

İSİM : ELİTE  
SOYİSİM : ÖRNEK

# Doğru Beslen, Sağlıklı Yaşa!



## Besin İntolerans Test Sonuçları

Food Intolerance Test Results

ADI SOYADI / NAME

Elite Örnek

RAPOR TARİHİ / REPORT  
DATE

18.01.2026

PAKET TÜRÜ / PACKAGE  
TYPE

Elite

TOPLAM TEST / TOTAL  
TESTS

440



## Test Sonuçları Özeti

Sayın **Elite Örnek** için yapılan araştırma sonucu **EKMEK MAYASI , INSTANT KURU MAYA , PEYNİR MAYASI , YAŞ MAYA , PEYNİR ALTI SUYU TOZU , DANA ETİ , ACI KIRMIZI BİBER , BROKOLİ , DOLMALIK BİBER , DOMATES , KAPYA BİBER , KARNABA HAR , YEŞİL BİBER, SIVRI BİBER , AYÇİÇEĞİ ÇEKİRDEĞİ , FINDIK , KAJU , ACI BİBER SOS , BOLONEZ SOS , KETÇAP SOS , MAYONEZ SOS , JELATİN , MONOSODYUM GLUTAMAT** ürünlerine gıda intoleransı olduğu tespit edilmiştir. Detaylı rapor aşağıda tarafınıza sunulmuştur.



## Detaylı Test Sonuçları

Tüm test edilen besinlerin sonuçları kategori bazında listelenmiştir

## TAHILLAR VE HUBUBATLAR | GRAINS

GLUTEN / GLIADIN	Normal
BUĞDAY / WHEAT	Normal
BULGUR / WHEAT	Normal
BUĞDAY KEPEĞİ / WHEAT BRAN	Normal
KAVUZLU BUĞDAY / SPELT	Normal
DURUM BUĞDAYI / DURUM WHEAT	Normal
İRMİK / SEMOLINA	Normal
BUĞDAY RUŞEYMI / WHEAT GERM	Normal
BUĞDAY NIŞASTASI / WHEAT STARCH	Normal
KARA BUĞDAY / BUCKWHEAT	Normal
HORASAN BUĞDAYI / KAMUT	Normal
SORGUM UNU / SORGHUM	Normal
SİYEZ UNU / EINCORN FLOUR	Normal
TRİTİKALE / TRITICALE	Normal
ÇAVDAR / RYE	Normal
YULAF / OAT	Normal
YULAF EZMESİ / OATMEAL	Normal
MISIR / CORN	Normal

MISIR NİŞASTASI / CORN STARCH	Normal
ARPA / BARLEY	Normal
PİRİNÇ BEYAZ / RICE / WHITE	Normal
PİRİNÇ KAHVERENGİ / RICE/ BROWN	Normal
PİRİNÇ UNU / RICE FLOUR	Normal
PİRİNÇ NİŞASTASI / RICE STARCH	Normal
TEFF UNU / TEFF SEED	Normal
KİNOA / QUINOA	Normal
AKDARI / MILLET	Normal
EKMEK MAYASI / YEAST BREAD	INTOLERANS
INSTANT KURU MAYA / INSTANT DRY YEAST	INTOLERANS
YAŞ MAYA / FRESH YEAST	INTOLERANS
PEYNİR MAYASI / RENNET	INTOLERANS
ŞARAP MAYASI / WINE YEAST	Normal
BİRA MAYASI / YEAST BEER	Normal
MALT / MALT	Normal
SÜT ÜRÜNLERİ   MILK PRODUCTS	
İNEK SÜTÜ / COW MILK	Normal
KEÇİ SÜTÜ / GOAT MILK	Normal
KOYUN SÜTÜ / SHEEP MILK	Normal
BUFALO /MANDA SÜTÜ / BUFFALO MILK	Normal
BETA - LAKTOGLOBULIN / BETA-LACTOGLOBULIN	Normal
ALFA-LAKTOGLOBULIN / ALPHA-LACTOGLOBULIN	Normal
KAZEİN / CASEIN	Normal
SOYA SÜTÜ / SOY MILK	Normal
BADEM SÜTÜ / ALMOND MILK	Normal
HİNDİSTAN CEVİZİ SÜTÜ / COCONUT MILK	Normal
YULAF SÜTÜ / OAT MILK	Normal
PEYNİR ALTI SUYU TOZU / WHEY POWDER	INTOLERANS
KEFİR / KIFIR	Normal
YOĞURT / YOGURT	Normal
KREMA / CREAM	Normal
ETLER   MEAT & POULTRY	

