Vegetables	Broccolini	Coconut Concentrate
Alfalfa Grass	Broccoli Rabe	Collard Greens
Alfalfa Sprouts	Broccoli Sprouts	Comfrey
Aloe Vera	Brussels Sprout	Cucumber
Artichoke (not pickled)	Burdock	Daikon Radish
Artichoke, Jerusalem (not pickled)	Cabbage, Chinese (see also Bok Choy)	Dandelion Greens
Arugula	Cabbage, Green	Dandelion Root
Asparagus	Cabbage, Purple	Eggplant
Avocado	Cactus (Nopales)	Endive
Bamboo Shoot	Capers	Fennel
Barley Grass (can have gluten)	Capsicum	Garlic
Barley Greens (may contain gluten)	Carrot, Orange	Ginger
Bean, Green	Carrot, Purple	Hearts of Palm
Bean Sprout	Carrot, White	Horseradish
Beet	Carrot, Yellow	Jicama
Beet Greens	Carrot Juice	Kale, all types
Bell Pepper	Cassava (see Tapioca and Yucca)	Kelp/Dulse
Bell Pepper, Green	Cauliflower	Kohlrabi
Bell Pepper, Orange	Cauliflower, Purple	Kombu
Bell Pepper, Red	Celery	Leeks
Bell Pepper, Yellow	Chard	Lettuce, all types
Bitter Melon	Chayote	Mushrooms
Bok Choy	Chives	Mushrooms, Button
Broccoli	Coconut (raw and unsweetened)	Mushrooms, Cremeni/Crimini

Shopping List Page 2 All ingredients m						
Ma	nny Woo				11/15/201	
	Mushrooms, Maitake		Pepper, Green		Rhubarb	
	Mushrooms, Shiitake		Pepper, Habanero		Rutabaga	
	Mustard Greens		Pepper, Jalapeño		Sauerkraut (Bubbies® Brand only)	
	Nori		Pepper, Poblano		Scallions	
	Oat Grass (Not For Gluten Sensitive)		Pepper, Red		Sea Vegetables	
	Okra		Pepper, Serrano		Seaweed	
	Olives (without vinegar)		Pepper, Tabasco		Shallots	
	Onion, Green		Pickles, Bubbies® brand only		Spinach	
	Onion, Maui		Pimento		Spirulina	
	Onion, Red		Potato, Fingerling		Squash	
	Onion, Sweet		Potato, Purple		Squash, Acorn	
	Onion, Yellow		Potato, Red		Squash, Butternut	
	Paprika		Potato, Russet		Squash, Green	
	Parsley		Potato, Sweet		Squash, Spaghetti	
	Parsnip		Potato, White		Squash, Summer	
	Pea, Black-Eyed		Potato, Yukon Gold		Squash, Winter	
	Pea, Green		Prickly Pear		Squash, Yellow	
	Pea, Snap		Psyllium Husk		Sugar Beet	
	Pea, Snow		Pumpkin		Swede	
	Pea, Split		Pumpkin Powder		Sweet Potato, Red	
	Pea Protein		Radicchio		Sweet Potatoes, White	
	Penner Anaheim		Radish		Swiss Chard	

