Fruits	Golden Berry	Maqui
Acai	Gooseberry	Melon, Honeydew
alpha	Grape	Monk Fruit (Pure)
Apple (all types)	Grape, Green	Mulberry
Apricot	Grape, Purple	Nectarines
Banana	Grape, Red	new food
Bilberry	Grape, White	Noni
Blackberry	Grapefruit	Orange
Blueberry	Grapefruit Juice	Orange, Blood
Boysenberry	Guava	Orange Juice
bravo	Huckleberry	Orange Peel/Rind
Cantaloupe	Jack fruit	Papaya
charlie	Kiwi	Passion Fruit
Cherry	Kumquat	Peach
Clementine	Lemon	Pear
Cranberry	Lemon Juice	Pear, Asian
Cranberry Juice	Lemon Rind/Peel	Persimmons
Currant	Lime	Pineapple
Dates	Lime Juice	Plantain
Dragon Fruit (Pitaya)	Litchi (aka Lychee)	Plum
Dried Fruit	Loganberry	Pomegranate
Elderberry	Loquat	Pomelo
Fig	Mango	Prune
Goji Berry	Mangosteen	Quince

Snopping List Page 2					All ingredients must be organ		
tes	t patient				11/01/201		
	Raisin (unsulfured, organic)		Cashew Butter		Olive Oil, Virgin		
	Raspberry		Cashew Meal		Palm Kernel Oil		
	Star Fruit		Cashews		Pecan Flour		
	Strawberry		Chestnut		Pecans		
	Tamarind		Chia Seed (1/4 cup, max)		Pepitas		
	Tangelo		Coconut, shredded (raw, unsweetened)		Pili Nuts		
	Tangerine		Coconut Butter		Pine Nut		
	Vinegar, Red Wine		Coconut Oil		Pistachios		
	Watermelon		Cola Nut (aka Kola Nut)		Poppy seeds		
	Wolfberry		Corn Oil		Psyllium Husk		
	Youngberry		Cottonseed/Cottonseed Oil		Pumpkin Oil		
	Nuts, Seeds, Drupes & Oils		Flax Meal		Pumpkin Seed Oil		
	Almond		Flax Oil		Pumpkin Seeds		
	Almond, Marcona		Flax Seed		Ramon Seeds		
	Almond Butter (Artisana®)		Grapeseed Oil, Organic		Rice, Wild (Lundberg® - not the blend)		
	Almond Flavor (natural, gluten free)		Hazelnut/Filbert		Rice Bran Oil		
	Almond Flour (gluten free)		Hazelnut Flour		Sacha Inchi Seeds		
	Almond Meal (gluten free)		Hemp Meal		Safflower/Safflower Seed Oil		
	Annatto Seed		Hemp Protein (Powder)		Sesame Seed Oil		
	Avocado Oil		Hemp Seed		Sesame Seeds		
	Brazil Nut		Hydrogenated Oils		Sesame Seeds, Black		
	Canola/Rapeseed Oil		Macadamia Nut Oil		Sunflower Seed Butter		
	Caraway Seed		Macadamia Nuts		Sunflower Seed Lecithin		

Olive Leaf Extract

Sunflower Seed Oil

Shopping List Page 3					igredients must be organic
tes	t patient				11/01/2017
	Sunflower Seeds		Haddock		Whitefish/Turbot
	Tahini		Hake		Vegetables
	Tea, Ramon		Halibut		Agave Nectar
	Tiger Nuts		Herring		Alfalfa Grass
	Truffle Oil		Lobster		Alfalfa Sprouts
	Truffle Oil, Black		Mackerel		Aloe Vera
	Vegetable Oil		Mahi Mahi		Artichoke (not pickled)
	Vegetable Shortening (Spectrum®)		Mussel		Artichoke, Jerusalem (not pickled)
	Walnut Oil		Octopus		Arugula
	Walnuts		Orange Roughy		Asparagus
	Walnuts, Black		Oyster		Avocado
	Fish & Shellfish		Perch		Bamboo Shoot
	Anchovy		Red Snapper		Barley Grass (can have gluten)
	Bass		Salmon, wild (fresh)		Barley Greens (may contain gluten)
	Catfish		Sardines		Bean, Green
	Chilean Sea Bass		Shrimp		Bean Sprout
	Clam		Sole		Beet
	Cod/ Cod Liver Oil		Squid		Beet Greens
	Corvina		Swai		Bell Pepper
	Crab		Swordfish		Bell Pepper, Green
	Crab, Immitation		Tilapia (Wild, Non-farmed)		Bell Pepper, Orange
	Crayfish		Trout		Bell Pepper, Red
	Flounder		Tuna Walleye Pike		Bell Pepper, Yellow
		1 1	· - y		