KUZU ETİ / LAMP MEAT	Normal
MANDA-BUFALO ETİ / BUFFALO MEAT	Normal
KEÇİ ETİ / GOAT MEAT	Normal
TAVUK ETİ / CHICKEN MEAT	Normal
HİNDİ ETİ / TURKEY MEAT	Normal
KAZ ETİ / GOOSE MEAT	Normal
ÖRDEK ETİ / DUCK MEAT	Normal
DEVEKUŞU ETİ / OSTRICH MEAT	Normal
BILDİRCİN ETİ / QUAIL MEAT	Normal
DEVE ETİ / CAMEL MEAT	Normal
TAVŞAN ETİ / RABBIT MEAT	Normal
GEYİK ETİ / VENISON MEAT	Normal
DOMUZ ETİ / PORK MEAT	Normal
YUMURTALAR   EGGS	
YUMURTA BEYAZI / EGG WHITE	Normal
YUMURTA SARISI / EGG YOLK	Normal
BILDİRCİN YUMURTASI / QUAIL EGGS	Normal
KAZ YUMURTASI / GOOSE EGGS	Normal
ÖRDEK YUMURTASI / DUCK EGG	Normal
MEYVELER   FRUITS	
KİVİ / KIWI	Normal
ELMA / APPLE	Normal
ACAI ÇİLEĞİ / ACAI BERRY	Normal
AHUDUDU / RASPBERRY	Normal
ANANAS / PINEAPPLE	Normal
ARMUT / PEAR	Normal
AVOKADO / AVOCADO	Normal
FRAMBUAZ / FRAMBOISE	Normal
AYVA / QUINCE	Normal
BÖĞÜRTLEN / BLACKBERRY	Normal
ÇİLEK / STRAWBERRY	Normal
DUT / WHITE MULBERRY	Normal
ERİK / PLUM	Normal
FRENK ÜZÜMÜ / BLACKCURRANT	Normal
GREYFURT / GRAPEFRUIT	Normal
İĞDE / ELAEAGNUS	Normal
HURMA / DATE	Normal
IŞGIN / RHUBARB	Normal
İNCİR / FIG	Normal
KARPUZ / WATER MELON	Normal
KANTALUP KAVUN / CANTALOUPE	Normal
KAVUN / MELON	Normal
KIZILCIK / CORNELIAN CHERRY	Normal
KAYISI / APRICOT	Normal
KİRAZ / CHERRY	Normal
ÇARKIFELEK MEYVESİ / PASSION FRUIT	Normal
KUŞ ÜZÜMÜ / CURRANT	Normal

