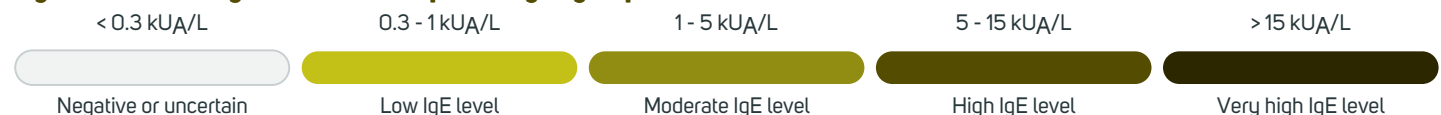
EPITHELIAL TISSUES OF ANIMALS



OTHERS



Highest measured IgE concentration per allergen group



Name	E/M	Allergen	Function	kU _A /L
POLLEN				
Grass Pollen				
Bermuda grass	••••	Cyn d		≤ 0.10
	⊙	Cyn d 1	Beta-Expansin	≤ 0.10
Perennial Ryegrass	⊙	Lol p 1	Beta-Expansin	≤ 0.10
Bahia grass	••••	Pas n		≤ 0.10
Timothy grass	⊙	Phl p 1	Beta-Expansin	≤ 0.10
	⊙	Phl p 2	Expansin	≤ 0.10
	⊙	Phl p 5.0101	Grass Group 5/6	≤ 0.10
	⊙	Phl p 6	Grass Group 5/6	≤ 0.10
	⊙	Phl p 7	Polcalcin	≤ 0.10
	⊙	Phl p 12	Profilin	≤ 0.10
Common reed	••••	Phr c		≤ 0.10
Cultivated rye, Pollen	••••	Sec c_pollen		≤ 0.10
Tree Pollen				
Acacia	••••	Aca m		≤ 0.10
Tree of Heaven	••••	Ail a		≤ 0.10
Alder	⊙	Aln g 1	PR-10	≤ 0.10
	⊙	Aln g 4	Polcalcin	≤ 0.10
Silver birch	⊙	Bet v 1	PR-10	≤ 0.10
	⊙	Bet v 2	Profilin	≤ 0.10
	⊙	Bet v 6	Isoflavon Reductase	≤ 0.10
Paper mulberry	••••	Bro pa		≤ 0.10
Hazel pollen	••••	Cor a_pollen		≤ 0.10
	⊙	Cor a 1.0103	PR-10	≤ 0.10
Sugi	⊙	Cry j 1	Pectate Lyase	≤ 0.10
Cypress	⊙	Cup a 1	Pectate Lyase	≤ 0.10
	••••	Cup s		≤ 0.10
Beech	⊙	Fag s 1	PR-10	≤ 0.10
Ash	••••	Fra e		≤ 0.10
	⊙	Fra e 1	Ole e 1-Family	≤ 0.10
Walnut pollen	••••	Jug r_pollen		≤ 0.10
Mountain cedar	••••	Jun a		≤ 0.10
Mulberry	••••	Mor r		≤ 0.10
Olive	⊙	Ole e 1	Ole e 1-Family	≤ 0.10
	⊙	Ole e 9	1,3 β Glucanase	≤ 0.10

Name	E/M	Allergen	Function	kU _A /L
Date palm	⊙	Pho d 2	Profilin	≤ 0.10
London plane tree	⊙	Pla a 1	Plant Invertase	0.12
	⊙	Pla a 2	Polygalacturonase	≤ 0.10
	⊙	Pla a 3	nsLTP	≤ 0.10
Cottonwood	⦿	Pop n		0.16
Elm	⦿	Ulm c		≤ 0.10

