

Australian 400+ Test

<p>FRUIT</p> <p>1. Apples</p> <p>2. Apricot</p> <p>3. Banana</p> <p>4. Cherries</p> <p>5. Dates</p> <p>6. Fig</p> <p>7. Grapefruit</p> <p>8. Grapes</p> <p>9. Honey Dew Melon</p> <p>10. Kiwifruit</p> <p>11. Lemon</p> <p>12. Limes</p> <p>13. Lychee</p> <p>14. Mandarin</p> <p>15. Mango</p> <p>16. Nectarine</p> <p>17. Oranges</p> <p>18. Passionfruit</p> <p>19. Pawpaw</p> <p>20. Peaches</p> <p>21. Pears</p> <p>22. Pineapple</p> <p>23. Plums</p> <p>24. Prunes</p> <p>25. Raisins / Sultanas</p> <p>26. Rockmelon</p> <p>27. Watermelon</p> <p>BERRIES</p> <p>28. Blackberry</p> <p>29. Blueberry</p> <p>30. Goji</p> <p>31. Raspberry</p> <p>32. Strawberry</p> <p>ALCOHOL</p> <p>33. Beer</p> <p>34. Bourbon</p> <p>35. Brandy</p> <p>36. Gin</p> <p>37. Rum</p> <p>38. Vodka</p> <p>39. Whiskey</p> <p>40. Wine Red</p> <p>41. Wine White</p> <p>OTHER DRINKS</p> <p>42. Caro</p> <p>43. Ecco</p> <p>44. Coffee (all)</p> <p>45. Cola (all)</p> <p>46. Cranberry Juice</p> <p>47. Drinking Choc (Cadbury)</p> <p>48. Fanta (Orange)</p> <p>49. Ginger Ale</p> <p>50. LLOYDS Org Prune juice</p> <p>51. Milo</p> <p>52. Ovaltine</p> <p>53. Ribena</p> <p>54. Rooibos Tea</p> <p>55. Sprite-Lemonade</p> <p>56. Tea (black)</p> <p>SEAFOOD</p> <p>57. Calamari</p> <p>58. Fish (white)</p> <p>59. Salmon</p> <p>60. Sardine in oil</p> <p>61. Shellfish (All)</p> <p>62. Tuna</p> <p>HERBAL TEAS</p> <p>63. Chamomile Tea</p> <p>64. Dandelion Tea</p> <p>65. Green Tea</p> <p>66. Olive Leaf Tea</p> <p>67. Peppermint Tea</p> <p>HERBS/SPICES/CONDIMENTS</p> <p>68. All spice</p> <p>69. Baking Powder</p> <p>70. Bay Leaf</p> <p>71. Bi Carb Soda</p> <p>72. Cajun Spices</p> <p>73. Celtic Salt (sea salt)</p> <p>74. Chili</p> <p>75. Cinnamon</p> <p>76. Cloves</p> <p>77. Cumin</p> <p>78. Curry Powder</p> <p>79. Dill</p> <p>80. Fennel Seeds</p> <p>81. Garam Masala</p> <p>82. Garlic</p> <p>83. Gelatine</p> <p>84. Ginger</p> <p>85. Trocomare Vege Salt</p> <p>86. Homus</p> <p>87. Mixed Spice</p> <p>88. Mustard</p>	<p>89. Nutmeg</p> <p>90. Paprika</p> <p>91. Pepper (black and white)</p> <p>92. Pepper Cayenne</p> <p>93. Rock Salt</p> <p>94. Salt (refined table)</p> <p>95. Salt Herbemare Vege</p> <p>96. Tabouli</p> <p>97. Tarragon</p> <p>98. Thyme</p> <p>99. Turmeric</p> <p>100. Vanilla (pure)</p> <p>101. Vinegar (all types)</p> <p>102. Vinegar Apple Cider</p> <p>SAUCES</p> <p>103. AYAM Oyster</p> <p>104. B.B.Q Eta</p> <p>105. B.B.Q. Master Foods</p> <p>106. Hoi Sin</p> <p>107. Horseradish</p> <p>108. Mayo. Praise Traditional</p> <p>109. Mayonnaise Kraft</p> <p>110. Soy sauce (ALL)</p> <p>111. Sweet Chili Fountain</p> <p>112. Tomato HEINZ big red</p> <p>113. Tomato Paste Leggo's</p> <p>114. Tomato Sauce Fountain</p> <p>115. Worcester sauce</p> <p>SEEDS</p> <p>116. Linseed (flax seed oil)</p> <p>117. Pumpkin</p> <p>118. Sesame</p> <p>119. Sunflower</p> <p>120. Chia</p> <p>STOCK</p> <p>121. Beef