

PREMIUM

Ingredients list

Food&DrinkScan
Ideal Weight Programme
IBS Diet Programme

Drinks

Acai Berry
Burdock Root
Chamomille
Coffee
Dandelion Root
Elderberry
Elderflower
Ginseng (Korean)
Ginseng (Siberian)
Grape (Cabernet Sauvignon)
Grape (Chardonnay)
Grape (Chenin Blanc)
Grape (Concord)
Grape (Malbec)
Grape (Merlot)
Grape (Pinot Grigio)
Grape (Pinot Noir)
Grape (Red Zinfandel Mix)
Grape (Riesling)
Grape (Sauvignon Blanc)
Grape (Syrah/Shiraz)
Grape (White Zinfandel)
Green Tea
Guarana
Hibiscus
Nettle Leaves
Rooibos (Red Bush Tea)
Rosehip
Tea

Meat/Poultry

Beef
Chicken
Deer
Duck
Goat
Lamb
Pheasant
Pork
Turkey

Fish/Shellfish

Abalone
Anchovy
Cod

Crab
Cuttlefish
Eel
Haddock
Herring
Lobster
Mackerel
Mussel
Oyster
Plaice
Prawn
Salmon
Sardines
Scallop
Shark
Shrimp
Sole
Trout
Tuna
Vendance

Grains

Barley
Corn (Maize)
Dinkel Flour (Spelt)
Gliadin (Gluten)
Hops
Malt
Millet
Oat
Quinoa
Rice
Rye
Wheat

Nuts/Seeds

Almond
Brazil Nut
Cashew Nut
Chia seed
Coconut
Flax (Linseed)
Hazelnut
Peanut
Rapeseed

Sesame Seed
Sunflower Seed
Walnut

Herbs/Spices

Anise Seed
Basil
Bayleaf
Buckwheat
Cardamom
Cassia
Chilli Pepper
Cinnamon
Clove
Coriander
Cumin
Curry Leaves
Curry Powder
Dill
Garlic
Ginger
Juniper Berry
Mint
Mustard Seed
Nutmeg
Paprika
Parsley
Peppercorn
Saffron
Sage
Thyme
Vanilla

Vegetables/Pulses

Asparagus
Aubergine (Eggplant)
Avocado
Bean Sprouts
Beetroot
Bok choi (Pak Choi)
Broccoli
Brussel Sprouts
Cabbage
Carrot
Cauliflower
Celery

Cucumber
Haricot Bean
Kale
Kidney Bean
Lentils
Lettuce
Lotus Root
Mushroom
Okra
Onion
Parsnip
Pea
Peppers (Capsicum)
Potato
Pumpkin
Rocket (Arugula)
Soyabean
Spinach
Stringbean
Swede
Sweet Potato
Tapioca
Tumeric
Turnip
Water Chestnut

Fruit

Apple
Apricot
Banana
Bilberry
Blackberry
Blackcurrant
Blueberry
Boysenberry
Cantaloupe
Cherry
Cloudberry
Cranberry
Goji Berry
Grapefruit
Honeydew
Kiwi
Lemon
Lime
Lingonberry

Lychee
Mango
Mulberry
Olive
Orange
Papaya
Peach
Pear
Pineapple
Plantain
Plum
Pomegranate
Prune
Raspberry
Rhubarb
Strawberry
Tomato
Watermelon

Other

Agar Agar
Agave
Aloe Vera
Bamboo
Carob
Chickpea
Cocoa Bean
Cola Nut
Cow's Milk
Egg White
Egg Yolk
Goat's Milk
Heavy Toast Oak
Hemp
Jasmine
Lemongrass
Seaweed
Sheep's Milk
Spirulina
Sugar Cane
Tamarind
Wheatgrass
Yeast