



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

Allergen List

IgA, IgG

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

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



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IgA - IgG

Vegetarian Foods Panel			
Grains/Legumes/Nuts	Vegetables	Fruits	Dairy
Almond	Artichoke	Apple	Casein
Amaranth	Avocado	Apricot	Cheese, Cheddar
Barley	Bean, Navy	Banana	Cheese, Cottage
Bean, Kidney	Bean Sprout	Blueberry	Cheese, Mozzarella
Bean, Lima	Beet	Cantaloupe	Milk, Cow
Bean, Pinto	Broccoli	Cherry	Milk, Goat
Bean, Soy	Cabbage	Coconut	Whey
Bean, String	Carrot	Cranberry	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	
Hazelnut	Lettuce	Pear	Misc.
Lentil	Millet	Pineapple	Bean, Cocoa
Oat	Mushroom	Plum	Bean, Coffee
Pea, Green	Olive	Raspberry	Honey
Peanut	Onion	Strawberry	Pepper, Black
Pecan	Pepper, Green Bell	Watermelon	Pepper, Chili
Pistachio	Potato, Sweet		Sugar Cane
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.

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IgA

16 Mini-Inhalant Panel - IgA

Grasses	Indoor
Bahia	Dermatophagoides farina
Bermuda	Dermatophagoides pteronyssinus
Brome, Smooth	Dog Dander
Johnson	
Rye, Perennial	Molds
Sweet Vernal	Alternaria tenuis
Timothy	Aspergillus fumigatus
	Cladosporium herbarum
Indoor	Penicillium notatum
Cat Dander	
Cockroach, German	

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