tes	t patient		11/01/201
	Bok Choy	Chives	Lettuce, all types
	Broccoli	Coconut (raw and unsweetened)	Mushrooms
	Broccolini	Coconut Concentrate	Mushrooms, Button
	Broccoli Rabe	Collard Greens	Mushrooms, Cremeni/Crimini
	Broccoli Sprouts	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
	Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
	Burdock	Corn, White	Mustard Greens
	Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
	Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
	Cabbage, Purple	Dandelion Greens	Okra
	Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
	Capers	Eggplant	Onion, Green
	Capsicum	Endive	Onion, Maui
	Carrot, Orange	Fennel	Onion, Red
	Carrot, Purple	Garlic	Onion, Sweet
	Carrot, White	Hearts of Palm	Onion, Yellow
	Carrot, Yellow	Horseradish	Paprika
	Carrot Juice	Hydrogenated Oils	Parsley
	Cassava (see Tapioca and Yucca)	Jicama	Parsnip
	Cauliflower	Kale, all types	Pea, Black-Eyed
	Cauliflower, Purple	Kelp/Dulse	Pea, Green
	Celery	Kohlrabi	Pea, Snap
	Chard	Kombu	Pea, Snow
	Chayote	Leeks	Pea, Split

All ingredients must be organic

Shopping List Page 4

tes	t patient		11/01/2017
	Pea Protein	Radish	Tomatillo
	Pepper, Anaheim	Rainbow Chard	Tomato
	Pepper, Cayenne	Red Pepper Flake	Tomato, Cherry
	Pepper, Chili	Rhubarb	Tomato, Heirloom
	Pepper, Green	Rutabaga	Tomato, Orange
	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Red
	Pepper, Jalapeño	Scallions	Tomato, Roma
	Pepper, Poblano	Sea Vegetables	Tomato, Sun-dried
	Pepper, Red	Seaweed	Tomato, Yellow
	Pepper, Serrano	Shallots	Tomatoes, Big Beef
	Pickles, Bubbies® brand only	Spinach	Tomato Paste (gluten & Vinegar-free)
	Pimento	Spirulina	Tomato Sauce (gluten & Vinegar-free)
	Potato, Fingerling	Squash	Truffle
	Potato, Purple	Squash, Acorn	Turnip Greens
	Potato, Red	Squash, Butternut	Turnips
	Potato, Russet	Squash, Green	Vegetable Oil
	Potato, Sweet	Squash, Spaghetti	Water Chestnut
	Potato, White	Squash, Summer	Watercress
	Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
	Prickly Pear	Squash, Yellow	Yams, Garnett
	Psyllium Husk	Sugar Beet	Yams, Japanese
	Pumpkin	Sweet Potato, Red	Yucca
	Pumpkin Powder	Sweet Potatoes, White	Zucchini
	Radicchio	Swiss Chard	

All ingredients must be organic

Shopping List Page 5

Meat & Poultry	Duck	Egg, Whites, Pasture-raised
Applegate® organic andouille sausage	Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised
Applegate® organic bacon	Great Lake's® Beef Gelatin	Milk, Soy (Organic)
Applegate® organic black forest ham	Lamb	Paleo Cheese (Julianbakery.com or
Applegate® organic chicken	Lard (pork)	Condiments, Spreads & Sauce
Applegate® organic chicken/apple sausage	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic ham	Pheasant	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Applegate® organic herb roasted turkey	Pork, (organic)	Balsamic Vinegar (with Red Wine Vinegar)
Applegate® organic hot dogs	Quail	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Applegate® organic red pepper sausage	Rabbit	Barbeque Sauce, GF Annie's® Sweet & Spicy
Applegate® organic roast beef	Turkey (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Applegate® organic sausage sweet italian	Veal (organic)	BodyPro Almond Mayo with Yacon Syrup
Applegate® organic smoked chicken breast	Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise
Applegate® organic smoked turkey breast	Non-Dairy & Eggs	Carob
Applegate® organic spinach & feta sausage	Almond Milk, unsweetened (no tapioca)	Cocoa Butter
Applegate® organic turkey	Almond Yogurt, unsweetened	Coconut Aminos®
Applegate® organic turkey bacon	BodyPro Avocado Oil Mayonnaise	Coconut Cream
Beef, Grass-fed only (organic)	Cheese, Daiya (Coconut,Tapioca,yeast,)	Coconut Vinegar (Coconut Secret)
Bison (see also Buffalo)	Cheese, Soy (Organic) (see Soy)	Cream, Raw and Unpasteurized
Buffalo (see also Bison)	Coconut Kefir (No Tapioca, Carageenan)	Dressing, Primal Kitchen Greek Avocado Oil
Chicken, free range (organic)	Coconut Milk(Native Forest or Natural Value)	Dressing, Primal Kitchen Honey Mustard
Chicken Broth (Imagine® gf/low sodium)	Egg, Pasture-raised (from a farmer)	Earth Balance® Avocado Oil Butter Spread
Collagen Protein (Powder)	Egg, Vital Farms® or Pasture Verde®	Earth Balance® Coconut Spread
Deer (see also Venison)		

