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The following foods were foods that were removed from your diet and are now ok to have.

Vegetables

Aloe Vera

Arugula

Avocado

Bamboo Shoot

Bean Sprout

Beet Greens

Bitter Melon

Burdock

Cactus (Nopales)

Capers

Chard

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Daikon Radish

Dandelion Greens

Dandelion Root

Endive

Fennel

Ginger

Hearts of Palm

Horseradish

Jicama

Kohlrabi

Leeks

Mustard Greens

Onion, Green

Parsley

Prickly Pear

Radicchio

Rainbow Chard

Rutabaga

Scallions

Swede

Swiss Chard

Turnip Greens

Wasabi Root

Water Chestnut

Watercress

Fruits

Acai

Apple (all types)

Apricot

Bilberry

Blackberry

Blueberry

Boysenberry

Carambola

Cherry

Dragon Fruit (Pitaya)

Elderberry

Golden Berry

Grapefruit

Huckleberry

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee	Almond Meal (gluten free)
Maqui	Almond Oil
Mulberry	Annatto Seed
Nectarines	Avocado Oil
Noni	Brazil Nut
Passion Fruit	Caraway Seed
Peach	Cashew Butter
Pear	Cashew Meal
Pear, Asian	Cashews
Plum	Chestnut
Pomegranate	Coconut, shredded (raw, unsweetened)
Rambutan	Coconut Butter
Raspberry	Coconut Oil
Star Fruit	Duck Fat
Youngberry	Hazelnut/Filbert

Legumes, Pods, & Pulses

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Almond	Hazelnut Flour
Almond, Marcona	MCT Oil
Almond Butter (Artisana®)	Palm Kernel Oil
Almond Flavor (natural, gluten free)	Pine Nut
Almond Flour (gluten free)	Pistachios
	Poppy seeds

Herbs & Spices

Allspice
Almond Flavor (natural, gluten free)
Anise
Astragalus
Basil
Bay Leaf
Black Cohosh
Caraway Seed
Cardamom
Catnip
Chaparral
Chervil
Cilantro/Coriander
Cinnamon
Cinnamon, Ceylon
Clove Powder
Cloves, Madagascar
Cloves, Penang
Comfrey
Cramp Bark Extract
Cream of Tartar
Cumin

Curcumin	Mace Spice	Sumac
Curry (must be GF)	Marjoram	Tarragon
Dandelion Root	Milk Thistle	Thyme
Dill	Mint	Turmeric
Dong Quai	Mustard (as a Powder)	Uva Ursi
Echinacea	Mustard Seeds (gluten free)	Valerian
Fennel	Nutmeg	Vanilla Bean
Fennel Seed	Oregano	Vanilla Powder
Ginger Powder	Parsley	White Willow Bark Extract
Ginkgo Biloba	Pau D'arco	Wintergreen
Ginseng (All Types)	Pepper, Black (see Garlic/Lemon Pepper)	Wormwood
Goldenseal	Pepper/Peppercorns	Fish & Shellfish
Grapefruit Seed Extract	Peppermint	Chilean Sea Bass
Gymnema Silvestre	Pine Bark Extract	Corvina
Herbs De Provence	Rose Hips	Hake
Hickory	Rosemary	Lox
Himalayan Salt	Saffron	Mackerel
Juniper Berry	Sage	Mahi Mahi
Lavender	Sassafras	Octopus
Lemon Balm (Melissa Officinalis)	Savory	Perch
Lemongrass	Saw Plametto	Red Snapper
Lemon Pepper	Spearmint	Salmon, wild (fresh)
Maca Root	St. John's Wort	Sardines

