

**220 ADET BESİN  
MADDESİ LİSTESİ****TAHILLAR VE HUBUBATLAR****GRAINS**

<b>GLUTEN</b>	<b>GLIADIN</b>
<b>BUĞDAY</b>	<b>WHEAT</b>
<b>DURUM BUĞDAYI</b>	<b>DURUM WHEAT</b>
<b>İRMİK</b>	<b>SEMOLINA</b>
<b>BUĞDAY RUŞEYİMİ</b>	<b>WHEAT GERM</b>
<b>BUĞDAY NIŞASTASI</b>	<b>WHEAT STARCH</b>
<b>YULAF</b>	<b>OAT</b>
<b>YULAF EZMESİ</b>	<b>OATMEAL</b>
<b>PİRİNÇ KAHVERENGİ</b>	<b>RICE/ BROWN</b>
<b>PİRİNÇ BEYAZ</b>	<b>RICE / WHITE</b>
<b>MISIR</b>	<b>CORN</b>
<b>MISIR NIŞASTASI</b>	<b>CORN STARCH</b>
<b>EKMEK MAYASI</b>	<b>YEAST BREAD</b>
<b>MALT</b>	<b>MALT</b>
<b>ÇAVDAR</b>	<b>RYE</b>
<b>TRİTİKALE</b>	<b>TRITICALE</b>
<b>AKDARI</b>	<b>MILLET</b>

**SÜT ÜRÜNLERİ****MILK PRODUCTS**

<b>İNEK SÜTÜ</b>	<b>COW MILK</b>
<b>KEÇİ SÜTÜ</b>	<b>GOAT MILK</b>
<b>KOYUN SÜTÜ</b>	<b>SHEEP MILK</b>

**YUMURTALAR****EGGS**

<b>YUMURTA BEYAZI</b>	<b>EGG WHITE</b>
<b>YUMURTA SARISI</b>	<b>EGG YOLK</b>

**ETLER****MEATS**

<b>DANA ETİ</b>	<b>BEEF</b>
<b>KUZU ETİ</b>	<b>LAMP MEAT</b>
<b>TAVUK ETİ</b>	<b>CHICKEN MEAT</b>
<b>HİNDİ ETİ</b>	<b>TURKEY MEAT</b>

