



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	Raspberry
	Cranberry	Pineapple			Cherry	(Honeydew)	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	Squash (Butternut)	Artichoke	Cauliflower
Beet		Cucumber	Arugula		Arugula	Celery	Quinoa
Bell Peppers		Eggplant	Cabbage (Red)	Squash (Summer)	Asparagus	Chard	Radish
Broccoli		Leek	Chard		Beet	Chicory	Shallot
Brussel Sprout		Lettuce	Fennel (Leaf)	Sweet Potato	Broccoli	Cucumber	Soy Bean
Cabbage (Savoy/White)		Onion	Quinoa	Turnip	Brussel Sprout	Eggplant	Spinach
Carrot		Potato	Radish	Watercress	Cabbage (Red)	Fennel (Leaf)	Squash (Butternut)
Cauliflower		Soy Bean	Shallot	Yucca	Cabbage (Savoy/White)	Leek	Squash (Summer)
Celery		Spinach				Lettuce	Sweet Potato
		Tomato			Caper	Onion	Tomato
				Carrot	Potato	Turnip	
						Watercress	

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# Antigens List

By Category

Category	200+ Food Panel					160+ Vegetarian Food Panel		
	120+ Food Panel		Antigens Added to 120+					
Fish/ Seafood	Cod	Salmon	Anchovy	Eel	Sardine			
	Crab	Scallop	Barnacle	Espaguette	Sea Bream (Gilthead)			
	Haddock	Shrimp/Prawn	Bass	Hake				
	Herring	Sole	Carp	Monkfish	Sea Bream (Red)			
	Lobster	Swordfish	Caviar	Octopus				
	Mackerel	Trout	Clam	Perch	Snail (Winkle)			
	Mussel	Tuna	Cockle	Pike	Spirulina			
	Oyster	Turbot	Cuttlefish	Clam (Razor)	Squid			
					Wakame			
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	Seed	Thyme	
				Curry	Nettle	Vanilla		
				Dill				
Nuts/Seeds	Almond	Hazelnut	Bean (Broad)	Pine Nut	Almond	Canola	Pine Nut	
	Bean (Green)	Lentil	Chickpea	Tiger Nut	Bean (Broad)	Chickpea	Pistachio	
	Bean (Red Kidney)	Pea	Flax Seed		Bean (Green)	Coconut	Macadamia Nut	
	Bean (White Haricot)	Peanut	Macadamia Nut		Bean (Red Kidney)	Flax Seed	Sesame Seed	
	Brazil Nut	Pistachio			Bean (White Haricot)	Hazelnut	Sunflower Seed	
	Cashew Nut	Sesame Seed			Lentil	Tiger Nut		
	Canola	Sunflower Seed			Brazil Nut	Pea	Walnut	
	Coconut	Walnut			Cashew Nut	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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