Weed Pollen

Common Pigweed	⦿	Ama r		≤ 0.10
Ragweed	⦿	Amb a		≤ 0.10
	⊙	Amb a 1	Pectate Lyase	≤ 0.10
	⊙	Amb a 4	Plant Defensin	≤ 0.10
Mugwort	⦿	Art v		≤ 0.10
	⊙	Art v 1	Plant Defensin	≤ 0.10
	⊙	Art v 3	nsLTP	≤ 0.10
Hemp	⦿	Can s		≤ 0.10
	⊙	Can s 3	nsLTP	≤ 0.10
Lamb's quarter	⦿	Che a		≤ 0.10
	⊙	Che a 1	Ole e 1-Family	≤ 0.10
Annual mercury	⊙	Mer a 1	Profilin	≤ 0.10
Wall pellitory	⦿	Par j		≤ 0.10
	⊙	Par j 2	nsLTP	≤ 0.10
Ribwort	⦿	Pla l		≤ 0.10
	⊙	Pla l 1	Ole e 1-Family	≤ 0.10
Russian thistle	⦿	Sal k		≤ 0.10
	⊙	Sal k 1	Pectin Methylesterase	≤ 0.10
Nettle	⦿	Urt d		≤ 0.10

MITES

House Dust Mite

American house dust mite	⊙	Der f 1	Cysteine protease	≤ 0.10
	⊙	Der f 2	NPC2 Family	≤ 0.10
European house dust mite	⊙	Der p 1	Cysteine protease	≤ 0.10
	⊙	Der p 2	NPC2 Family	≤ 0.10
	⊙	Der p 5	unknown	≤ 0.10
	⊙	Der p 7	Mites, Group 7	≤ 0.10
	⊙	Der p 10	Tropomyosin	≤ 0.10

Name	E/M	Allergen	Function	kU _A /L
	⊙	Der p 11	Myosin, heavy chain	≤ 0.10
	⊙	Der p 20	Arginine kinase	≤ 0.10
	⊙	Der p 21	unknown	≤ 0.10
	⊙	Der p 23	Peritrophin-like protein domain	≤ 0.10

Storage Mite

Acarus siro	⊙	Aca s		≤ 0.10
Blomia tropicalis	⊙	Blo t 5	Mites, Group 5	≤ 0.10
	⊙	Blo t 10	Tropomyosin	≤ 0.10
	⊙	Blo t 21	unknown	≤ 0.10
Glycyphagus domesticus	⊙	Gly d 2	NPC2 Family	≤ 0.10
Lepidoglyphus destructor	⊙	Lep d 2	NPC2 Family	≤ 0.10
Tyrophagus putrescentiae	⊙	Tyr p		≤ 0.10
	⊙	Tyr p 2	NPC2 Family	≤ 0.10

MICROORGANISMS & SPORES

Yeast

Malassezia sympodialis	⊙	Mala s 5	unknown	≤ 0.10
	⊙	Mala s 6	Cyclophilin	≤ 0.10
	⊙	Mala s 11	Mn Superoxid-Dismutase	≤ 0.10
Yeast	⊙	Sac c		≤ 0.10

Moulds

Alternaria alternata	⊙	Alt a 1	Alt a 1-Family	≤ 0.10
	⊙	Alt a 6	Enolase	≤ 0.10
Aspergillus fumigatus	⊙	Asp f 1	Mitogillin Family	≤ 0.10
	⊙	Asp f 3	Peroxisomal Protein	≤ 0.10
	⊙	Asp f 4	unknown	≤ 0.10
	⊙	Asp f 6	Mn Superoxid-Dismutase	≤ 0.10
Cladosporium herbarum	⊙	Cla h		≤ 0.10
	⊙	Cla h 8	Short Chain Dehydrogenase	≤ 0.10
Penicillium chrysogenum	⊙	Pen ch		≤ 0.10

PLANT FOOD

Legumes

Name	E/M	Allergen	Function	kU _A /L
Peanut	⊙	Ara h 1	7/8S Globulin	≤ 0.10
	⊙	Ara h 2	2S Albumin	0.11
	⊙	Ara h 3	11S Globulin	≤ 0.10
	⊙	Ara h 6	2S Albumin	≤ 0.10
	⊙	Ara h 8	PR-10	≤ 0.10
	⊙	Ara h 9	nsLTP	≤ 0.10
	⊙	Ara h 15	Oleosin	≤ 0.10
Chickpea	⦿	Cic a		≤ 0.10
Soy	⊙	Gly m 4	PR-10	≤ 0.10
	⊙	Gly m 5	7/8S Globulin	≤ 0.10
	⊙	Gly m 6	11S Globulin	≤ 0.10
	⊙	Gly m 8	2S Albumin	≤ 0.10
Lentil	⦿	Len c		≤ 0.10
White bean	⦿	Pha v		≤ 0.10
Pea	⦿	Pis s		≤ 0.10

