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Fruits	Huckleberry	Passion Fruit
Acai	Jack fruit	Pear
Apricot	Kiwi	Pear, Asian
Bilberry	Kumquat	Persimmons
Blackberry	Lime	Plum
Blueberry	Lime Juice	Pomegranate
Boysenberry	Litchi (aka Lychee)	Pomelo
Cherry	Loganberry	Prune
Clementine	Loquat	Quince
Cranberry	Mango	Raspberry
Cranberry Juice	Mangosteen	Star Fruit
Currant	Maqui	Strawberry
Dragon Fruit (Pitaya)	Melon, Honeydew	Tamarind
Dried Fruit	Monk Fruit (Pure)	Tangelo
Elderberry	Mulberry	Tangerine
Fig	Nectarines	Wolfberry
Goji Berry	Noni	Youngberry
Golden Berry	Orange	
Gooseberry	Orange Juice	
Grapefruit	Orange Peel/Rind	
Grapefruit Juice	Orange, Blood	
Guava	Papaya	

Nuts, Seeds, Drupes & Oils	Hemp Seed	Tiger Nuts
Annatto Seed	Hydrogenated Oils	Truffle Oil
Avocado Oil	Macadamia Nut Oil	Truffle Oil, Black
Brazil Nut	Macadamia Nuts	Vegetable Shortening (Spectrum®)
Canola/Rapeseed Oil	Palm Kernel Oil	Walnut Oil
Caraway Seed	Pepitas	Walnuts
Cashew Butter	Pili Nuts	Walnuts, Black
Cashew Meal	Pine Nut	
Cashews	Pistachios	Vegetables
Chestnut	Poppy seeds	Alfalfa Grass
Coconut Butter	Psyllium Husk	Alfalfa Sprouts
Coconut Oil	Pumpkin Oil	Aloe Vera
Coconut, shredded (raw, unsweetened)	Pumpkin Seed Oil	Artichoke (not pickled)
Cola Nut (aka Kola Nut)	Pumpkin Seeds	Artichoke, Jerusalem (not pickled)
Cottonseed/Cottonseed Oil	Ramon Seeds	Arugula
Flax Meal	Rice Bran Oil	Avocado
Flax Oil	Rice, Wild (Lundberg® - not the blend)	Bamboo Shoot
Flax Seed	Sacha Inchi Seeds	Bean Sprout
Hazelnut Flour	Sesame Seed Oil	Beet
Hazelnut/Filbert	Sesame Seeds	Beet Greens
Hemp Meal	Sesame Seeds, Black	Bell Pepper
Hemp Protein (Powder)	Tea, Ramon	Bell Pepper, Green

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Bell Pepper, Orange	Coconut Concentrate	Onion, Green
Bell Pepper, Red	Collard Greens	Onion, Maui
Bell Pepper, Yellow	Corn, Blue	Onion, Red
Bok Choy	Corn, White	Onion, Sweet
Brussels Sprout	Daikon Radish	Onion, Yellow
Burdock	Dandelion Greens	Paprika
Cabbage, Chinese (see also Bok Choy)	Dandelion Root	Parsley
Cabbage, Green	Eggplant	Parsnip
Cabbage, Purple	Endive	Pea, Black-Eyed
Cactus (Nopales)	Fennel	Pepper, Anaheim
Capers	Garlic	Pepper, Cayenne
Capsicum	Hearts of Palm	Pepper, Chili
Carrot, Purple	Horseradish	Pepper, Green
Carrot, White	Hydrogenated Oils	Pepper, Habanero
Cassava (see Tapioca and Yucca)	Jicama	Pepper, Jalapeño
Cauliflower	Kale, all types	Pepper, Poblano
Cauliflower, Purple	Kohlrabi	Pepper, Red
Celery	Kombu	Pepper, Serrano
Chard	Leeks	Pimento
Chayote	Lettuce, all types	Potato, Fingerling
Chives	Mustard Greens	Potato, Purple
Coconut (raw and unsweetened)	Okra	Potato, Red

Potato, Russet	Squash, Summer	Crab
Potato, White	Squash, Winter	Crayfish
Potato, Yukon Gold	Squash, Yellow	Flounder
Prickly Pear	Sugar Beet	Hake
Psyllium Husk	Swiss Chard	Halibut
Pumpkin	Truffle	Herring
Pumpkin Powder	Turnip Greens	Lobster
Radicchio	Turnips	Mackerel
Radish	Water Chestnut	Mahi Mahi
Rainbow Chard	Watercress	Mussel
Red Pepper Flake	Yams, Garnett	Octopus
Rhubarb	Yams, Japanese	Orange Roughy
Rutabaga	Yucca	Oyster
Sauerkraut (Bubbies® Brand only)	Zucchini	Perch
Scallions		Red Snapper
Shallots	Fish & Shellfish	Salmon, wild (fresh)
Spirulina	Anchovy	Sardines
Squash	Bass	Shrimp
Squash, Acorn	Catfish	Squid
Squash, Butternut	Chilean Sea Bass	Swai
Squash, Green	Clam	Swordfish
Squash, Spaghetti	Corvina	Tilapia (Wild, Non-farmed)