**220 ADET BESİN  
MADDESİ LİSTESİ****SEBZELER****VEGETABLES**

<b>KARNABAHAH</b>	<b>CAULIFLOWER</b>
<b>HAVUÇ</b>	<b>CARROTS</b>
<b>PATLICAN</b>	<b>EGGPLANT</b>
<b>BROKOLİ</b>	<b>BROCCOLI</b>
<b>ISPANAK</b>	<b>SPINACH</b>
<b>LAHANA</b>	<b>CABBAGE</b>
<b>KIRMIZI LAHANA</b>	<b>RED CABBAGE</b>
<b>BEYAZ LAHANA</b>	<b>WHITE CABBAGE</b>
<b>KARA LAHANA</b>	<b>KALE CABBAGE</b>
<b>BRÜKSEL LAHANASI</b>	<b>BRUSSELS SPROUTS</b>
<b>ARAROT</b>	<b>ARROWROOT</b>
<b>ACI KIRMIZI BİBER</b>	<b>CHILI PAPRIKA</b>
<b>ARNAVUT BİBERİ</b>	<b>CAYENNE PEPPER</b>
<b>ACI MEKSİKA BİBERİ</b>	<b>CHILI JALAPENO</b>
<b>YEŞİL BİBER, SİVRİ BİBER</b>	<b>GREEN PEPPER</b>
<b>DOLMALIK BİBER</b>	<b>BELL PEPPER</b>
<b>DOMATES</b>	<b>TOMATO</b>
<b>PATATES</b>	<b>POTATO</b>
<b>YEŞİL SOĞAN</b>	<b>SCALLION</b>
<b>SOĞAN</b>	<b>ONION</b>
<b>AYŞE KADIN FASULYE</b>	<b>STRING BEAN</b>
<b>TAZE FASULYE</b>	<b>GREEN BEANS</b>
<b>SAKIZ KABAĞI KIZARTMALIK</b>	<b>ZUCCHINI</b>
<b>DOLMALIK KABAK</b>	<b>COURGETTE</b>
<b>KABAK</b>	<b>PUMPKIN</b>
<b>SALATALIK</b>	<b>CUCUMBER</b>
<b>MAYDANOZ</b>	<b>PARSLEY</b>
<b>REZENE</b>	<b>FENNEL</b>
<b>KIVIRCIK SALATA</b>	<b>HEAD LETTUCE</b>
<b>KIVIRCIK LAHANA</b>	<b>KOHLRABI</b>
<b>KIRMIZI PANCAR</b>	<b>BEETROOT</b>
<b>ŞEKER KAMIŞI</b>	<b>SUGARCANE</b>
<b>ŞEKER PANCARI</b>	<b>SUGAR BEET</b>
<b>KEREVİZ SAPI</b>	<b>CELERY STALK</b>
<b>KUŞKONMAZ</b>	<b>ASPARAGUS</b>
<b>KEREVİZ</b>	<b>CELERIAC</b>
<b>YER ELMASI</b>	<b>SUNCHOKE</b>
<b>ALABAŞ OTU</b>	<b>KOHLRABI</b>
<b>KÜLTÜR MANTARI</b>	<b>CULTIVATED MUSHROOM</b>
<b>BEYAZ DÜĞME MANTARI</b>	<b>WHITE BUTTON MUSHROOM</b>
<b>AKCEVİZ</b>	<b>BUTTERNUT</b>
<b>HELVACI KABAĞI</b>	<b>BUTTERCUP SQUASH</b>
<b>GÜVERCİN BEZELYE</b>	<b>PIGEON PEA</b>
<b>BAL KABAĞI</b>	<b>YELLOW SQUASH</b>
<b>SİNAMEKİ</b>	<b>SENNA</b>
<b>YAPRAK SOĞANI</b>	<b>CHIVES</b>
<b>GÜL</b>	<b>ROSE</b>
<b>KEÇİ BOYNUZU</b>	<b>CAROB</b>
<b>ISIRGAN OTU</b>	<b>DEAD NETTLE</b>
<b>KARNİYARIK OTU</b>	<b>CALENDULA HERB</b>

**BAHARAT VE YEMEK OTLARI****SPICES & HERBS**

<b>TARÇIN</b>	CINNAMON
<b>KARABİBER</b>	BLACK PEPPER
<b>KÖRİ</b>	CURRY
<b>KİMYON</b>	CUMIN
<b>KEKİK</b>	THYME
<b>NANE</b>	MINT
<b>SUSAM</b>	SESAME
<b>ÇÖREK OTU</b>	BLACK SESAME
<b>VANİLYA</b>	VANILLA
<b>SARIMSAK</b>	GARLIC
<b>ÇİĞDEM OTU</b>	COLCHICUM
<b>KEKLİK OTU</b>	OREGANO
<b>MADIMAK</b>	KNOTWEED
<b>BİBERİYE</b>	ROSEMARY
<b>SAFRAN</b>	SAFFRON
<b>EBEGÜMECİ</b>	HIBISCUS
<b>YONCA</b>	ALFALFA
<b>ŞERBETÇİ OTU</b>	HOPS
<b>SU TERESİ</b>	WATERCRESS
<b>DAMLA SAKIZI</b>	GUM MASTIC
<b>MİSK OTU</b>	MUGWORT
<b>MUSKAT</b>	NUTMEG
<b>GELİNCİK OTU</b>	CORN POPPY
<b>ARDIÇ</b>	JUNIPER
<b>KAKULE</b>	CARDAMOM
<b>FRENK MAYDANOZU</b>	CHERVIL
<b>MEYAN KÖKÜ</b>	LICORICE
<b>LİMON OTU</b>	GARDEN BALM
<b>MAHLEP</b>	MAHALEB
<b>ALOE VERA</b>	ALOE PLANT
<b>KARAHİNDİBA</b>	DANDELION
<b>DEVE DİKENİ</b>	TEAZEL
<b>HAVLICAN</b>	GALANGAL
<b>BEYAZ BİBER</b>	WHITE PEPPER
<b>ZAHTER</b>	GROUND THYME
<b>TARHUN OTU</b>	TARRAGON
<b>ANDIZ</b>	JUNIPERUS DRUPACEOUS
<b>HATMİ</b>	ALTHAEA
<b>MERCAN KÖŞK</b>	SWEET MARJORAM
<b>REYHAN</b>	SWEET BASIL