Sole	Gluten-Free Grains	Beverages & Protein Powders
Swai	Almond Flour (gluten free)	Almond Milk, unsweetened (no tapioca)
Swordfish	Coconut Flour (gluten free)	Coconut Kefir (No Tapioca, Carageenan)
Tilapia (Wild, Non-farmed)	Coconut Meal (gluten free)	Coconut Milk (Native Forest or Natural Value)
Trout	Glucomannon Flour (konjacfoods.com)	Coconut Water (low sugar)
Walleye Pike	Hazelnut Flour	Echinacea Tea
Whitefish/Turbot	Konjac Glucomannon Flour	Green Tea
Meat & Poultry	Gluten-Containing Foods	Lemon Juice
Bison (see also Buffalo)	Corn-Derived Foods	Lime Juice
Goat, Grass-fed only (organic)	Condiments, Spreads & Sauces	Mineral Water
Ostrich	Apple Cider Vinegar (Bragg's®)	Sparkling Water, unflavored
Pheasant	Coconut Aminos®	Tea, Black
Quail	Coconut Cream	Tea, Chamomile
Rabbit	Liquid Smoke gluten free (natural)	Tea, Chicory Root
Milk-Containing Foods	Mustard, Brown (Eden® gf mustard)	Tea, Green
Non-Dairy & Eggs	Sweeteners	Tea, Hibiscus
Almond Milk, unsweetened (no tapioca)	Lo Han	Tea, Oolong
Coconut Kefir (No Tapioca, Carageenan)	Rebiana Leaf (Stevia)	Tea, Roobios
Coconut Milk (Native Forest or Natural Value)	Sweetleaf® Stevia	Tea, White
Egg Whites, Pasture-raised		Water
		Yerba Matte Tea (Organic/Pure)
		Zevia Drinks

Miscellaneous

Baking Soda (Arm & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

Latex

Lycopene

Silver

Snacks**Food Additives**

Annatto Coloring

Chicory Root

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Eggplant

Paprika

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Red Pepper Flake

Tabasco Sauce

Tomatillo

Tomato

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Fruits

Goji Berry

Gooseberries

Wolfberry

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Chia Seed (1/4 cup, max)

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Macadamia Nut Oil

Macadamia Nuts

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Vegetable Shortening (Spectrum®)

Herbs & Spices

Bell Pepper, Red

Capsicum

Chili Powder

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Pepper Flake

Tabasco Sauce	Tomato Paste (gluten & Vinegar-free)
Tomatillo	Tomato Sauce (gluten & Vinegar-free)
Fish & Shellfish	Ume Plum Vinegar
Meat & Poultry	Vegetable Shortening (Spectrum®)
Applegate® organic hot dogs	Vinegar, Distilled
Milk-Containing Foods	Sweeteners
Non-Dairy & Eggs	Beverages & Protein Powders
Gluten-Free Grains	Hemp Protein (Powder)
Amaranth	Miscellaneous
Flax Meal	Red Tomato Paste (gluten free)
Hemp Meal	Tobacco
Hemp Protein (Powder)	Yeast, Baker's
Hemp Seed	Yeast, Brewer's
Sunflower Seed Flour	Yeast, Nutritional
Gluten-Containing Foods	Snacks
Corn-Derived Foods	Food Additives
Condiments, Spreads & Sauces	
Earth Balance® Coconut Spread	
Harissa	
Ketchup (Organicville)	
Red Tomato Paste (gluten free)	
Tabasco Sauce	

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

Truffle

Yams, Garnett

Yams, Japanese

Fruits

Clementine

Dates

Durian Fruit

Guava

Kiwi

Kumquat

Mangosteen

Monk Fruit (Pure)

Persimmons

Pomelo

Prune

Tangerine

Nuts, Seeds, Drupes & Oils

Canola Oil, Non-GMO

Truffle Oil

Truffle Oil, Black

Herbs & Spices

Guarana

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

BodyPro Almond Mayo Grade A
Maple SyrupBodyPro Almond Mayo with Yacon
Syrup

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Sweeteners

Agave Nectar

BodyPro Almond Mayo Grade A
Maple Syrup

Coconut Palm Sugar

Coconut Sugar

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Monk Fruit (Pure)

Monk Fruit Extract

Xyla (Birchwood Xylitol)

Yacon Syrup

Beverages & Protein Powders

Miscellaneous

Snacks

Dates

Legumes, Pods, & Pulses

Food Additives

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cauliflower

Cauliflower, Purple

Celery

Chayote

Garlic

Kale, all types

Lettuce, all types

Mushrooms

Mushrooms, Button

Mushrooms, Cremini/Crimini

Mushrooms, Maitake

Mushrooms, Shiitake

Oat Grass (Not For Gluten Sensitive)

Olives (without vinegar)

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Pimento

Pumpkin

Pumpkin Powder

Radish

Rhubarb

Sauerkraut (Bubbies® Brand only)