Harissa	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar
Hummus	Veganaise Soy-free (Follow Your Heart®)	Date Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fructose
Liquid Smoke (can have gluten)	Vinegar, Beet	Fruit Pectin
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, (Organic)
Mayonnaise	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Jerusalem Artichoke Syrup
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Just Like Sugar®
Olives (without vinegar)	Vinegar, White Wine	Lo Han
Red Bean Paste	White/Distilled Vinegar	Maltitol
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Barley-derived)
Red Tomato Paste (gluten free)	Sweeteners	Maltodextrin (Corn-based, non-GMO)
Sauerkraut (Bubbies® Brand only)	Agave Nectar	Maltodextrin (Tapioca-based)
Sherry Vinegar	Aspartame	Maple Sugar
Sour Cream, Raw and Unpasteurized	BodyPro Almond Mayo Grade A Maple Syrup	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	Brown Rice Syrup (contains MSG/Gluten)	Molasses
Sriracha Sauce Organicville gluten-free	Cane Syrup	Monk Fruit (Pure)
Tabasco Sauce	Chocolate, Dark	Monk Fruit Extract
Tamari (Wheat Free)	Chocolate, Milk	Nutrasweet®
Teriyaki Sauce	Chocolate, White	Rebiana Leaf (Stevia)
Tomato Paste (gluten & Vinegar-free)		Sorbitol

Shopping List Page 8					ngredients must be organic
tes	t patient				11/01/2017
	Splenda		Caraway Seed		Garlic Pepper
	Sucanat		Cardamom		Garlic Powder
	Sucralose		Celery Powder		Garlic Salt
	Sugar Beet		Chicory Root		Ginger
	Sugar Cane		Chili Powder		Ginkgo Biloba
	Sweetleaf® Stevia		Chipotle Seasoning		Ginseng (All Types)
	Swerve® Sweetener		Cilantro/Coriander		Goldenseal
	Tapioca Dextrose		Cinnamon		Grapefruit Seed Extract
	Xyla (Birchwood Xylitol)		Cinnamon, Ceylon		Grapeseed Extract
	Xylitol		Cloves		Guarana
	Yacon Syrup		Cloves, Madagascar		Gymnema Silvestre
	Herbs & Spices		Cloves, Penang		Herbs De Provence
	Allspice		Cramp Bark Extract		Hickory
	Almond Flavor (natural, gluten free)		Cream of Tartar		Himalayan Salt
	Anise		Cumin		Hydrogenated Oils
	Ashwaganda		Curcumin		Jamaican Jerk
	Astragalus		Curry (must be GF)		Juniper Berry
	Basil		Dandelion Root		Lavender
	Bay Leaf		Dill		Lemon Balm (Melissa Officinalis)
	Bell Pepper, Red		Dong Quai		Lemongrass
	Black Cohosh		Echinacea		Lemon Pepper
	Capsicum		Fennel		Licorice Root
	Caramel Coloring		Garam Masala		Maca Root
			Garlic		Mace Spice