Stock (Maggi)</p> <p>122. Beef Stock (Massel)</p> <p>123. Chicken Stock (Maggi)</p> <p>124. Chicken Stock (Massel)</p> <p>125. Miso</p> <p>126. Vegetable Stock (Massel)</p> <p>MEATS</p> <p>127. Bacon</p> <p>128. Beef</p> <p>129. Chicken</p> <p>130. Duck</p> <p>131. Ham</p> <p>132. Kangaroo</p> <p>133. Lamb</p> <p>134. Pork</p> <p>135. Turkey</p> <p>OILS</p> <p>136. Coconut oil</p> <p>137. Ghee</p> <p>138. Grape Seed Oil</p> <p>139. Olive Oil</p> <p>140. Rice Bran Oil</p> <p>141. Sunflower (Crisco)</p> <p>DAIRY FOODS</p> <p>142. Butter</p> <p>143. Cows Cheese</p> <p>144. Cows Yoghurt</p> <p>145. Cream</p> <p>146. Eggs</p> <p>147. Fetta Cheese (goat)</p> <p>148. Goats Cheese</p> <p>149. Goats Milk</p> <p>150. Margarine (Flora)</p> <p>151. Margarine (Nuttalex)</p> <p>152. Milk Carnation</p> <p>153. Milk Full Cream</p> <p>154. Milk Skim</p> <p>155. Oat milk</p> <p>156. Rice Milk (So-Natural)</p> <p>157. Rice Milk (Australia's Own)</p> <p>158. Rice Milk (Rice Dream)</p> <p>SOY PRODUCTS</p> <p>159. Tofu</p> <p>160. Tempeh</p> <p>GREEN VEGETABLES</p> <p>161. Asparagus</p> <p>162. Beans</p> <p>163. Bockchoy</p> <p>164. Brussell Sprouts</p> <p>165. Cabbage</p> <p>166. Celery</p> <p>167. Choy sum</p> <p>168. Leeks</p> <p>169. Lettuce</p> <p>170. Olives</p> <p>171. Parsley</p> <p>172. Rocket</p> <p>173. Shallots</p> <p>174. Snow Peas</p> <p>175. Wombok</p>	<p>SPROUTS</p> <p>176. Alfalfa sprouts</p> <p>177. Mung Beans</p> <p>178. Snow pea sprouts</p> <p>OTHER VEGETABLES</p> <p>179. Avocado</p> <p>180. B/Beans W.Worths Org</p> <p>181. Baked Beans (Heinz)</p> <p>182. Baked Beans SPC</p> <p>183. Beetroot</p> <p>184. Broccoli</p> <p>185. Button Squash</p> <p>186. Capsicum</p> <p>187. Carrot</p> <p>188. Cauliflower</p> <p>189. Choko</p> <p>190. Corn</p> <p>191. Cucumber</p> <p>192. Eggplant</p> <p>193. Gherkins (bottle)</p> <p>194. Mushroom all</p> <p>195. Onion</p> <p>196. Parsnip</p> <p>197. Peas</p> <p>198. Potato</p> <p>199. Pumpkin</p> <p>200. Silverbeet/Spinach</p> <p>201. Swede</p> <p>202. Sweet Potato</p> <p>203. Tomato</p> <p>204. Turnip</p> <p>205. Zucchini</p> <p>NUTS</p> <p>206. Almonds</p> <p>207. Brazil</p> <p>208. Cashews</p> <p>209. Hazel</p> <p>210. Macadamia</p> <p>211. Pecans</p> <p>212. Pine Nuts</p> <p>213. Pistachio</p> <p>214. Walnut</p> <p>HERBS/dried & fresh</p> <p>215. Basil</p> <p>216. Chives</p> <p>217. Coriander</p> <p>218. Mixed Herbs</p> <p>219. Oregano</p> <p>220. Rosemary</p> <p>DRIED VEGETABLES</p> <p>221. Chick Peas</p> <p>222. Coconut</p> <p>223. Dried Beans</p> <p>224. Lentils</p> <p>225. Split Peas</p> <p>Supermarket BREADS</p> <p>226. Corn Thins</p> <p>227. Lavash [Bazaar]</p> <p>228. Rice Thins</p> <p>229. White</p> <p>230. Wholemeal</p> <p>231. Mountain Rice</p> <p>Health Shop BREADS</p> <p>232. Ancient Grain Tigris Spelt</p> <p>233. Ancient Grn Devonport rye</p> <p>234. BRIGHTERLIFE