



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

Allergen List

IgA, IgE, IgG

General Food Panel			
Dairy	Grains/Legumes/Nuts	Fruit	Vegetables
Casein	Almond	Coconut	Garlic
Cheese, Cheddar	Amaranth	Cranberry	Kamut (E)
Cheese, Cottage	Barley	Grape	Lettuce
Cheese, Mozzarella	Bean, Kidney	Grapefruit	Millet (E)
Milk, Cow	Bean, Lima	Lemon	Mushroom
Milk, Goat	Bean, Pinto	Orange	Olive
Whey	Bean, Soy	Papaya	Onion
Yogurt	Bean, String	Peach	Pepper, Green Bell
	Buckwheat	Pear	Pistachio (E)
Meat	Corn	Pineapple	Potato, Sweet
Beef	Gliadin, Wheat	Plum	Potato, White
Chicken	Gluten, Wheat	Raspberry	Pumpkin
Egg White, Chicken	Hazelnut	Strawberry	Quinoa (E)
Egg Yolk, Chicken	Lentil		Radish
Egg, Duck	Oat	Vegetables	Rice, Brown (E)
Lamb	Pea, Green	Artichoke (E)	Spinach
Pork	Peanut	Avocado	Tomato
Turkey	Pecan	Bean, Navy (E)	Watermelon (E)
	Rice, White	Bean Sprout (E)	Zucchini
Seafood	Rye	Beet	
Clam	Sesame Seed	Broccoli	Misc.
Cod	Spelt	Cabbage	Bean, Cocoa
Crab	Sunflower Seed	Cantaloupe (E)	Bean, Coffee
Halibut	Walnut, English	Carrot	Honey
Lobster	Wheat, Whole	Cashew Nut (E)	Pepper, Black (E)
Salmon		Cauliflower	Pepper, Chili (E)
Scallop	Fruit	Celery	Sugar Cane
Shrimp	Apple	Cherry (E)	Yeast, Baker's
Snapper, Red	Apricot	Cucumber	Yeast, Brewer's
Sole	Banana	Eggplant (E)	
Tuna	Blueberry	Flaxseed (E)	

Note: highlighted foods are unavailable for IgE reactions and foods with (E) next to them are IgE only.

* Rocky Mountain Analytical reserves the right to substitute/change allergens without notice.



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Allergen List

IgA - IgG

Vegetarian Foods Panel			
Grains/Legumes/Nuts	Vegetables	Fruits	Dairy
Almond	Artichoke	Apple	Casein
Amaranth	Avocado	Apricot	Cheese, Cheddar
Barley	Bean, Navy	Banana (E)	Cheese, Cottage
Bean, Kidney	Bean Sprout	Blueberry (E)	Cheese, Mozzarella
Bean, Lima	Beet	Cantaloupe	Milk, Cow
Bean, Pinto	Broccoli	Cherry	Milk, Goat
Bean, Soy	Cabbage	Coconut	Whey
Bean, String	Carrot	Cranberry (E)	Yogurt
Buckwheat	Cauliflower	Grape	
Cashew Nut	Celery	Grapefruit	Eggs
Corn	Cucumber	Lemon	Egg White, Chicken
Flaxseed	Eggplant	Orange	Egg Yolk, Chicken
Gliadin, Wheat	Garlic	Papaya	Egg, Duck
Gluten, Wheat	Kamut	Peach (E)	
Hazelnut	Lettuce	Pear (E)	Misc.
Lentil	Millet	Pineapple	Bean, Cocoa
Oat	Mushroom	Plum (E)	Bean, Coffee
Pea, Green	Olive (E)	Raspberry (E)	Honey
Peanut	Onion	Strawberry (E)	Pepper, Black
Pecan	Pepper, Green Bell	Watermelon	Pepper, Chili
Pistachio	Potato, Sweet		Sugar Cane (E)
Quinoa	Potato, White		Yeast, Baker's
Rice, Brown	Pumpkin		Yeast, Brewer's
Rice, White	Radish		
Rye	Spinach		
Sesame Seed	Tomato		
Walnut, English	Zucchini		
Wheat, Whole			

Note: highlighted foods are part of the extra 16 vegetables and foods with (E) next to them are unavailable for IgE reactions.

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Allergen List

IgA - IgE

63 Inhalant Panel - IgE

Trees	Trees	Weeds
Acacia	Sweet Gum	Pigweed, Rough
Alder, White	Sycamore, Eastern	Plantain, English
Ash, White	Sycamore, Western	Poverty Weed
Beech, America	Walnut, Black	Rabbit Bush
Birch, White	Walnut, English	Ragweed, Short
California Pepper		Ragweed, Western
Cedar, Mountain	Grasses	Russian Thistle
Cottonwood, Eastern	Bahia	Sagebush, Common
Cottonwood, Western	Bermuda	Saltbush, Annual
Elder, Box	Brome, Smooth	Sheep Sorrel
Elm Mix	Fescue, Meadow	
Eucalyptus	Johnson	Indoor
Hazelnut, American	Rye, Perennial	Cat Dander
Hickory, White	Sweet Vernal	Cockroach, German
Maple, Red	Timothy	Dermatophagoides farina
Mesquite		Dermatophagoides pteronyssinus
Mulberry, Red	Weeds	Dog Dander
Mulberry, White	Dog Fennel	
Oak, Arizona	Firebrush	Molds
Oak, Black	Iodine Bush	Alternaria tenuis
Oak, White	Lambs Quarters	Aspergillus fumigatus
Palm, Queen	Marshelder, Rough	Cladosporium herbarum
Pecan	Mugwort, Common	Penicillium notatum
Pine, White	Nettle	

Note: highlighted allergens are included in the mini-inhalant panel.

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