test	t patient			11/01/2017
	Marjoram	Red Chili Paste Thai Kitchen® (gluten free)		White Willow Bark Extract
	Mesquite	Red Pepper Flake		Wintergreen
	Milk Thistle	Rose Hips		Wormwood
	Mint	Rosemary		Milk-Containing Foods
	Mustard (as a Powder)	Saffron		Applegate® organic spinach &
	Mustard Seeds (gluten free)	Sage		feta sausage Butter, Raw and Pasture-raised
	Nutmeg	Saw Plametto		Buttermilk
	Olive Leaf Extract	Sesame Seeds		Casein
	Onion	Sesame Seeds, Black		Cheese, American
	Onion Powder	Shallots		Cheese, Asiago
	Orange Peel/Rind	Spearmint		Cheese, Bleu
	Orange Salt	St. John's Wort		Cheese, Brie
	Oregano	Sumac		Cheese, Cheddar (Raw)
	Paprika	Taco Seasoning		Cheese, Cottage
	Paprika (smoked)	Tamari (Wheat Free)		Cheese, Cream
	Parsley	Tarragon		Cheese, Feta
	Pepper, Black (see Garlic/Lemon Pepper)	Thyme		Cheese, Goat
	Pepper, Cayenne	Tomatillo		Cheese, Gorgonzola
	Pepper, Red	Turmeric		Cheese, Gouda
	Pepper, Sichuan	Uva Ursi		Cheese, Havarti
	Pepper, Szechuan	Valerian		Cheese, Machego
	Pepper/Peppercorns	Vanilla (gluten and corn-free)		Cheese, Marscapone
	Peppermint	Vanilla Bean		Cheese, Mozzarella (Raw)
	Pine Bark Extract	Vanilla Powder	_	· · · · · ·

All ingredients must be organic

Shopping List Page 9

Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Edamame (must be organic)
Cheese, Parmesan	Whey	Fava Bean
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Fava Bean Flour
Cheese, Provolone	Legumes & Pulses	Garbanzo Bean
Cheese, Raw and Pasture-raised	Bean, Azuki	Garbanzo Flour
Cheese, Ricotta	Bean, Black	Hydrogenated Oils
Cheese, Romano	Bean, Butter	Kidney Bean
Cheese, Sheep	Bean, Cannellini	Lentil(s)
Cheese, String (Mozzarella)	Bean, Chana Dahl	Miso
Cheese, Swiss	Bean, Chili	Pea, Snap
Chocolate, Milk	Bean, Green	Pea, Snow
Chocolate, White	Bean, Italian	Pea, Split
Cream, Raw and Unpasteurized	Bean, Kidney	Peanut (Organic, Valencia)
Ghee (Pasture-Raised, Organic)	Bean, Lima	Peanut Butter (Organic, Maranatha®)
Goat Cheese	Bean, Mung	Peanut Oil (Organic)
Goat Kefir	Bean, Navy	Red Bean Paste
Kefir, Raw	Bean, Ninja	Soybean oil(must be organic)
Lactoalbumin	Bean, Pinto/Frijole	Soy Beans (must be organic)
Milk, Buffalo	Bean, Red	Vanilla Bean
Milk, Cow	Bean, White	Vanilla Powder
Milk, Goat	Beans	Vegetable Oil
Milk, Sheep	Chickpea (see also Garbanzo Bean)	
Milk Chocolate	Coffee Bean, Organic	
Mozzarella Cheese		

Corn-Derived Foods	Yogurt (See Xanthan Gum)	Maltitol
Barbeque Sauce, GF Annie's® Sweet & Spicy	Gluten-Containing Foods	Maltodextrin (Barley-derived)
Cheese, Cream	Barley	Modified Food Starch
Cheese, Daiya (Coconut,Tapioca,yeast,)	Barley Grass (can have gluten)	Oat Grass (Not For Gluten Sensitive)
Cheese, Soy (Organic) (see Soy)	Barley Greens (may contain gluten)	Oats
Chewing Gum (has gluten and corn)	Barley Juice (may contain gluten)	Oats, GF (not Certified) can have gluten
Corn (Gluten-free & Non-GMO)	Beer	Orzo
Corn, Blue	Bran	Panko
Corn, White	Bread	Polish Wheat
Corn Gluten	Brown Rice Syrup (contains MSG/Gluten)	Rye
Corn Meal (gluten free)	Caramel Coloring	Semolina
Corn Oil	Cheese, Bleu	Soy Sauce
Corn Starch (gluten free)	Chewing Gum (has gluten and corn)	Spelt
Erythritol (non-GMO)	Coffee, Instant (has gluten)	Teechino
Fructose	Couscous	Teriyaki Sauce
GemWraps®, Sandwich Wrap (Carrot)	Crab, Immitation	Triticale
Hydrogenated Oils	Durum Wheat	Vinegar
Maltitol	Farro	Vinegar, Malt
Maltodextrin (Corn-based, non-GMO)	Gluten	Vinegar, White
Modified Food Starch	Graham (wheat)	Wheat (All Types)
Sriracha Sauce Organicville gluten-free	Kamut	Wheat Grass (Is Gluten-contaminated)
Swerve® Sweetener	Liquid Smoke (can have gluten)	
Vegetable Oil	Malt	
Xanthan Gum		