Bread mix</p> <p>235. ESSENE sprouted bread</p> <p>236. Organic Kamut (SOL)</p> <p>237. Paine DE Campagne (SOL)</p> <p>SPREADS</p> <p>238. Cottees Blackberry Jam</p> <p>239. Cottees Marmalade</p> <p>240. Nutella</p> <p>241. St Dalfours strawberry</p> <p>242. St Dalfours wild blueberry</p> <p>243. Vegemite</p> <p>FLOUR / GRAINS</p> <p>244. Cornflour [wheat free]</p> <p>245. Couscous</p> <p>246. Rice Brown (ALL)</p> <p>247. Rice White (ALL)</p> <p>248. Rye Flour</p> <p>249. Spelt flour</p> <p>250. White Flour (plain & S.R.)</p> <p>251. Wholemeal Flour (ALL)</p> <p>GLUTEN FREE</p> <p>252. Amaranth Flour</p> <p>253. BASCO bread mix</p> <p>254. BASCO chicken veg soup</p> <p>255. BASCO Chocolate Cake</p> <p>256. Basco Date loaf</p> <p>257. BASCO Pancake mix</p> <p>258. Falafel</p> <p>259. Fantastic Chicken Noodles</p>	<p>260. Fantastic Original crackers</p> <p>261. Freedom free gluten wraps</p> <p>262. Go Natural Fruit & Nut bar</p> <p>263. Natures First Millet Meal</p> <p>264. ORGRAN Buckwheat Flour</p> <p>265. ORGRAN custard powder</p> <p>266. ORGRAN Gravy Mix</p> <p>267. ORGRAN No Egg</p> <p>268. ORGRAN Rice Pasta</p> <p>269. ORGRAN Rice-Corn Pasta</p> <p>270. ORGRAN spaghetti <i>Tom Sauce</i></p> <p>271. Potato Flour</p> <p>272. Quinoa flour</p> <p>273. SAN REMO Glut Free Pasta</p> <p>274. MOORE'S GF.yeast free bread</p> <p>BREAKFAST CEREALS</p> <p>275. CRUNCHOLA Apple and Blueberry</p> <p>276. FREE AND LOW Muesli</p> <p>277. GOOD MORNING CEREALS Millet Puffs</p> <p>278. Lecithin</p> <p>279. LOWAN Rice Porridge</p> <p>280. Polenta</p> <p>CHOCOLATE / SWEETS</p> <p>281. Carob</p> <p>282. Cocoa (Cadbury)</p> <p>283. Chocolate (Darrell Lea)</p> <p>284. Chocolate (Lindt)</p> <p>285. Chocolate (Nestle)</p> <p>286. Chocolate (Cadbury)</p> <p>287. Chocolate (Dove)</p> <p>288. Chocolate (Haig)</p> <p>289. Chocolate (SWEET WILLIAM)</p> <p>290. Liquorice</p> <p>BISCUITS</p> <p>291. Digestive original</p> <p>292. Fantastic GF original</p> <p>293. Milk Arrowroot</p> <p>294. Jatz original</p> <p>295. Sakata plain</p> <p>296. Sao</p> <p>297. Vita Weat original</p> <p>Supermarket CEREALS</p> <p>298. Cornflakes</p> <p>299. Crunchy Nut</p> <p>300. Just Right</p> <p>301. Oat Bran</p> <p>302. Oat Brits</p> <p>303. Rice Bran</p> <p>304. Rice Bubbles</p> <p>305. Rolled Oats</p> <p>306. Special K</p> <p>307. Sultana Bran</p> <p>308. Vita Brits</p> <p>309. Weet Bix</p> <p>SUGARS/ Sweeteners</p> <p>310. Golden Syrup</p> <p>311. Honey</p> <p>312. Manuka Honey</p> <p>313. Maple Syrup</p> <p>314. Stevia</p> <p>315. Sugar Brown</p> <p>316. Sugar CSR smart blend</p> <p>317. Sugar Raw</p> <p>318. Sugar White</p> <p>319. Xylitol</p> <p>LAUNDRY Products</p> <p>320. Bio Zet</p> <p>321. Bleach</p> <p>322. Cold Power</p> <p>323. Dynamo</p> <p>324. Fabric Softener Cuddly</p> <p>325. Fabric Softener Fluffy</p> <p>326. Nappisan</p> <p>327. Omo</p> <p>328. Preen</p> <p>329. Radiant</p> <p>330. Sard