**BAKLAGİLLER****LEGUMES**

<b>BAKLA</b>	FAVA BEAN
<b>NOHUT</b>	CHICKPEA
<b>BEZELYE</b>	GREEN PEA
<b>MERCİMEK</b>	LENTILS
<b>KURU FASULYE</b>	HARICOT BEAN
<b>MEKSİKA FASULYESİ</b>	KIDNEY BEAN
<b>BARBUNYA</b>	PINTO BEAN

**BALIK VE DENİZ ÜRÜNLERİ****FISH & SEAFOOD**

<b>HAMSI</b>	ANCHOVY
<b>MİDYE</b>	MUSSEL
<b>KARİDES</b>	SHRIMP
<b>KALAMAR</b>	CALAMARI
<b>İSTAVRİT</b>	SAUREL
<b>MEZGİT BALIĞI</b>	HADDOCK
<b>BARBUNYA BALIĞI</b>	RED MULLET
<b>ÇİPURA BALIĞI</b>	GILTHEAD BREAM/SEA BREAM
<b>KEFAL BALIĞI</b>	GREY MULLET
<b>USKUMRU BALIĞI</b>	MACKEREL
<b>KOLYOZ BALIĞI</b>	CHUB MACKEREL
<b>HAVYAR</b>	CAVIARE
<b>LEVREK</b>	SEA BASS
<b>LÜFER BALIĞI</b>	BLUEFISH
<b>TON BALIĞI</b>	TUNA FISH
<b>PALAMUT</b>	BABY BONITO
<b>SARDALYA</b>	SARDINE
<b>MÜREKKEP BALIĞI</b>	SQUID
<b>TURNA BALIĞI</b>	NORTHERN PIKE
<b>MORİNA BALIĞI</b>	CODFISH
<b>KEREVİT</b>	CRAWFISH
<b>RİNGA BALIĞI</b>	HERRING FISH

**220 ADET BESİN  
MADDESİ LİSTESİ****MEYVELER FRUITS**

<b>KİVİ</b>	KIWI
<b>ELMA</b>	APPLE
<b>ANANAS</b>	PINEAPPLE
<b>ARMUT</b>	PEAR
<b>AVOKADO</b>	AVOCADO
<b>BÖĞÜRTLEN</b>	BLACKBERRY
<b>ÇİLEK</b>	STRAWBERRY
<b>DUT</b>	WHITE MULBERRY
<b>ERİK</b>	PLUM
<b>KARPUZ</b>	WATERMELON
<b>KANTALUP KAVUN</b>	CANTALOUPE
<b>KAVUN</b>	MELON
<b>KIZILCIK</b>	CORNELIAN CHERRY
<b>KAYISI</b>	APRICOT
<b>KİRAZ</b>	CHERRY
<b>ÇARKIFELEK MEYVESİ</b>	PASSION FRUIT
<b>KUŞ ÜZÜMÜ</b>	CURRENT
<b>LİMON</b>	LEMON
<b>ŞEFTALİ</b>	PEACH
<b>MANGO</b>	MANGO
<b>MUZ</b>	BANANA
<b>NAR</b>	POMEGRANATE
<b>PORTAKAL</b>	ORANGE
<b>MANDALİNA</b>	MANDARIN
<b>ÜZÜM</b>	GRAPE
<b>YABAN MERSİNİ</b>	BILBERRY
<b>ZEYTİN</b>	OLIVE
<b>GUAVA</b>	GUAVA
<b>PAPAYA</b>	PAPAYA
<b>YILDIZ MEYVESİ</b>	STAR FRUIT
<b>EJDER MEYVESİ</b>	DRAGON FRUIT
<b>ARONYA</b>	ARONIA
<b>FEİJOA</b>	FEIJOA
<b>PEPİNO</b>	PEPINO
<b>MUŞMULA</b>	MEDLAR
<b>GRANADİLLA</b>	GRANADILLA
<b>HÜNNAP</b>	JUJUBE