Shallots

Spinach

Sugar Beet

Taro

Zucchini

Fruits

Banana

Cantaloupe

Cape Gooseberries

Cranberry

Cranberry Juice

Currant

Dried Fruit

Fig

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit Juice

Ground Cherries

Jack fruit

Mango

Melon, Honeydew

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Pineapple

Plantain

Quince

Raisin (unsulfured, organic)

Tangelo

Watermelon

Legumes, Pods, & Pulses

Coffee Bean, Organic

Nuts, Seeds, Drupes & Oils

Borage Seed Oil

Cola Nut (aka Kola Nut)

Grapeseed Oil, Organic

Lard/Tallow (pork)

Olive Leaf Extract

Olive Oil, Virgin

Pepitas

Pili Nuts

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Tea, Ramon

Tiger Nuts

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices

Ashwaganda

Celery Powder

Celery Seed

Garam Masala

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Grapeseed Extract

Jamaican Jerk

Olive Leaf Extract

Onion

Onion Powder

Orange Peel/Rind

Orange Salt

Red Clover

Sesame Seeds

Sesame Seeds, Black

Shallots

Vanilla (gluten and corn-free)

Fish & Shellfish

Bass

Flounder

Haddock

Herring

Meat & Poultry

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic ham

Buffalo (see also Bison)

Chicken, free range (organic)

Deer (see also Venison)

Lamb

Pork, (organic)

Venison (see also Deer)

Milk-Containing Foods**Non-Dairy & Eggs****Gluten-Free Grains**

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the blend)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Teff

Teff Flour

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Carob

Cocoa Butter

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Horseradish Mustard, Gluten-free (Annie's®)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Vinegar, Beet

Vinegar, Rice

Vinegar, White Wine

Sweeteners

Brown Sugar

Cane Syrup

Chocolate, Dark

Date Sugar

Fruit Pectin

Jerusalem Artichoke Syrup

Just Like Sugar®

Molasses

Sucanat

Sugar Beet

Sugar Cane

Beverages & Protein Powders

Apple Cider

Apple Juice

Cocoa

Coffee (Brewed and Not Instant)

Coffee Bean, Organic

Grapefruit Juice

Komboucha Tea

Orange Juice

Rice Protein Powder (gluten free)

Tea, Komboucha

Tea, Ramon

Wine, White (Champagne)

Miscellaneous

Cocoa

Pycnogenol

Resveratrol

Rice Starch (if certified gluten free)

Snacks

Apple Sauce

Food Additives

Arabic Gum

Asafoetida Powder

Inulin

Tragacanth Gum

These are the foods that have been removed from your diet

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Beet

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Kelp/Dulse

Kombu

Nori

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Sea Vegetables

Seaweed

Spirulina

Sweet Potato, Red

Sweet Potatoes, White

Turnips

Wheat Grass (Is
Gluten-contaminated)

Tamarind

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean	Vegetable Oil	Tuna
Garbanzo Flour	Herbs & Spices	Meat & Poultry
Kidney Bean	Caramel Coloring	Applegate® organic andouille sausage
Lentil(s)	Licorice Root	Applegate® organic chicken
Miso	Mesquite	Applegate® organic chicken/apple sausage
Pea, Snap	Red Chili Paste Thai Kitchen® (gluten free)	Applegate® organic herb roasted turkey
Pea, Snow	Tamari (Wheat Free)	Applegate® organic red pepper sausage
Pea, Split	Fish & Shellfish	Applegate® organic sausage sweet italian
Peanut (Organic, Valencia)	Anchovy	Applegate® organic smoked chicken breast
Peanut Butter (Organic, Maranatha®)	Catfish	Applegate® organic smoked turkey breast
Red Bean Paste	Clam	Applegate® organic spinach & feta sausage
Soybean oil(must be organic)	Cod/ Cod Liver Oil	Applegate® organic turkey
Soy Beans (must be organic)	Crab	Chicken Broth (Imagine® gf/low sodium)
Nuts, Seeds, Drupes & Oils	Crab, Immitation	Milk-Containing Foods
Canola/Rapeseed Oil	Crayfish	Applegate® organic spinach & feta sausage
Corn Oil	Krill	Butter, Raw and Pasture-raised
Fenugreek Seed	Lobster	Buttermilk
Hydrogenated Oils	Mussel	Casein
Krill Oil	Orange Roughy	Cheese, American
Peanut Oil (Organic)	Oyster	Cheese, Asiago
Pecan Flour	Scallop	Cheese, Bleu
Pecans	Shrimp	Cheese, Brie
Psyllium Husk	Squid	Cheese, Cheddar (Raw)