Wonder Soaker</p> <p>331. Wool Mix <i>M.Gardner</i></p> <p>332. Wool Mix <i>Earth Choice</i></p> <p>DEODORANTS</p> <p>333. Body Choice Natural</p> <p>334. Crystal Stick</p> <p>335. Dove</p> <p>336. Mum</p> <p>337. Rexona Sport</p> <p>338. Tea Tree Oil Deodorant</p> <p>SUNSCREEN</p> <p>339. Sunscreen Banana Boat</p> <p>340. Sunscreen UV Tripplegard</p>	<p>BATHROOM CHEMICALS</p> <p>341. Lux Body Wash</p> <p>342. Palmolive Shower Milk</p> <p>343. Shampoo Baby (Johnsons)</p> <p>344. Shampoo Head & Shoulders</p> <p>345. Shampoo Pantene</p> <p>346. Shampoo (Alchemy)</p> <p>347. Shampoo Wella Balsam</p> <p>348. Shaving Foam Gillette</p> <p>349. Shaving Gel Nivea</p> <p>350. Soap Pears</p> <p>351. Soap Sunlight Personal</p> <p>352. Talcum Powder</p> <p>KITCHEN/Cleaning Products</p> <p>353. Ajax Spray & Wipe</p> <p>354. Domestos</p> <p>355. Earth Choice Dish Liquid</p> <p>356. Earth Choice Floor-surface</p> <p>357. Exit Mould</p> <p>358. Insect Spray</p> <p>359. Jif</p> <p>360. Morning Fresh</p> <p>361. Palmolive Dish Liquid</p> <p>362. Pine-O-Clean</p> <p>363. Shower Power</p> <p>364. Sunlight Dish Liquid</p> <p>TOOTH PASTE</p> <p>365. Colgate (all types)</p> <p>366. Grants Herbal</p> <p>367. McLeans (all types)</p> <p>368. RED SEAL Herbal</p> <p>369. Sensodyne</p> <p>370. Steradent</p> <p>371. VICCO Herbal</p> <p>HAIR/FIBRES</p> <p>372. Cotton</p> <p>373. Mixed Feathers</p> <p>374. Polyester</p> <p>375. Wool</p> <p>METALS</p> <p>376. Aluminium</p> <p>377. Gold</p> <p>378. Mercury</p> <p>379. Silver</p> <p>COMMON SUPPLEMENTS</p> <p>380. Aloe Vera</p> <p>381. Chlorella</p> <p>382. Fenugreek Tea (Indian)</p> <p>383. Fish oil Capsules</p> <p>384. Inner Health Plus</p> <p>385. Psyllium</p> <p>386. Rose Hip Oil</p> <p>387. Silica tissue salts</p> <p>388. Slippery Elm Powder</p> <p>389. Spirulina</p> <p>390. Barley Green</p> <p>391. Wheat grass</p> <p>392. Herbal Fibre blend</p> <p>393. ISOwhey Protein Powder</p> <p>MISCELLANEOUS</p> <p>394. Aspro</p> <p>395. Cigarette Smoke</p> <p>396. Diesel</p> <p>397. Kerosene</p> <p>398. Methylated Spirits</p> <p>399. Nurofen</p> <p>400. Panadine</p> <p>401. Paracetamol Heron</p> <p>402. Paracetamol Panadol</p> <p>403. Petrol</p> <p>404. Sorbolene</p> <p>CREAMS AND OINTMENTS</p> <p>405. <i>Calendula</i> (Martin & Pleasance)</p> <p>406. Comfrey (Martin & Pleasance)</p> <p>407. Arnica (Martin & Pleasance)</p> <p>408. Thuja (Martin & Pleasance)</p> <p>409. Papaw ointment (Lucas)</p> <p>OTHER PRODUCTS</p> <p>410. Nordic Fish Oils</p> <p>411. Pasta (Durham wheat)</p> <p>412. A2 milk</p> <p>413. Cream of Tartar</p> <p>414. Guar Gum</p> <p>415. Xanthan gum</p> <p>416. Tapico Flour</p> <p>417. Goodness Cereals (all)</p> <p>418. Lugol</p> <p>419. Digestaid (Eagle)</p> <p>420. Ice cream (Peter's Vanilla)</p>
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