Cereals

Oat	⦿	Ave s		≤ 0.10
Quinoa	⦿	Che q		≤ 0.10
Common buckwheat	⦿	Fag e		≤ 0.10
	⊙	Fag e 2	2S Albumin	≤ 0.10
Barley	⦿	Hor v		≤ 0.10
Lupine seed	⦿	Lup a		≤ 0.10
Rice	⦿	Ory s		≤ 0.10
Millet	⦿	Pan m		0.18
Cultivated rye	⦿	Sec c_flour		≤ 0.10
Wheat	⊙	Tri a aA_TI	Alpha-Amylase Trypsin-Inhibitor	≤ 0.10
	⊙	Tri a 14	nsLTP	≤ 0.10
	⊙	Tri a 19	Omega-5-Gliadin	≤ 0.10
Spelt	⦿	Tri s		≤ 0.10
Maize	⦿	Zea m		≤ 0.10
	⊙	Zea m 14	nsLTP	≤ 0.10

Spices

Paprika	⦿	Cap a		0.21
Caraway	⦿	Car c		≤ 0.10
Oregano	⦿	Ori v		≤ 0.10

Name	E/M	Allergen	Function	kU _A /L
Parsley	••••	Pet c		≤ 0.10
Anise	••••	Pim a		≤ 0.10
Mustard	••••	Sin		≤ 0.10
	⊙	Sin a 1	2S Albumin	≤ 0.10

Fruits

Kiwi	⊙	Act d 1	Cysteine protease	≤ 0.10
	⊙	Act d 2	TLP	≤ 0.10
	⊙	Act d 5	Kiwellin	≤ 0.10
	⊙	Act d 10	nsLTP	≤ 0.10
Papaya	••••	Car p		≤ 0.10
Orange	••••	Cit s		≤ 0.10
Melon	⊙	Cuc m 2	Profilin	≤ 0.10
Fig	••••	Fic c		0.69
Strawberry	⊙	Fra a 1+3	PR-10+LTP	≤ 0.10
Apple	⊙	Mal d 1	PR-10	≤ 0.10
	⊙	Mal d 2	TLP	≤ 0.10
	⊙	Mal d 3	nsLTP	≤ 0.10
Mango	••••	Man i		≤ 0.10
Banana	••••	Mus a		≤ 0.10
Avocado	••••	Pers a		≤ 0.10
Cherry	••••	Pru av		≤ 0.10
Peach	⊙	Pru p 3	nsLTP	≤ 0.10
Pear	••••	Pyr c		≤ 0.10
Blueberry	••••	Vac m		≤ 0.10
Grapes	⊙	Vit v 1	nsLTP	≤ 0.10

Vegetables

Onion	••••	All c		≤ 0.10
Garlic	••••	All s		≤ 0.10
Celery	⊙	Api g 1	PR-10	≤ 0.10
	⊙	Api g 2	nsLTP	≤ 0.10
	⊙	Api g 6	nsLTP	≤ 0.10
Carrot	••••	Dau c		≤ 0.10
	⊙	Dau c 1	PR-10	≤ 0.10
Potato	••••	Sol t		≤ 0.10
Tomato	••••	Sola l		≤ 0.10