<b>LİME</b> / LIME	Normal
<b>LİMON</b> / LEMON	Normal
<b>Liçi</b> / LYCHEE	Normal
<b>KAPARI MEYVESİ</b> / CAPER	Normal
<b>ŞEFTALİ</b> / PEACH	Normal
<b>MANGO</b> / MANGO	Normal
<b>MUZ</b> / BANANA	Normal
<b>NAR</b> / POMEGRANATE	Normal
<b>PORTAKAL</b> / ORANGE	Normal
<b>MANDALİNA</b> / MANDARIN	Normal
<b>BEKTAŞI ÜZÜMÜ</b> / PATRIDGEBERRY	Normal
<b>CABERNET ÜZÜMÜ</b> / CABERNET SAUVIGNON	Normal
<b>CHARDONNAY ÜZÜMÜ</b> / CHARDONNAY GRAPE	Normal
<b>MERLOT ÜZÜMÜ</b> / MERLOT GRAPE	Normal
<b>ÜZÜM</b> / GRAPE	Normal
<b>Vişne</b> / SOUR CHERRY	Normal
<b>YABAN MERSİNİ</b> / BILBERRY	Normal
<b>ZEYTİN</b> / OLIVE	Normal
<b>GUAVA</b> / GUAVA	Normal
<b>NEKTARİN</b> / NECTARINE	Normal
<b>PAPAYA</b> / PAPAYA	Normal
<b>YILDIZ MEYVESİ</b> / STAR FRUIT	Normal
<b>EJDER MEYVESİ</b> / DRAGON FRUIT	Normal
<b>FEİJOA</b> / FEİJOA	Normal
<b>PEPİNO</b> / PEPINO	Normal
<b>MALTA ERİĞİ</b> / JAPANESE MEDLAR	Normal
<b>MUŞMULA</b> / MEDLAR	Normal
<b>GRANADİLLA</b> / GRANADILLA	Normal
<b>HÜNNAP</b> / JUJUBE	Normal
<b>KARADUT</b> / BLACK MULBERRY	Normal
<b>ALIÇ</b> / THORN APPLE	Normal
<b>ÇAĞLA BADEM</b> / UNRIPE ALMOND	Normal
<b>KURT ÜZÜMÜ</b> / GOJI BERRY	Normal
<b>KAKTÜS MEYVESİ</b> / CACTUS PEAR	Normal
<b>CENNET HURMASI</b> / KAKI PERSIMMON	Normal
<b>DEMİRHİNDİ</b> / TAMARIND	Normal
<b>ARONYA</b> / ARONIA	Normal
<b>ARDIÇ MEYVESİ</b> / JUNIPER	Normal
<b>SEBZELER   VEGETABLES</b>	
<b>PATLICAN</b> / EGGPLANT	Normal
<b>BROKOLİ</b> / BROCCOLI	<b>INTOLERANS</b>
<b>ENGİNAR</b> / ARTICHOKE	Normal
<b>HAVUÇ</b> / CARROTS	Normal
<b>KARNABAHAHAR</b> / CAULIFLOWER	<b>INTOLERANS</b>
<b>LAHANA</b> / CABBAGE	Normal
<b>KARA LAHANA</b> / KALE CABBAGE	Normal
<b>KIRMIZI LAHANA</b> / RED CABBAGE	Normal
<b>BEYAZ LAHANA</b> / WHITE CABBAGE	Normal

