

Symptoms Report

Example Lunch

Hives (Urticaria)				
MSG Sensitivity				4
	Campbell's Healthy Request, Chunky Chicken Corn Chowder			(USA)
			Flavoring	
			Hydrolyzed Soy Protein	
			Soy Protein Isolate	
	Sir Bananas Reduced Fat Banana Milk, Bananas & Cocoa			(USA)
			Natural Flavoring	
Carrageenan Allergy				1
	Campbell's Healthy Request, Chunky Chicken Corn Chowder			(USA)
			Carrageenan	