Name	E/M	Allergen	Function	kU _A /L
	⊙	Sola l 6	nsLTP	≤ 0.10

Nuts

Cashew	⊙	Ana o		≤ 0.10
	⊙	Ana o 2	11S Globulin	≤ 0.10
	⊙	Ana o 3	2S Albumin	≤ 0.10
Brazil nut	⊙	Ber e		≤ 0.10
	⊙	Ber e 1	2S Albumin	≤ 0.10
Pecan	⊙	Car i		≤ 0.10
Hazelnut	⊙	Cor a 1.0401	PR-10	≤ 0.10
	⊙	Cor a 8	nsLTP	≤ 0.10
	⊙	Cor a 9	11S Globulin	≤ 0.10
	⊙	Cor a 11	7/8S Globulin	≤ 0.10
	⊙	Cor a 14	2S Albumin	≤ 0.10
Walnut	⊙	Jug r 1	2S Albumin	≤ 0.10
	⊙	Jug r 2	7/8S Globulin	≤ 0.10
	⊙	Jug r 3	nsLTP	≤ 0.10
	⊙	Jug r 4	11S Globulin	≤ 0.10
	⊙	Jug r 6	7/8S Globulin	≤ 0.10
Macadamia	⊙	Mac i 2S Albumin	2S Albumin	≤ 0.10
	⊙	Mac inte		≤ 0.10
Pistachio	⊙	Pis v 1	2S Albumin	≤ 0.10
	⊙	Pis v 2	11S Globulin subunit	≤ 0.10
	⊙	Pis v 3	7/8S Globulin	≤ 0.10
Almond	⊙	Pru du		≤ 0.10

Seed

Pumpkin seed	⊙	Cuc p		0.13
Sunflower seed	⊙	Hel a		≤ 0.10
Poppy seed	⊙	Pap s		≤ 0.10
	⊙	Pap s 2S Albumin	2S Albumin	≤ 0.10
Sesame	⊙	Ses i		0.22
	⊙	Ses i 1	2S Albumin	≤ 0.10
Fenugreek seeds	⊙	Tri fo		≤ 0.10

ANIMAL FOOD

Milk

Name	E/M	Allergen	Function	kU _A /L
Cow, milk	••••	Bos d_milk		≤ 0.10
	⊙	Bos d 4	α-Lactalbumin	≤ 0.10
	⊙	Bos d 5	β-Lactoglobulin	≤ 0.10
	⊙	Bos d 8	Casein	≤ 0.10
Camel	••••	Cam d		≤ 0.10
Goat, milk	••••	Cap h_milk		≤ 0.10
Mare's milk	••••	Equ c_milk		≤ 0.10
Sheep, milk	••••	Ovi a_milk		≤ 0.10

Egg

Egg white	••••	Gal d_white		0.23
Egg yolk	••••	Gal d_yolk		≤ 0.10
Egg white	⊙	Gal d 1	Ovomucoid	≤ 0.10
	⊙	Gal d 2	Ovalbumin	≤ 0.10
	⊙	Gal d 3	Ovotransferrin	≤ 0.10
	⊙	Gal d 4	Lysozym C	≤ 0.10
Egg yolk	⊙	Gal d 5	Serum Albumin	≤ 0.10

Seafood

Herring worm	⊙	Ani s 1	Kunitz Serin Protease Inhibitor	≤ 0.10
	⊙	Ani s 3	Tropomyosin	≤ 0.10
Crab	••••	Chi spp.		≤ 0.10
Herring	••••	Clu h		≤ 0.10
	⊙	Clu h 1	β-Parvalbumin	≤ 0.10
Brown shrimp	⊙	Cra c 6	Troponin C	≤ 0.10
Carp	⊙	Cyp c 1	β-Parvalbumin	≤ 0.10
Atlantic cod	••••	Gad m		≤ 0.10
	⊙	Gad m 2+3	β-Enolase & Aldolase	≤ 0.10
	⊙	Gad m 1	β-Parvalbumin	≤ 0.10
Lobster	••••	Hom g		≤ 0.10
Shrimp	••••	Lit s		≤ 0.10
Squid	••••	Lol spp.		≤ 0.10
Common mussel	••••	Myt e		≤ 0.10
Oyster	••••	Ost e		≤ 0.10
Shrimp	••••	Pan b		≤ 0.10
Scallop	••••	Pec spp.		≤ 0.10
Black Tiger Shrimp	⊙	Pen m 1	Tropomyosin	≤ 0.10

Name	E/M	Allergen	Function	kU _A /L
	⊙	Pen m 2	Arginine kinase	≤ 0.10
	⊙	Pen m 3	Myosin, light chain	≤ 0.10
	⊙	Pen m 4	Sarcoplasmic Calcium Binding Protein	≤ 0.10
Thornback ray	⋮	Raj c		≤ 0.10
	⊙	Raj c Parvalbumin	α-Parvalbumin	≤ 0.10
Clam	⋮	Rud spp.		≤ 0.10
Salmon	⋮	Sal s		≤ 0.10
	⊙	Sal s 1	β-Parvalbumin	0.15
Atlantic mackerel	⋮	Sco s		≤ 0.10
	⊙	Sco s 1	β-Parvalbumin	≤ 0.10
Tuna	⋮	Thu a		≤ 0.10
	⊙	Thu a 1	β-Parvalbumin	≤ 0.10
Swordfish	⊙	Xip g 1	β-Parvalbumin	≤ 0.10