BRÜKSEL LAHANASI / BRUSSELS SPROUTS

Normal

ACI KIRMIZI BİBER / CHILI PAPRIKA

INTOLERANS

ARNAVUT BİBERİ / CAYENNE PEPPER

Normal

ACI MEKSİKA BİBERİ / CHILI JALAPENO

Normal

YEŞİL BİBER, SIVRI BİBER / GREEN PEPPER

INTOLERANS

KAPYA BİBER / CAPIA PEPPER

INTOLERANS

DOLMALIK BİBER / BELL PEPPER

INTOLERANS

KIVIRCIK SALATA / HEAD LETTUCE

Normal

KIVIRCIK LAHANA / KOHLRABI

Normal

GÖBEK SALATA / ICEBERG LETTUCE

Normal

SOĞAN / ONION

Normal

MOR SOĞAN / PURPLE ONION

Normal

YEŞİL SOĞAN / SCALLION

Normal

PATATES / PATATO

Normal

TATLI PATATES / SWEET PATATO

Normal

ISPANAK / SPINACH

Normal

DOMATES / TOMATO

INTOLERANS

KIRMIZI PANCAR / BEETROOT

Normal

ŞEKER PANCARI / SUGAR BEET

Normal

ŞEKER KAMIŞI / SUGARCANE

Normal

PIRASA / LEEK

Normal

TURP / RADISH

Normal

BAMYA / OKRA, LADY'S FINGER

Normal

KABAK / PUMPKIN

Normal

SAKIZ KABAĞI KIZARTMALIK / ZUCCHINI

Normal

DOLMALIK KABAK / COURGETTE

Normal

BAL KABAĞI / YELLOW SQUASH

Normal

ROKA / ARUGULA

Normal

MAYDANOZ / PARSLEY

Normal

SEMİZ OTU / PORTULACA

Normal

SALATALIK / CUCUMBER

Normal

TAZE FASULYE / GREEN BEANS

Normal

AYŞE KADIN FASULYE / STRING BEAN

Normal

ŞALGAM / RUTABAGA

Normal

ASMA YAPRAĞI / GRAPE LEAF

Normal

KEREVİZ SAPI / CELERY STALK

Normal

KEREVİZ / CELERIAC

Normal

YER ELMASI / SUNCHOKE

Normal

PAZI / SILVERBEET

Normal

KUŞKONMAZ / ASPARAGUS

Normal

ARAROT / ARROWROOT

Normal

GÜVERCİN BEZELYE / PIGEON PEA

Normal

ÇİN LAHANASI / CHINESE CABBAGE

Normal

BAMBU FİLİZİ / BAMBOO SHOOT

Normal

REZENE / FENNEL

Normal

SİNAMEKİ / SENNA

Normal

HELVACI KABAĞI / BUTTERCUP SQUASH

Normal

<b>AKCEVİZ / BUTTERNUT</b>	Normal
<b>DENİZ BÖRÜLCESİ / SEA BEANS</b>	Normal
<b>YAPRAK SOĞANI / CHIVES</b>	Normal
<b>GÜL / ROSE</b>	Normal
<b>KAZ AYAĞI / GOOSEFOOT</b>	Normal
<b>KUZU KULAĞI / RUMEX ACETOSA</b>	Normal
<b>KEÇİ BOYNUZU / CAROB</b>	Normal
<b>ISIRGAN OTU / DEAD NETTLE</b>	Normal
<b>KÜLTÜR MANTARI / CULTIVATED MUSHROOM</b>	Normal
<b>İSTİRİDYE MANTARI / OYSTER MUSHROOM</b>	Normal
<b>BEYAZ DÜĞME MANTARI / WHITE BUTTON MUSHROOM</b>	Normal
<b>ŞİTAKİ MANTARI / SHIITAKE MUSHROOM</b>	Normal
<b>PORÇİNİ MANTARI / PORCINO MUSHROOM</b>	Normal
<b>TRÜF MANTARI / TRUFFLE MUSGROOM</b>	Normal
<b>ALABAŞ OTU / KOHLRABI</b>	Normal
<b>BAHARATLAR VE YEMEK OTLARI   SPICES &amp; HERBS</b>	
<b>KİMYON / CUMIN</b>	Normal
<b>KÖRİ / CURRY</b>	Normal
<b>FESLEĞEN / BASIL</b>	Normal
<b>TARÇIN / CINNAMON</b>	Normal
<b>SARIMSAK / GARLIC</b>	Normal
<b>ZENCEFİL / GINGER</b>	Normal
<b>ZERDEÇAL / CURCUMIN</b>	Normal
<b>KARABİBER / BLACK PEPPER</b>	Normal
<b>BİBERİYE / ROSEMARY</b>	Normal
<b>DEREOTU / DILL</b>	Normal
<b>KAKULE / CARDAMOM</b>	Normal
<b>YENİBAHAR / ALLSPICE</b>	Normal
<b>DEFNE YAPRAĞI / BAY LEAF</b>	Normal
<b>KAPARI / CAPERS</b>	Normal
<b>HARDAL TOHUMU / MUSTARD SEED</b>	Normal
<b>KEKİK / THYME</b>	Normal
<b>VANİLYA / VANILLA</b>	Normal
<b>NANE / MINT</b>	Normal
<b>REYHAN / SWEET BASIL</b>	Normal
<b>ÇÖREK OTU / BLACK SESAME</b>	Normal
<b>SUSAM / SESAME</b>	Normal
<b>SUMAK / SUMAC</b>	Normal
<b>YONCA / ALFALFA</b>	Normal
<b>FRENK MAYDANOZU / CHERVIL</b>	Normal
<b>ÇİĞDEM OTU / COLCHICUM</b>	Normal
<b>KARANFİL / CLOVE</b>	Normal
<b>KİŞNİŞ / CORIANDER</b>	Normal
<b>TERE OTU / GARDEN CRESS</b>	Normal
<b>SU TERESİ / WATERCRESS</b>	Normal
<b>LAVANTA / LAVENDER</b>	Normal
<b>MELİS OTU / LEMON BALM</b>	Normal
<b>SELAM OTU / LOVAGE</b>	Normal