Cheese, Cottage	Ghee (Pasture-Raised, Organic)	Milk, Soy (Organic)
Cheese, Cream	Goat Cheese	Gluten-Free Grains
Cheese, Feta	Goat Kefir	Corn (Gluten-free & Non-GMO)
Cheese, Goat	Kefir, Raw	Corn, Blue
Cheese, Gorgonzola	Lactic Acid (milk-derived)	Corn, White
Cheese, Gouda	Lactalbumin	Corn Meal (gluten free)
Cheese, Havarti	Milk, Buffalo	Corn Starch (gluten free)
Cheese, Machego	Milk, Cow	Fava Bean Flour
Cheese, Marscapone	Milk, Goat	Garbanzo Flour
Cheese, Mozzarella (Raw)	Milk, Sheep	Julian Bakery Almond Bread
Cheese, Muenster	Milk Chocolate	Julian Bakery Coconut Bread
Cheese, Parmesan	Mozzarella Cheese	Mikey's Original English Muffin
Cheese, Pecorino	Sour Cream, Raw and Unpasteurized	Mikey's Pizza crust
Cheese, Provolone	Whey	Mikey's Sliced Bread Loaf
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	Potato Flour (gluten free)
Cheese, Ricotta	Non-Dairy & Eggs	Potato Starch (gluten free)
Cheese, Romano	Almond Yogurt, unsweetened	Sweet Potato Flour (gluten free)
Cheese, Sheep	BodyPro Avocado Oil Mayonnaise	Tolerant Green Lentil & Pea Pasta
Cheese, String (Mozzarella)	Cheese, Daiya (Coconut, Tapioca, yeast,)	Tolerant Red or Green Lentil Pasta
Cheese, Swiss	Cheese, Soy (Organic) (see Soy)	Tortilla, Siete Almond
Chocolate, Milk	Egg, Pasture-raised (from a farmer)	Tortilla, Siete Cassava & Coconut
Chocolate, White	Egg, Vital Farms® or Pasture Verde®	Udi's Millet-Chia Bread
Cream, Raw and Unpasteurized	Egg Yolks, Pasture-raised	Udi's White Sandwich Bread

Udi's Whole Grain Bread	Graham (wheat)	Vodka, Rye or Grain
Gluten-Containing Foods	Kamut	Wheat (All Types)
Allulose	Liquid Smoke (can have gluten)	Wheat Germ
Avenin	Malt	Wheat Grass (Is Gluten-contaminated)
Barley	Maltitol	Corn-Derived Foods
Barley Grass (can have gluten)	Maltodextrin (Barley-derived)	Barbeque Sauce, GF Annie's® Sweet & Spicy
Barley Greens (may contain gluten)	Miso	Cheese, Cream
Barley Juice (may contain gluten)	Modified Food Starch	Cheese, Daiya (Coconut, Tapioca, yeast,....)
Beer	Oats	Cheese, Soy (Organic) (see Soy)
Bran	Oats, GF (not Certified) can have gluten	Chewing Gum (has gluten and corn)
Bread	Orzo	Citric Acid (can be corn-derived)
Brown Rice Syrup (contains MSG/Gluten)	Panko	Corn (Gluten-free & Non-GMO)
Caramel Coloring	Polish Wheat	Corn, Blue
Cheese, Bleu	Rye	Corn, White
Chewing Gum (has gluten and corn)	Semolina	Corn Gluten
Coffee, Instant (has gluten)	Soy Sauce	Corn Meal (gluten free)
Couscous	Spelt	Corn Oil
Crab, Immitation	Teechino	Corn Starch (gluten free)
Durum Wheat	Teriyaki Sauce	Corn Syrup
Egyptian Wheat	Triticale	Erythritol (non-GMO)
Farro	Vinegar	Fructose
Gliadin	Vinegar, Malt	GemWraps®, Sandwich Wrap (Carrot)
Gluten	Vinegar, White	Hydrogenated Oils