Meat

House cricket	⋮	Ach d		≤ 0.10
Cattle, meat	⋮	Bos d_meat		≤ 0.10
	⊙	Bos d 6	Serum Albumin	≤ 0.10
Horse, meat	⋮	Equ c_meat		≤ 0.10
Chicken meat	⋮	Gal d_meat		≤ 0.10
Migratory locust	⋮	Loc m		≤ 0.10
Turkey	⋮	Mel g		≤ 0.10
Rabbit, meat	⋮	Ory_meat		≤ 0.10
Sheep, meat	⋮	Ovi a_meat		≤ 0.10
Pork	⋮	Sus d_meat		≤ 0.10
	⊙	Sus d 1	Serum Albumin	≤ 0.10
Mealworm	⋮	Ten m		≤ 0.10

INSECTS & VENOMS

Fire ant poison

Fire ant	⋮	Sol spp.		≤ 0.10
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Honey Bee Venom

Honey bee	⋮	Api m		≤ 0.10
	⊙	Api m 1	Phospholipase A2	≤ 0.10
	⊙	Api m 10	Icarapin Variant 2	≤ 0.10

Name	E/M	Allergen	Function	kU _A /L
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Wasp Venom

Hornet	••••	Dol spp		≤ 0.10
Paper wasp venom	••••	Pol d		≤ 0.10
	⊙	Pol d 5	Antigen 5	≤ 0.10
Wasp venom	••••	Ves v		≤ 0.10
	⊙	Ves v 1	Phospholipase A1	≤ 0.10
	⊙	Ves v 5	Antigen 5	≤ 0.10

Cockroach

German Cockroach	⊙	Bla g 1	Cockroach Group 1	≤ 0.10
	⊙	Bla g 2	Aspartyl protease	≤ 0.10
	⊙	Bla g 4	Lipocalin	≤ 0.10
	⊙	Bla g 5	Glutathione S-transferase	≤ 0.10
	⊙	Bla g 9	Arginine kinase	≤ 0.10
American Cockroach	••••	Per a		≤ 0.10
	⊙	Per a 7	Tropomyosin	≤ 0.10

ANIMAL ORIGIN

Pet

Dog	⊙	Can f_Fd1	Uteroglobin	≤ 0.10
Male dog urine (incl. Can f 5)	••••	Can f_male urine		≤ 0.10
Dog	⊙	Can f 1	Lipocalin	≤ 0.10
	⊙	Can f 2	Lipocalin	≤ 0.10
	⊙	Can f 3	Serum Albumin	≤ 0.10
	⊙	Can f 4	Lipocalin	≤ 0.10
	⊙	Can f 6	Lipocalin	≤ 0.10
Guinea pig	⊙	Cav p 1	Lipocalin	≤ 0.10
Cat	⊙	Fel d 1	Uteroglobin	≤ 0.10
	⊙	Fel d 2	Serum Albumin	≤ 0.10
	⊙	Fel d 4	Lipocalin	≤ 0.10
	⊙	Fel d 7	Lipocalin	≤ 0.10
House mouse	⊙	Mus m 1	Lipocalin	≤ 0.10
Rabbit, epithel	⊙	Ory c 1	Lipocalin	≤ 0.10
	⊙	Ory c 2	Lipophilin	≤ 0.10
	⊙	Ory c 3	Uteroglobin	≤ 0.10
Djungarian hamster	⊙	Phod s 1	Lipocalin	≤ 0.10

Name	E/M	Allergen	Function	kU _A /L
Rat	☑	Rat n		≤ 0.10

Farm Animals

Cattle	☑	Bos d 2	Lipocalin	≤ 0.10
Goat, epithel	☑	Cap h_epithelia		≤ 0.10
Horse, epithel	☑	Equ c 1	Lipocalin	≤ 0.10
	☑	Equ c 3	Serum Albumin	≤ 0.10
	☑	Equ c 4	Latherin	≤ 0.10
Sheep, epithel	☑	Ovi a_epithelia		≤ 0.10
Pig	☑	Sus d_epithelia		≤ 0.10