<b>KEKLİK OTU / OREGANO</b>	Normal
<b>MADIMAK / KNOTWEED</b>	Normal
<b>VASABİ / WASABİ</b>	Normal
<b>SAFRAN / SAFFRON</b>	Normal
<b>EBEGÜMECİ / HIBISCUS</b>	Normal
<b>ŞERBETÇİ OTU / HOPS</b>	Normal
<b>DAMLA SAKIZI / GUM MASTIC</b>	Normal
<b>MİSK OTU / MUGWORT</b>	Normal
<b>MUSKAT / NUTMEG</b>	Normal
<b>ANASON / ANISEE</b>	Normal
<b>GELİNCİK OTU / CORN POPPY</b>	Normal
<b>ARDIÇ / JUNIPER</b>	Normal
<b>HAŞHAŞ TOHUMU / POPPY SEED</b>	Normal
<b>MEYAN KÖKÜ / LICORICE</b>	Normal
<b>LİMON OTU / GARDEN BALM</b>	Normal
<b>MAHLEP / MAHALEB</b>	Normal
<b>ALOE VERA / ALOE PLANT</b>	Normal
<b>KARAHİNDİBA / DANDELION</b>	Normal
<b>DEVE DİKENİ / TEAZEL</b>	Normal
<b>HAVLİCAN / GALANGAL</b>	Normal
<b>BEYAZ BİBER / WHITE PEPPER</b>	Normal
<b>ZAHTER / GROUND THYME</b>	Normal
<b>TARHUN OTU / TARRAGON</b>	Normal
<b>MERCAN KÖŞK / SWEET MARJORAM</b>	Normal
<b>BAKLAGİLLER   LEGUMES</b>	
<b>BAKLA / FAVA BEAN</b>	Normal
<b>NOHUT / CHICK PEA</b>	Normal
<b>BEZELYE / GREEN PEA</b>	Normal
<b>YEŞİL MERCİMEK / GREEN LENTILS</b>	Normal
<b>KIRMIZI MERCİMEK / RED LENTILS</b>	Normal
<b>MAŞ FASULYESİ / MUNG BEAN</b>	Normal
<b>SOYA FASULYESİ / SOYBEAN</b>	Normal
<b>TOFU / TOFU</b>	Normal
<b>KURU FASULYE / HARICOT BEAN</b>	Normal
<b>MEKSİKA FASULYESİ / KIDNEY BEAN</b>	Normal
<b>BARBUNYA / PINTO BEAN</b>	Normal
<b>BÖRÜLCE / BLACK EYED BEAN</b>	Normal
<b>LİMA FASULYESİ / LIMA BEAN</b>	Normal
<b>EDAMAME / EDAMAME BEANS</b>	Normal
<b>BALIK VE DENİZ ÜRÜNLERİ   FISH &amp; SEAFOOD</b>	
<b>HAMSI / ANCHOVY</b>	Normal
<b>SAZAN BALIĞI / CARP FISH</b>	Normal
<b>MİDYE / MUSSEL</b>	Normal
<b>MORİNA BALIĞI / COD FISH</b>	Normal
<b>KEREVİT / CRAWFISH</b>	Normal
<b>YILAN BALIĞI / EEL</b>	Normal
<b>İSTAVRİT / SAUREL</b>	Normal
<b>MEZGİT BALIĞI / HADDOCK</b>	Normal

