

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Burdock	<input type="checkbox"/> Fennel
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Garlic
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Jicama
<input type="checkbox"/> Avocado	<input type="checkbox"/> Capers	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kombu
<input type="checkbox"/> Beet	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Chard	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Chayote	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Chives	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Nori
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Okra
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Onion, Green
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Endive	<input type="checkbox"/> Onion, Maui

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| <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Alfalfa Sprouts |
| <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Shallots | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Spinach | |
| <input type="checkbox"/> Parsnip | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Agar Gum |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Tomato Paste (gluten & | <input type="checkbox"/> Currant |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> Goji Berry |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Tomato | <input type="checkbox"/> Gooseberry |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Truffle | <input type="checkbox"/> Banana |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Turnips | |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Water Chestnut | |

<input type="checkbox"/> Nuts, Seeds, & Oils	<input type="checkbox"/> Flax Seed	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> Almond Butter (Artisana®)	<input type="checkbox"/> Grapeseed Oil, Organic	<input type="checkbox"/> Sesame Seeds, Black
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Sunflower Seed Butter
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Sunflower Seed Lecithin
<input type="checkbox"/> Almond Meal (gluten free)	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Sunflower Seed Oil
<input type="checkbox"/> Almond, Marcona	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Annatto Seed	<input type="checkbox"/> Macadamia Nut Oil	<input type="checkbox"/> Tahini
<input type="checkbox"/> Brazil Nut	<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Canola/Rapeseed Oil	<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Tiger Nuts
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Vegetable Shortening (Spectrum®)
<input type="checkbox"/> Cashews	<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Walnut (few)
<input type="checkbox"/> Cashew Butter	<input type="checkbox"/> Pecan	<input type="checkbox"/> Walnut Oil
<input type="checkbox"/> Cashew Meal	<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Walnut, Black (few)
<input type="checkbox"/> Chestnut	<input type="checkbox"/> Pepitas	<input type="checkbox"/> Almond
<input type="checkbox"/> Chia Seed (1/4 cup, max)	<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Psyllium Husk
<input type="checkbox"/> Coconut Butter	<input type="checkbox"/> Pine Nut	
<input type="checkbox"/> Coconut Oil	<input type="checkbox"/> Pistachios	<input type="checkbox"/> Legumes & Pulses
<input type="checkbox"/> Coconut, shredded (raw,	<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Cola Nut (aka Kola Nut)	<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Cottonseed/Cottonseed Oil	<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Sacha Inchi Seeds	
<input type="checkbox"/> Flax Oil	<input type="checkbox"/> Sesame Seed Oil	

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| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Just Like SugarÂ® | <input type="checkbox"/> Cinnamon, Ceylon |
| | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Cloves |
| <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> SweetleafÂ® Stevia | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Ostrich | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn | <input type="checkbox"/> Cloves, Penang |
| | | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Almond Milk, unsweetened (no | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Almond Yogurt, unsweetened | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, | <input type="checkbox"/> Anise | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Coconut Milk(Native Forest or | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dandelion Root |
| | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Basil | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Earth BalanceÂ® Coconut Spread | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Mustard, Brown (EdenÂ® gf mustard) | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Garlic Pepper |
| <input type="checkbox"/> Sauerkraut (BubbiesÂ® Brand only) | <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Powder |
| | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Salt |
| | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginkgo Biloba |
| | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginseng (All Types) |

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| <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Onion | <input type="checkbox"/> Spearmint |
| <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion Powder | <input type="checkbox"/> St. John's Wort |
| <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Taco Seasoning |
| <input type="checkbox"/> Hickory | <input type="checkbox"/> Oregano | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Paprika | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Tomatillo |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Parsley | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon) | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper/Peppercorns, Szechuan | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Rose Hips |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Red Pepper Flake | |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Saffron | |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Sage | |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saw Plametto | |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sesame Seeds | |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Sesame Seeds, Black | |

<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Almond Flour (gluten free)		<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Beverages & Protein Powders	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Tea, unflavored/caffeine-free only
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Water
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Coffee Bean, Organic	
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Coffee	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Antimony
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond	<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta	<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Tolerant Red or Green Lentil Pasta	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Chewing Gum, Xylicew®
<input type="checkbox"/> Tortilla, Siete Chia & Cassava	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &
	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Coconut Aminos®
	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Coconut Cream
	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Collagen Protein (Powder)
	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Garam Masala
	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Glucomannon Flour

- ☐ Guar Gum
- ☐ Konjac Glucomannon Flour
- ☐ Locust Bean Gum
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Red Tomato Paste (gluten free)
- ☐ Silver
- ☐ Tagacanth Gum
- ☐ Tomato Paste (gluten &
- ☐ Tomato Sauce (gluten &
- ☐ Tagacanth Gum
- ☐ Vegetable Shortening (Spectrum®)
- ☐ Yeast, Baker's
- ☐ Yeast, Brewer's
- ☐ Yeast, Nutritional
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Acacia Gum
- ☐ Ispaghula/Psyllium