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Trout	Condiments, Spreads & Sauces	Chocolate, White
Walleye Pike	Carob	Coconut Palm Sugar
Whitefish/Turbot	Cocoa Butter	Coconut Sugar
	Coconut Aminos®	Fruit Pectin
Meat & Poultry	Coconut Cream	Jerusalem Artichoke Syrup
Bison (see also Buffalo)	Coconut Vinegar (Coconut Secret)	Just Like Sugar®
Buffalo (see also Bison)	Cream, Raw and Unpasteurized	Lo Han
Chicken, free range (organic)	Liquid Aminos (Braggs®)(has Soy)	Maltitol
Deer (see also Venison)	Liquid Smoke gluten free (natural)	Maltodextrin (Tapioca-based)
Duck	Red Bean Paste	Maple Sugar
Goat, Grass-fed only (organic)	Sauerkraut (Bubbies® Brand only)	Maple Syrup (Grade A Dark Amber Organic)
Ostrich	Sour Cream, Raw and Unpasteurized	Molasses
Pheasant	Tamari (Wheat Free)	Monk Fruit (Pure)
Quail	Vegetable Shortening (Spectrum®)	Monk Fruit Extract
Rabbit	Vinegar, Beet	Nutrasweet®
Venison (see also Deer)		Rebiana Leaf (Stevia)
	Sweeteners	Sorbitol
Non-Dairy & Eggs	Agave Nectar	Splenda
Coconut Kefir (No Tapioca, Carageenan)	Aspartame	Sucanat
Coconut Milk(Native Forest or Natural Value)	Cane Syrup	Sucralose
Egg, Whites, Pasture-raised	Chocolate, Dark	Sugar Beet
Milk, Soy (Organic)	Chocolate, Milk	Sugar Cane

Sweetleaf® Stevia	Cinnamon, Ceylon	Gymnema Silvestre
Tapioca Dextrose	Cloves	Herbs De Provence
Xyla (Birchwood Xylitol)	Cloves, Madagascar	Hickory
Yacon Syrup	Cloves, Penang	Himalayan Salt
	Cramp Bark Extract	Hydrogenated Oils
Herbs & Spices	Cream of Tartar	Jamaican Jerk
Allspice	Cumin	Juniper Berry
Anise	Curcumin	Lavender
Ashwaganda	Curry (must be GF)	Lemon Balm (Melissa Officinalis)
Astragalus	Dandelion Root	Lemongrass
Bay Leaf	Dong Quai	Licorice Root
Bell Pepper, Red	Echinacea	Maca Root
Black Cohosh	Fennel	Mace Spice
Capsicum	Garlic	Marjoram
Caraway Seed	Garlic Powder	Mesquite
Cardamom	Garlic Salt	Milk Thistle
Celery Powder	Ginger	Mint
Chicory Root	Ginkgo Biloba	Mustard Seeds (gluten free)
Chili Powder	Ginseng (All Types)	Nutmeg
Chipotle Seasoning	Goldenseal	Onion
Cilantro/Coriander	Grapefruit Seed Extract	Onion Powder
Cinnamon	Guarana	Orange Peel/Rind

Orange Salt	Sumac	Cheese, Feta
Oregano	Taco Seasoning	Cheese, Goat
Paprika	Tamari (Wheat Free)	Cheese, Gorgonzola
Paprika (smoked)	Thyme	Cheese, Gouda
Parsley	Turmeric	Cheese, Havarti
Pepper, Cayenne	Uva Ursi	Cheese, Machego
Pepper, Red	Valerian	Cheese, Marscapone
Pepper, Sichuan	Vanilla (gluten and corn-free)	Cheese, Mozzarella (Raw)
Pepper, Szechuan	Vanilla Bean	Cheese, Muenster
Peppermint	Vanilla Powder	Cheese, Parmesan
Pine Bark Extract	White Willow Bark Extract	Cheese, Pecorino
Red Pepper Flake	Wintergreen	Cheese, Provolone
Rose Hips	Wormwood	Cheese, Raw and Pasture-raised
Rosemary		Cheese, Ricotta
Saffron	Milk-Containing Foods	Cheese, Romano
Sage	Butter, Raw and Pasture-raised	Cheese, Sheep
Saw Plametto	Buttermilk	Cheese, String (Mozzarella)
Sesame Seeds	Casein	Cheese, Swiss
Sesame Seeds, Black	Cheese, American	Chocolate, Milk
Shallots	Cheese, Asiago	Chocolate, White
Spearmint	Cheese, Brie	Cream, Raw and Unpasteurized
St. John's Wort	Cheese, Cheddar (Raw)	Ghee (Pasture-Raised, Organic)