<b>KALKAN BALIĞI</b> / TURBOT FISH	Normal
<b>ZARGANA</b> / NEEDLE FISH	Normal
<b>BARBUNYA BALIĞI</b> / RED MULLET	Normal
<b>ÇİPURA BALIĞI</b> / GILTHEAD BREAM/SEA BREAM	Normal
<b>KEFAL BALIĞI</b> / GREY MULLET	Normal
<b>USKUMRU BALIĞI</b> / MACKEREL	Normal
<b>KOLYOZ BALIĞI</b> / CHUB MACKAREL	Normal
<b>HAVYAR</b> / CAVIARE	Normal
<b>LEVREK</b> / SEA BASS	Normal
<b>LÜFER BALIĞI</b> / BLUEFISH	Normal
<b>TON BALIĞI</b> / TUNA FISH	Normal
<b>PALAMUT</b> / BABY BONITO	Normal
<b>SARDALYA</b> / SARDINE	Normal
<b>MERCAN BALIĞI</b> / PANDORA FISH	Normal
<b>KILIÇ BALIĞI</b> / SWORDFISH	Normal
<b>KIRLANGIÇ BALIĞI</b> / RED GURNARD	Normal
<b>DENİZ TARAĞI</b> / ESCALLOP	Normal
<b>SOMON BALIĞI</b> / SALMON FISH	Normal
<b>ALABALIK</b> / TROUT FISH	Normal
<b>DİL BALIĞI</b> / SOLE FISH	Normal
<b>LAGOS BALIĞI</b> / GROUPER FISH	Normal
<b>MÜREKKEP BALIĞI</b> / SQUID	Normal
<b>TURNA BALIĞI</b> / NORTHERN PIKE	Normal
<b>ISTAKOZ</b> / LOBSTER	Normal
<b>KARİDES</b> / SHRIMP	Normal
<b>YENGEÇ</b> / CRAB	Normal
<b>İSTİRİDYE</b> / OYSTER	Normal
<b>DENİZ KESTANESİ</b> / SEA URCHIN	Normal
<b>KALAMAR</b> / CALAMARY	Normal
<b>ATLANTİK BALIĞI</b> / RED SNAPPER	Normal
<b>AHTAPOT</b> / OCTOPUS	Normal
<b>SALYANGOZ</b> / SNAIL	Normal
<b>KÖPEK BALIĞI</b> / SHARK	Normal
<b>RİNGA BALIĞI</b> / HERRING FISH	Normal
<b>ÇEKİRDEK VE ÇEREZLER   SEEDS &amp; NUTS</b>	
<b>BADEM</b> / ALMOND	Normal
<b>BREZİLYA CEVİZİ</b> / BRAZIL NUT	Normal
<b>KAJU</b> / CASHEW NUT	<b>İNTOLERANS</b>
<b>KAKAO ÇEKİRDEĞİ</b> / COCOA BEAN	Normal
<b>HİNDİSTAN CEVİZİ</b> / COCONUT	Normal
<b>KETEN TOHUMU</b> / FLAX SEED	Normal
<b>FINDIK</b> / HAZELNUT	<b>İNTOLERANS</b>
<b>ÇAM FISTIĞI</b> / PINE NUT	Normal
<b>YER FISTIĞI</b> / PEANUT	Normal
<b>ANTEP FISTIĞI</b> / PISTACHIO	Normal
<b>TAHİN</b> / TAHINI	Normal
<b>AVUSTRALYA FINDIĞI</b> / MACADAMIA	Normal
<b>KABAK ÇEKİRDEĞİ</b> / PUMPKIN SEEDS	Normal