Lactic Acid (corn-derived)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Maltitol
Maize	Red Bean Paste	Maltodextrin (Barley-derived)
Maltitol	Red Chili Paste Thai Kitchen® (gluten free)	Maltodextrin (Corn-based, non-GMO)
Maltodextrin (Corn-based, non-GMO)	Sour Cream, Raw and Unpasteurized	Nutrasweet®
Modified Food Starch	Soy Sauce	Sorbitol
Sriracha Sauce Organicville gluten-free	Sriracha Sauce Organicville gluten-free	Splenda
Swerve® Sweetener	Tamari (Wheat Free)	Sucralose
Vodka, Corn	Teriyaki Sauce	Swerve® Sweetener
Xanthan Gum	Veganise Soy-free (Follow Your Heart®)	Xylitol
Yogurt (See Xanthan Gum)	Vinegar	Beverages & Protein Powders
Condiments, Spreads & Sauces	Vinegar, Malt	Beer
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Vinegar, Red Wine	Carrot Juice
Barbeque Sauce, GF Annie's® Sweet & Spicy	Vinegar, White	Casein
BodyPro Avocado Oil Mayonnaise	Worcestershire Sauce (The Wizard's® GF)	Coffee, Instant (has gluten)
Cream, Raw and Unpasteurized	Sweeteners	Lactoalbumin
Daiya - Medium Cheddar Block	Aspartame	Licorice Tea
Earth Balance® Avocado Oil Butter Spread	Brown Rice Syrup (contains MSG/Gluten)	Milk, Buffalo
Hummus	Chocolate, Milk	Milk, Cow
Kosher Salt	Chocolate, White	Milk, Goat
Liquid Aminos (Braggs®)(has Soy)	Corn Syrup	Milk, Rice
Liquid Smoke (can have gluten)	Erythritol (non-GMO)	Milk, Sheep
Mayonnaise	Fructose	Milk, Soy (Organic)
Mayonnaise, Primal Kitchen Avocado Oil	Malt	Pea Protein

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Tea, Unflavored

Teechino

Vodka, Corn

Vodka, Potato

Vodka, Rye or Grain

Whey

Wine, Red

Miscellaneous

Antimony

Baking Powder

Beef broth (Imagine® low sodium/GF)

Chicken Broth (Imagine® gf/low sodium)

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Julian Bakery Paleo Wraps

Modified Food Starch

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Snacks

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Blue Food Dye

Carrageenan Gum

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Vegan Natural Flavors (with MSG)

Xanthan Gum

Complete Comprehensive List

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse	Parsnip	Potato, Russet
Kohlrabi	Pea, Black-Eyed	Potato, Sweet
Kombu	Pea, Green	Potato, White
Leeks	Pea, Snap	Potato, Yukon Gold
Lettuce, all types	Pea, Snow	Prickly Pear
Mushrooms	Pea, Split	Psyllium Husk
Mushrooms, Button	Pea Protein	Pumpkin
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Pumpkin Powder
Mushrooms, Maitake	Pepper, Cayenne	Radicchio
Mushrooms, Shiitake	Pepper, Chili	Radish
Mustard Greens	Pepper, Green	Rainbow Chard
Nori	Pepper, Habanero	Red Pepper Flake
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rhubarb
Okra	Pepper, Poblano	Rutabaga
Olives (without vinegar)	Pepper, Red	Sauerkraut (Bubbies® Brand only)
Onion, Green	Pepper, Serrano	Scallions
Onion, Maui	Pepper, Tabasco	Sea Vegetables
Onion, Red	Pickles, Bubbies® brand only	Seaweed
Onion, Sweet	Pimento	Shallots
Onion, Yellow	Potato, Fingerling	Spinach
Paprika	Potato, Purple	Spirulina
Parsley	Potato, Red	Squash