Gluten-Free Grains	Hydrogenated Oils	Simple Mills Rosemary & Sea Salt Crackers
Almond Flour (gluten free)	Konjac Glucomannon Flour	Simple Mills Tomato & Basil Almond Crackers
Amaranth	Millet	Sorghum
Arrowroot Flour/powder	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)	Oats (Certified GF)	Tapioca
Buckwheat	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Chicory Root	ProGranola (Julian Bakery)	Teff
Coconut Flour (gluten free)	Quinoa (gluten free)	Tolerant Green Lentil & Pea Pasta
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Red or Green Lentil Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tortilla, Siete Almond
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Cassava & Coconut
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Chia & Cassava
Corn Meal (gluten free)	Rice, Brown (gluten free)	Vegetable Oil
Corn Starch (gluten free)	Rice, Japonica (gluten free)	Beverages & Protein Powders
Ener-G Brown Rice Yeast-Free Bread	Rice, Purple (gluten free)	Almond Milk, unsweetened (no tapioca)
Fava Bean Flour	Rice, Red (gluten free)	Apple Cider
Flax Meal	Rice, White (gluten free)	Apple Juice
Garbanzo Flour	Rice, Wild (Lundberg® - not the blend)	Beer
Glucomannon Flour (konjacfoods.com)	Rice Bran	Bone Broth Protein, Beef
Hazelnut Flour	Rice Flour (gluten free)	Carrot Juice
Hemp Meal	Rice Protein Powder (gluten free)	Casein
Hemp Protein (Powder)	Simple Mills - Everything Sprouted Seed Cracker	Coconut Kefir (No Tapioca, Carageenan)
Hemp Seed	Simple Mills Ground Sea Salt Almond Crackers	3

Coconut Milk(Native Forest or Natural Value)	Rice Protein Powder (gluten free)	Miscellaneous
Coconut Water (low sugar)	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee	Soy Protein (Organic)	Agar Gum
Coffee, Instant (has gluten)	Sparkling Water, unflavored	Antimony
Coffee Bean, Organic	Tea, Black	Arabic Gum
Collagen Protein (Powder)	Tea, Chamomile	Baking Powder
Echinacea Tea	Tea, Green	Baking Soda (Arm & Hammer®)
Grapefruit Juice	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Great Lake's® Beef Gelatin	Tea, Komboucha	Blue Food Dye
Green Tea	Tea, Oolong	Bone Broth, Beef
Hemp Protein (Powder)	Tea, Ramon	Carrageenan Gum
Komboucha Tea	Tea, Roobios	Chewing Gum (has gluten and corn)
Lactoalbumin	Tea, Unflavored	Chewing Gum, Xylichew®
Lemon Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Teechino	Chicory Root
Lime Juice	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Buffalo	Water	Collagen Protein (Powder)
Milk, Cow	Whey	Formaldehyde
Milk, Goat	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Milk, Sheep	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Soy (Organic)	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Mineral Water	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)
Orange Juice		Glucomannon Flour (konjacfoods.com)
Pea Protein		Great Lake's® Beef Gelatin

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Guar Gum	Tofu (Organic)
Hops	Tragacanth Gum
Hydrogenated Oils	Vegetable broth (Imagine® Low Sodium)
Inulin	Vegetable Oil
Julian Bakery Almond Bread	Vinegar, Red Wine
Julian Bakery Coconut Bread	Xanthan Gum
Julian Bakery Paleo Wraps	Yeast, Baker's
Konjac Glucomannon Flour	Yeast, Brewer's
Lard (pork)	Yeast, Nutritional
Latex	Snacks
Locust Bean Gum	Apple Sauce
Lycopene	Dates
Malt	Simple Mills Chocolate Chip Cookies
Maltodextrin (Barley-derived)	new category
Modified Food Starch	alpha
Modified Food Starch (Tapioca-based)	bravo
Palm Wax	charlie
Pycnogenol	new food
Red Food Dye	
Red Tomato Paste (gluten free)	
Resveratrol	
Rice Starch (if certified gluten free)	
Silver	
Skinny Crisps® (Plain Jane)	