## AYÇIÇEĞİ ÇEKİRDEĞİ / SUNFLOWER SEED

INTOLERANS

CEVİZ / WALNUT

Normal

KESTANE / CHESTNUT

Normal

KANOLA / CANOLA

Normal

AMARANT TOHUMU / AMARANTH SEED

Normal

ÇİYA TOHUMU / CHIA SEED

Normal

ALTIN ÇİLEK / GOOSEBERRY

Normal

PİKAN CEVİZİ / PECAN

Normal

## İÇECEKLER | DRINKS

ÇAY / TEA

Normal

YEŞİL ÇAY / GREEN TEA

Normal

MAÇA ÇAYI / MATCHA TEA

Normal

KAHVE ÇEKİRDEĞİ / COFFEE BEAN

Normal

ADAÇAYI / SAGE

Normal

AYRAN / AYRAN

Normal

COLA CEVİZİ / COLA NUT

Normal

IHLAMUR ÇAYI / LINDEN TEA

Normal

SALEP / SALEP

Normal

EKİNEZYA / ECHINACEA

Normal

GİNSENG / GINSENG

Normal

MATE ÇAYI / MATE TEA

Normal

YASEMİN ÇAYI / JASMINE TEA

Normal

PAPATYA ÇAYI / DAISY TEA

Normal

BERGAMOT / BERGAMOT

Normal

ROOİBOS ÇAYI / ROOIBOS

Normal

KUŞBURNU / ROSE HIP

Normal

CHAI TEA / CHAI TEA

Normal

BOZA / BOZA

Normal

SARI KANTARON / HYPERICUM

Normal

MELİSA / MELISSA

Normal

LİMONATA / LEMONADE

Normal

HİBİSKUS / HIBISCUS

Normal

## SOSLAR | SAUCE

PESTO SOS / PESTO SAUCE

Normal

BEŞAMEL SOS / BECHAMEL SAUCE

Normal

GUACAMOLE SOS / GUACAMOLE SAUCE

Normal

ACI BİBER SOS / HOT PEPPER SAUCE

INTOLERANS

BARBEKÜ SOS / BARBECUE SAUCE

Normal

AJVAR SOS / AJVAR SAUCE

Normal

RANCH SOS / RANCH SAUCE

Normal

BOLONEZ SOS / BOLOGNESE SAUCE

INTOLERANS

ÇEDAR SOS / CHEDDAR SAUCE

Normal

HARDAL SOS / MUSTARD SAUCE

Normal

MAYONEZ SOS / MAYONNAISE

INTOLERANS

KETÇAP SOS / KETCHUP

INTOLERANS

KÖRİ SOS / CURRY SAUCE

Normal

NAR EKŞİSİ SOS / POMEGRANATE SOUR

Normal

<b>ELMA SİRKEİ</b> / APPLE VINEGAR	Normal
<b>ÜZÜM SİRKEİ</b> / GRAPE VINEGAR	Normal
<b>SOYA SOS</b> / SOY SAUCE	Normal
<b>TERİYAKİ SOS</b> / TERIYAK SAUCE	Normal
<b>İSTİRİDYE SOS</b> / OYSTER SAUCE	Normal
<b>PALM YAĞI</b> / PALM OIL	Normal
<b>TATLANDIRICILAR / RENKLENDİRİCİLER VE DİĞER   SWEETENING</b>	
<b>KABARTMA TOZU</b> / BAKING POWDER	Normal
<b>BAL</b> / HONEY	Normal
<b>STEVYA</b> / STEVIA	Normal
<b>ASPARTAM</b> / ASPARTAM	Normal
<b>AKÇAĞAÇ ŞURUBU</b> / MAPLE SYRUP	Normal
<b>SAKARİN</b> / SACCHARINE	Normal
<b>SÜKRALOZ</b> / SUCRALOSE	Normal
<b>KSİLİTOL</b> / XYLITOL	Normal
<b>ERİTRİTOL</b> / ERYTRITOL	Normal
<b>GLİKOZ ŞURUBU</b> / GLUCOSE SYRUP	Normal
<b>KÜKÜRT DİOKSİT</b> / SULPHUR DIOXIDE	Normal
<b>KARMİN</b> / CARMINE	Normal
<b>POLİDEKSTROZ</b> / POLYDEXTROSE	Normal
<b>ASESÜLFAM</b> / ACESULFAME	Normal
<b>SİKLAMAT</b> / CYCLAMATE	Normal
<b>BENZOİK ASİT</b> / BENZOIC ACID	Normal
<b>LÜTEİN</b> / LUTEIN	Normal
<b>SODYUM BENZOAT</b> / SODIUM BENZOATE	Normal
<b>KALSİYUM BENZOAT</b> / CALCIUM BENZOATE	Normal
<b>SORBİK ASİT</b> / SORBIC ACID	Normal
<b>PROPİL GALLAT</b> / PROPYL GALLATE	Normal
<b>KALSİYUM MALAT</b> / CALCIUM MALATE	Normal
<b>LAKTOFERİN</b> / LACTOFERRIN	Normal
<b>PEKTİN</b> / PECTIN	Normal
<b>TAPYOKA</b> / TAPIOCA	Normal
<b>JELATİN</b> / GELETIN	<b>İNTOLERANS</b>
<b>KALSİYUM SORBAT</b> / CALCIUM SORBATE	Normal
<b>POTASYUM SORBAT</b> / POTASSIUM SORBATE	Normal
<b>SODYUM SORBAT</b> / SODIUM SORBATE	Normal
<b>SODYUM SÜLFİT</b> / SODIUM SULFITE	Normal
<b>SORBİTOL</b> / SORBITOL	Normal
<b>LESİTİN</b> / LECITHIN	Normal
<b>SAKKAROZ</b> / SACCHAROSE	Normal
<b>MANNİTOL</b> / MANNITOL	Normal
<b>AZORUBİN</b> / AZORUBINE	Normal
<b>PONSO 4R</b> / PONCEAU 4R	Normal
<b>ASETİK ASİT</b> / ACETIC ACID	Normal
<b>SODYUM LAKTAT</b> / SODIUM LAKTATE	Normal
<b>SODYUM ALJİNAT</b> / SODIUM ALGINATE	Normal
<b>GLİSEROL</b> / GLYCEROL	Normal
<b>DEHİROASETİK ASİT</b> / DEHYDROACETIC ACID	Normal