Squash, Acorn	Tomato, Yellow	Blueberry
Squash, Butternut	Tomatoes, Big Beef	Boysenberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Cantaloupe
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	Cape Gooseberries
Squash, Summer	Truffle	Carambola
Squash, Winter	Turnip Greens	Cherry
Squash, Yellow	Turnips	Clementine
Sugar Beet	Wasabi Root	Cranberry
Swede	Water Chestnut	Cranberry Juice
Sweet Potato, Red	Watercress	Currant
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Dates
Swiss Chard	Yams, Garnett	Dragon Fruit (Pitaya)
Tabasco Sauce	Yams, Japanese	Dried Fruit
Taro	Yucca	Durian Fruit
Tomatillo	Zucchini	Elderberry
Tomato	Fruits	Fig
Tomato, Cherry	Acai	Goji Berry
Tomato, Heirloom	Apple (all types)	Golden Berry
Tomato, Orange	Apricot	Gooseberries
Tomato, Red	Banana	Grape
Tomato, Roma	Bilberry	Grape, Green
Tomato, Sun-dried	Blackberry	Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Ground Cherries

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Rambutan

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Youngberry

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashews
Bean, Lima	Red Bean Paste	Chestnut
Bean, Mung	Soybean oil(must be organic)	Chia Seed (1/4 cup, max)
Bean, Navy	Soy Beans (must be organic)	Coconut, shredded (raw, unsweetened)
Bean, Ninja	Vanilla Bean	Coconut Butter
Bean, Pinto/Frijole	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, Red	Almond	Cola Nut (aka Kola Nut)
Bean, White	Almond, Marcona	Corn Oil
Chickpea (see also Garbanzo Bean)	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Coffee Bean, Organic	Almond Flavor (natural, gluten free)	Duck Fat
Edamame (must be organic)	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean	Almond Meal (gluten free)	Flax Meal
Fava Bean Flour	Almond Oil	Flax Oil
Garbanzo Bean	Annatto Seed	Flax Seed
Garbanzo Flour	Avocado Oil	Grapeseed Oil, Organic
Kidney Bean	Borage Seed Oil	Hazelnut/Filbert
Lentil(s)	Brazil Nut	Hazelnut Flour
Miso	Canola/Rapeseed Oil	Hemp Meal
Pea, Snap	Canola Oil, Non-GMO	Hemp Protein (Powder)
Pea, Snow	Caraway Seed	Hemp Seed
Pea, Split	Cashew Butter	Hydrogenated Oils
Peanut (Organic, Valencia)	Cashew Meal	Krill Oil

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Cinnamon, Ceylon	Ginkgo Biloba	Mint
Clove Powder	Ginseng (All Types)	Mustard (as a Powder)
Cloves, Madagascar	Goldenseal	Mustard Seeds (gluten free)
Cloves, Penang	Grapefruit Seed Extract	Nutmeg
Comfrey	Grapeseed Extract	Olive Leaf Extract
Cramp Bark Extract	Guarana	Onion
Cream of Tartar	Gymnema Silvestre	Onion Powder
Cumin	Herbs De Provence	Orange Peel/Rind
Curcumin	Hickory	Orange Salt
Curry (must be GF)	Himalayan Salt	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)
Dong Quai	Lavender	Parsley
Echinacea	Lemon Balm (Melissa Officinalis)	Pau D'arco
Fennel	Lemongrass	Pepper, Black (see Garlic/Lemon Pepper)
Fennel Seed	Lemon Pepper	Pepper, Cayenne
Garam Masala	Licorice Root	Pepper, Red
Garlic	Maca Root	Pepper, Sichuan
Garlic Pepper	Mace Spice	Pepper, Szechuan
Garlic Powder	Marjoram	Pepper/Peppercorns
Garlic Salt	Mesquite	Peppermint
Ginger Powder	Milk Thistle	Pine Bark Extract

Red Chili Paste Thai Kitchen® (gluten free)	Turmeric	Hake
Red Clover	Uva Ursi	Halibut
Red Pepper Flake	Valerian	Herring
Rose Hips	Vanilla (gluten and corn-free)	Krill
Rosemary	Vanilla Bean	Lobster
Saffron	Vanilla Powder	Lox
Sage	White Willow Bark Extract	Mackerel
Sassafras	Wintergreen	Mahi Mahi
Savory	Wormwood	Mussel
Saw Plametto	Fish & Shellfish	Octopus
Sesame Seeds	Anchovy	Orange Roughy
Sesame Seeds, Black	Bass	Oyster
Shallots	Catfish	Perch
Spearmint	Chilean Sea Bass	Red Snapper
St. John's Wort	Clam	Salmon, wild (fresh)
Sumac	Cod/ Cod Liver Oil	Sardines
Tabasco Sauce	Corvina	Scallop
Taco Seasoning	Crab	Shrimp
Tamari (Wheat Free)	Crab, Immitation	Sole
Tarragon	Crayfish	Squid
Thyme	Flounder	Swai
Tomatillo	Haddock	Swordfish