OTHERS

Latex

Latex	☑	Hev b 1	Rubber elongation factor	≤ 0.10
	☑	Hev b 3	Small rubber particle protein	≤ 0.10
	☑	Hev b 5	unknown	≤ 0.10
	☑	Hev b 6.02	Hevein	≤ 0.10
	☑	Hev b 8	Profilin	≤ 0.10
	☑	Hev b 11	Class 1 Chitinase	≤ 0.10

Ficus

Weeping fig	☑	Fic b		≤ 0.10
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CCD

Hom s Lactoferrin	☑	Hom s LF	CCD	≤ 0.10
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Parasite

Pigeon tick	☑	Arg r 1	Lipocalin	≤ 0.10
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Total IgE result: 195 kU/L

Reference range total-IgE

Adults: < 100 kU/L

SAMPLED ON
7/11/2023

PRINTED ON
7/14/2023

ALEX² – Number of tested allergen sources:

165

	GRASS POLLEN Bahia grass, Bermuda grass, Common reed, Perennial ryegrass, Rye, Timothy grass	6		COCKROACH American cockroach, German cockroach	2
	TREE POLLEN Acacia, Alder, Arizona Cypress, European Ash, Beech, Cottonwood, Date palm, Elm, Hazel, London Plane Tree, Mediterranean Cypress, Mountain cedar, Mulberry, Olive, Paper mulberry, Silver birch, Sugi, Tree of Heaven, Walnut	19		INSECT VENOMS Common wasp venom, Fire ant venom, Honeybee venom, Long-headed wasp venom, Paper wasp venom	5
	WEED POLLEN Annual mercury, Hemp, Lamb's quarter, Mugwort, Nettle, Pigweed, Ragweed, Ribwort, Russian thistle, Wall pellitory	10		FUNGAL SPORES & YEAST Alternaria alternata, Aspergillus fumigatus, Baker's yeast, Cladosporium herbarum, Malassezia sympodialis, Penicilium chrysogenum	6
	HOUSE DUST MITES & STORAGE MITES Acarus siro, American house dust mite, Blomia tropicalis, European house dust mite, Glycyphagus domesticus, Lepidoglyphus destructor, Tyrophagus putrescentiae	7		MILK Camel's milk, Cow's milk, Goat's milk, Mare's milk, Sheep's milk	5
	LEGUMES Chickpea, White bean, Lentil, Pea, Peanut, Soy	6		EGG Egg white, Egg yolk	2
	GRAINS Barley, Buckwheat, Corn, Cultivated rye, Lupine, Millet, Oat, Quinoa, Rice, Spelt, Wheat	11		FISH & SEAFOOD Anisakis simplex, Atlantic cod, Atlantic herring, Atlantic mackerel, Black-Tiger shrimp, Brown shrimp, Carp, Common mussel, Crab, Lobster, Northern prawn, Oyster, Salmon, Scallop, Shrimp mix, Squid, Swordfish, Thornback ray, Tuna, Venus clam	20
	SPICES Anise, Caraway, Mustard, Oregano, Paprika, Parsley	6		MEAT Beef, Chicken, Horse, House cricket, Lamb, Mealworm, Migratory locust, Pig, Rabbit, Turkey	10
	FRUITS Avocado, Apple, Banana, Blueberry, Cherry, Fig, Grape, Kiwi, Mango, Muskmelon, Orange, Papaya, Peach, Pear, Strawberry	15		PETS Cat, Djungarian hamster, Dog, Guinea pig, Mouse, Rabbit, Rat	7
	VEGETABLES Carrot, Celery, Garlic, Onion, Potato, Tomato	6		FARM ANIMALS Cattle, Goat, Horse, Pig, Sheep	5
	NUTS & SEEDS Almond, Brazil nut, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut, Fenugreek seeds, Poppy seed, Pumpkin seed, Sesame, Sunflower seed	13		OTHERS Latex, Hom s lactoferrin, Pigeon tick, Weeping fig	4