NİSİN / NISIN	Normal
HEKZAMETİLENTETRAMİN / HEXAMETHYLENETETRAMINE	Normal
ALFASOL ANNATTO / ANNATTO	Normal
PROPIYONİK ASİT / PROPANOIC ACID	Normal
NİTRİT / NITRITE	Normal
LAKTİK ASİT / LACTIC ACID	Normal
DİMETİL DİKARBONAT / DIMETHYL DICARBONATE	Normal
FRUKTOZ / FRUCTOSE	Normal
İNULİN / INULIN	Normal
HİDROJEN PEROKSİT / HYDROGEN PEROXIDE	Normal
<b>MONOSODYUM GLUTAMAT / MONOSODIUM GLUTAMATE</b>	<b>INTOLERANS</b>
AGAR / AGAR	Normal
KADMIYUM / CADMIUM	Normal
BÜTİLLENDİRİLMİŞ HİDROKSİANİSOL / BUTYLATED HYDROXYANISOLE (BHA)	Normal
BÜTİLLENDİRİLMİŞ HİDROKSİTOLUEN / BUTYLATED HYDROXYTOLUENE (BHT)	Normal
STEARİL PALMTİL TARTRAT / STEARIL PALMTIL TARTRAT	Normal
SORBİTAN MONOSTEARAT / SORBİTAN MONOSTEARAT	Normal
AMONYUM KARBONATLAR / AMMONIUM CARBONATE	Normal
SPIRULİNA / SPIRULINA	Normal



## BİİTEST TEST MERKEZLERİ

İNGİLTERE / UK

Innovation Centre

University of Northampton, Green Street

Northampton NN1 1SY

KKTC / CYPRUS

Serbest Liman Yatırım Bölgesi

Serbest Liman Yolu Sokağı, No: 947/A Gazimağusa

## İLETİŞİM

TÜRKİYE / TURKEY

Ritim İstanbul

Cevizli Mah. Zuhâl Cad. Füsün Sokak

No:46E Maltepe/İstanbul

Türkiye İletişim Ofisi : +90 216 709 75 01

[www.biitest-tr.com](http://www.biitest-tr.com)

### YASAL UYARI

Bu rapor bilgilendirme amaçlı sunulmaktadır, besin intoleransı testleri tamamlayıcı ve alternatif tıp kategorisine girer, teşhis ve tedavi amacı ile kullanılamaz. Sağlanan sonuçlar ve ilgili bilgiler tıbbi bir teşhis koymaz ve profesyonel tıbbi tavsiye, teşhis veya tedavinin yerine geçmesi amaçlanmamıştır. Tıbbi bir sorunuz varsa ilgili birim ve doktoru ile irtibata geçmenizi tavsiye ederiz.

### LEGAL DİSCLAIMER

This report is provided for informational purposes; food intolerance tests fall under the category of complementary and alternative medicine and cannot be used for diagnosis and treatment purposes. The results and related information provided do not constitute a medical diagnosis and are not intended to substitute for professional medical advice, diagnosis, or treatment. We recommend contacting the relevant unit and doctor if you have a medical problem.

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