Goat Cheese	Bean, Lima	Vanilla Bean
Goat Kefir	Bean, Mung	Vanilla Powder
Kefir, Raw	Bean, Navy	
Lactoalbumin	Bean, Ninja	Gluten-Free Grains
Milk Chocolate	Bean, Pinto/Frijole	Amaranth
Milk, Buffalo	Bean, Red	Arrowroot Flour/powder
Milk, Cow	Bean, White	Basmati Rice (gluten free)
Milk, Goat	Beans	Buckwheat
Milk, Sheep	Chickpea (see also Garbanzo Bean)	Buckwheat Flour
Mozzarella Cheese	Coffee Bean, Organic	Chicory Root
Sour Cream, Raw and Unpasteurized	Edamame (must be organic)	Coconut Flour (gluten free)
Whey	Fava Bean	Coconut Meal (gluten free)
Whey	Fava Bean Flour	Coconut Meal (gluten free) Corn, Blue
Whey Legumes & Pulses		· ·
	Fava Bean Flour	Corn, Blue
Legumes & Pulses	Fava Bean Flour Garbanzo Bean	Corn, Blue Corn, White
Legumes & Pulses Bean, Azuki	Fava Bean Flour Garbanzo Bean Garbanzo Flour	Corn, Blue Corn, White Fava Bean Flour
Legumes & Pulses Bean, Azuki Bean, Black	Fava Bean Flour Garbanzo Bean Garbanzo Flour Hydrogenated Oils	Corn, Blue Corn, White Fava Bean Flour Flax Meal
Legumes & Pulses Bean, Azuki Bean, Black Bean, Butter	Fava Bean Flour Garbanzo Bean Garbanzo Flour Hydrogenated Oils Kidney Bean	Corn, Blue Corn, White Fava Bean Flour Flax Meal Garbanzo Flour Glucomannon Flour
Legumes & Pulses Bean, Azuki Bean, Black Bean, Butter Bean, Cannellini	Fava Bean Flour Garbanzo Bean Garbanzo Flour Hydrogenated Oils Kidney Bean Lentil(s)	Corn, Blue Corn, White Fava Bean Flour Flax Meal Garbanzo Flour Glucomannon Flour (konjacfoods.com)
Legumes & Pulses Bean, Azuki Bean, Black Bean, Butter Bean, Cannellini Bean, Chana Dahl	Fava Bean Flour Garbanzo Bean Garbanzo Flour Hydrogenated Oils Kidney Bean Lentil(s) Miso	Corn, Blue Corn, White Fava Bean Flour Flax Meal Garbanzo Flour Glucomannon Flour (konjacfoods.com) Hazelnut Flour

Hydrogenated Oils	Tapioca	Coffee Bean, Organic
Konjac Glucomannon Flour	Tapioca Flour (gluten free)	Echinacea Tea
Millet	Tapioca Starch (gluten free)	Grapefruit Juice
Oats (Bob's Red Mill Gluten Free Version)	Teff	Hemp Protein (Powder)
Oats (Certified GF)	Tolerant Green Lentil & Pea Pasta	Lactoalbumin
Potato Flour (gluten free)	Tolerant Red or Green Lentil Pasta	Licorice Tea
Potato Starch (gluten free)		Lime Juice
Quinoa (gluten free)	Corn-Derived Foods	Milk, Buffalo
Quinoa, Black (gluten free)	Corn, Blue	Milk, Cow
Quinoa, Red (gluten free)	Corn, White	Milk, Goat
Rice Bran	Hydrogenated Oils	Milk, Sheep
Rice Flour (gluten free)	Maltitol	Milk, Soy (Organic)
Rice Protein Powder (gluten free)		Mineral Water
Rice, Basmati (gluten free)	Gluten-Containing Foods	Orange Juice
Rice, Black (gluten free)	Maltitol	Rice Protein Powder (gluten free)
Rice, Brown (gluten free)		Soy Milk/Soy Cheese (Organic)
Rice, Japonica (gluten free)	Beverages & Protein Powders	Soy Protein (Organic)
Rice, Purple (gluten free)	Casein	Sparkling Water, unflavored
Rice, Red (gluten free)	Coconut Kefir (No Tapioca, Carageenan)	Tea, Chamomile
Rice, White (gluten free)	Coconut Milk(Native Forest or Natural Value)	Tea, Hibiscus
Rice, Wild (Lundberg® - not the blend)	Coconut Water (low sugar)	Tea, Ramon
Sorghum	Coffee	Tea, Roobios

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Water	Latex
Whey	Locust Bean Gum
Yerba Matte Tea (Organic/Pure)	Lycopene
Zevia Drinks	Modified Food Starch (Tapioca-based)
	Palm Wax
Miscellaneous	Red Food Dye
Acacia Gum	Rice Starch (if certified gluten free)
Agar Gum	Silver
Antimony	Tofu (Organic)
Arabic Gum	Tragacanth Gum
Baking Soda (Arm & Hammer®)	Yeast, Brewer's
Blue Food Dye	Yeast, Nutritional
Chicory Root	
Cocoa/Cacao (raw, pure, & unsweetened)	Snacks
Formaldehyde	
GemWraps®, Sandwich Wrap (Mango/Chipotle)	
Glucomannon Flour (konjacfoods.com)	
Guar Gum	
Hops	
Hydrogenated Oils	
Inulin	
Konjac Glucomannon Flour	