**220 ADET BESİN  
MADDESİ LİSTESİ****ÇEKİRDEK VE ÇEREZLER****SEEDS & NUTS**

<b>BADEM</b>	ALMOND
<b>FINDIK</b>	HAZELNUT
<b>KAKAO ÇEKİRDEĞİ</b>	COCOA BEAN
<b>YER FISTIĞI</b>	PEANUT
<b>ANTEP FISTIĞI</b>	PISTACHIO
<b>CEVİZ</b>	WALNUT
<b>KESTANE</b>	CHESTNUT
<b>TAHİN</b>	TAHINI
<b>AYÇİÇEĞİ ÇEKİRDEĞİ</b>	SUNFLOWER SEED

**İÇECEKLER****DRINKS**

<b>ÇAY</b>	TEA
<b>KAHVE ÇEKİRDEĞİ</b>	COFFEE BEAN
<b>KOLA</b>	COLA

**TATLANDIRICI VE KATKI MADDELERİ****SWEETENING & OTHER**

<b>BAL</b>	HONEY
<b>ASPARTAM</b>	ASPARTAME
<b>KSİLİTOL</b>	XYLITOL
<b>GLİKOZ ŞURUBU</b>	GLUCOSE SYRUP
<b>KARMIN</b>	CARMINE
<b>KARAMEL</b>	CARAMEL
<b>BENZOİK ASİT</b>	BENZOIC ACID
<b>LÜTEİN</b>	LUTEIN
<b>SODYUM BENZOAT</b>	SODIUM BENZOATE
<b>POTASYUM BENZOAT</b>	POTASSIUM BENZOATE
<b>KALSİYUM BENZOAT</b>	CALCIUM BENZOATE
<b>SORBİK ASİT</b>	SORBIC ACID
<b>PROPİL GALLAT</b>	PROPYL GALLATE
<b>KALSİYUM MALAT</b>	CALCIUM MALATE
<b>LAKTOFERİN</b>	LACTOFERRIN
<b>PEKTİN</b>	PECTIN
<b>KALSİYUM SORBAT</b>	CALCIUM SORBATE
<b>POTASYUM SORBAT</b>	POTASSIUM SORBATE
<b>SODYUM SORBAT</b>	SODIUM SORBATE
<b>AZORUBİN</b>	AZORUBINE
<b>PONSO 4R</b>	PONCEAU 4R
<b>SODYUM SÜLFİT</b>	SODIUM SULFITE
<b>ASETİK ASİT</b>	ACETIC ACID
<b>SODYUM LAKTAT</b>	SODIUM LACTATE
<b>SODYUM ALJİNAT</b>	SODIUM ALGINATE
<b>SORBITOL</b>	SORBITOL

**KIDS** 3-16  
YAŞ

**220 ADET BESİN  
MADDESİ LİSTESİ**

**Fixx**  
BESİN & BAĞIRSAK  
İNTOLERANSI TESTİ

**DÜNYANIN EN GÜVENİLİR  
BESİN VE BAĞIRSAK İNTOLERANSI TESTİ  
ARTIK TÜRKİYE'DE YAPILIYOR**

FixxTest saç numunesi üzerinden Türkiye'de yapılan ilk ve en güvenilir besin ve bağırsak intoleransı testidir.

En gelişmiş Alman teknoloji olan

**" Yeni Nesil Hücre Tarama Teknolojisini  
(Advanced Hair Cell Scanning) "**

Türkiye'ye getiren FixxTest, İstanbul Gedik Üniversitesinde bulunan test merkezinde, alanında uzman ekibiyle saç numunesi üzerinden yiyecek, içecek ve gıda katkı maddelerine olan intoleransları tespit etmektedir.



**FixxTest  
İstanbul Gedik Üniversitesinde  
Yapılmaktadır.**