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & PoultryApplegate® organic andouille
sausage

Applegate® organic bacon

Applegate® organic black forest
ham

Applegate® organic chicken

Applegate® organic chicken/apple
sausage

Applegate® organic ham

Applegate® organic herb roasted
turkey

Applegate® organic hot dogs

Applegate® organic red pepper
sausage

Applegate® organic roast beef

Applegate® organic sausage sweet
italianApplegate® organic smoked
chicken breastApplegate® organic smoked turkey
breastApplegate® organic spinach & feta
sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low
sodium)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Milk-Containing FoodsApplegate® organic spinach & feta
sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Macheo

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya
(Coconut, Tapioca, yeast,)

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	Gluten-Containing Foods
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Allulose
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Avenin
Millet	Simple Mills Ground Sea Salt Almond Crackers	Barley
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley Grass (can have gluten)
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Greens (may contain gluten)
Potato Flour (gluten free)	Sorghum	Barley Juice (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Beer
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Bran
Quinoa (gluten free)	Tapioca	Bread
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Caramel Coloring
Rice, Basmati (gluten free)	Teff	Cheese, Bleu
Rice, Black (gluten free)	Teff Flour	Chewing Gum (has gluten and corn)
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Coffee, Instant (has gluten)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Couscous
Rice, Purple (gluten free)	Tortilla, Siete Almond	Crab, Imitation

Durum Wheat	Teechino	Corn Oil
Egyptian Wheat	Teriyaki Sauce	Corn Starch (gluten free)
Farro	Triticale	Corn Syrup
Gliadin	Vinegar	Erythritol (non-GMO)
Gluten	Vinegar, Malt	Fructose
Graham (wheat)	Vinegar, White	GemWraps®, Sandwich Wrap (Carrot)
Kamut	Vodka, Rye or Grain	Hydrogenated Oils
Liquid Smoke (can have gluten)	Wheat (All Types)	Lactic Acid (corn-derived)
Malt	Wheat Germ	Maize
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maltitol
Maltodextrin (Barley-derived)	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Miso	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Modified Food Starch	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats	Cheese, Daiya (Coconut, Tapioca, yeast,....)	Swerve® Sweetener
Oats, GF (not Certified) can have gluten	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Orzo	Chewing Gum (has gluten and corn)	Xanthan Gum
Panko	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Polish Wheat	Corn (Gluten-free & Non-GMO)	
Rye	Corn, Blue	
Semolina	Corn, White	
Soy Sauce	Corn Gluten	
Spelt	Corn Meal (gluten free)	

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Corn Syrup

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Beverages & Protein Powders

Almond Milk, unsweetened (no
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Cocoa

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Coconut Water (low sugar)

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Kombucha Tea

Lactalbumin

Lemon Juice	Tea, Oolong	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Tea, Ramon	Cocoa
Lime Juice	Tea, Roobios	Collagen Protein (Powder)
Milk, Buffalo	Tea, Unflavored	GemWraps®, Sandwich Wrap (Carrot)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Tomato)
Milk, Sheep	Vodka, Potato	Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Vodka, Rye or Grain	Hops
Mineral Water	Water	Julian Bakery Paleo Wraps
Orange Juice	Whey	Latex
Pea Protein	Wine, Red	Lycopene
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Modified Food Starch
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch (Tapioca-based)
Soy Protein (Organic)	Zevia Drinks	Pycnogenol
Sparkling Water, unflavored	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Black	Antimony	Resveratrol
Tea, Chamomile	Baking Powder	Rice Starch (if certified gluten free)
Tea, Chicory Root	Baking Soda (Arm & Hammer®)	Silver
Tea, Green	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Hibiscus	Bone Broth, Beef	Tofu (Organic)
Tea, Komboucha	Cacao (Raw, Pure, & Unsweetened)	Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum (has gluten and corn)

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip
CookiesSimple Mills Cracked Black Pepper
Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

Xanthan Gum