Rainbow Chard

Red Pepper Flake

Tabasco Sauce

Taro

Pepper, Cayenne

Pepper, Chili

Tomatillo	Fruits	Golden Berry
Tomato	Acai	Gooseberries
Tomato, Cherry	Apple (all types)	Grape
Tomato, Heirloom	Apricot	Grape, Green
Tomato, Orange	Banana	Grape, Purple
Tomato, Red	Bilberry	Grape, Red
Tomato, Roma	Blackberry	Grape, White
Tomato, Sun-dried	Blueberry	Grapefruit
Tomato, Yellow	Boysenberry	Grapefruit Juice
Tomatoes, Big Beef	Cantaloupe	Ground Cherries
Tomato Paste (gluten & Vinegar-free)	Cape Gooseberries	Guava
Tomato Sauce (gluten & Vinegar-free)	Carambola	Huckleberry
Truffle	Cherry	Jack fruit
Turnip Greens	Clementine	Kiwi
Turnips	Cranberry	Kumquat
Wasabi Root	Cranberry Juice	Lemon
Water Chestnut	Currant	Lemon Juice
Watercress	Dates	Lemon Rind/Peel
Wheat Grass (Is Gluten-contaminated)	Dragon Fruit (Pitaya)	Lime
Yams, Garnett	Dried Fruit	Lime Juice
Yams, Japanese	Durian Fruit	Loganberry
Yucca	Elderberry	Longan Fruit
Zucchini	Fig	Loquat
	Goji Berry	Lychee

Ма	inny Woo		11/15/201
	Mango	Prune	Bean, Kidney
	Mangosteen	Quince	Bean, Lima
	Maqui	Raisin (unsulfured, organic)	Bean, Mung
	Melon, Honeydew	Rambutan	Bean, Navy
	Monk Fruit (Pure)	Raspberry	Bean, Ninja
	Mulberry	Star Fruit	Bean, Pinto/Frijole
	Nectarines	Strawberry	Bean, Red
	Noni	Tamarind	Bean, White
	Orange	Tangelo	Beans
	Orange, Blood	Tangerine	Chickpea (see also Garbanzo Bean)
	Orange Juice	Watermelon	Coffee Bean, Organic
	Orange Peel/Rind	Wolfberry	Edamame (must be organic)
	Oranges, Mandarin	Youngberry	Fava Bean
	Papaya	Legumes, Pods, & Pulses	Fava Bean Flour
	Passion Fruit	Bean, Azuki	Garbanzo Bean
	Peach	Bean, Black	Garbanzo Flour
	Pear	Bean, Butter	Kidney Bean
	Pear, Asian	Bean, Cannellini	Lentil(s)
	Persimmons	Bean, Chana Dahl	Miso
	Pineapple	Bean, Chili	Pea, Snap
	Plantain	Bean, Green	Pea, Snow
	Plum	Bean, Haricot	Pea, Split
	Pomegranate	Bean, Italian	Peanut (Organic, Valencia)
	Pomelo		Peanut Butter (Organic, Maranatha®)

All ingredients must be organic

Shopping List Page 4

Shopping List Page 5					ngredients must be organ
Ма	nny Woo				11/15/201
	Ded Deep Deep		Object (Ald our recen)		Dalas Kassad O'l
	Red Bean Paste		Chia Seed (1/4 cup, max)		Palm Kernel Oil
	Soybean oil(must be organic)		Coconut, shredded (raw, unsweetened)		Peanut Oil (Organic)
	Soy Beans (must be organic)		Coconut Butter		Pecan Flour
	Vanilla Bean		Coconut Oil		Pecans
	Nuts, Seeds, Drupes & Oils		Cola Nut (aka Kola Nut)		Pepitas
	Almond		Cottonseed/Cottonseed Oil		Pili Nuts
	Almond, Marcona		Duck Fat		Pine Nut
	Almond Butter (Artisana®)		Fenugreek Seed		Pistachios
	Almond Flavor (natural, gluten free)		Flax Meal		Poppy seeds
	Almond Flour (gluten free)		Flax Oil		Psyllium Husk
	Almond Meal (gluten free)		Flax Seed		Pumpkin Oil
	Almond Oil		Grapeseed Oil, Organic		Pumpkin Seed Oil
	Annatto Seed		Hazelnut/Filbert		Pumpkin Seeds
	Avocado Oil		Hazelnut Flour		Ramon Seeds
	Borage Seed Oil		Hemp Meal		Rice, Wild (Lundberg® - not the blend)
	Brazil Nut		Hemp Protein (Powder)		Rice Bran Oil
	Canola/Rapeseed Oil		Hemp Seed		Sacha Inchi Seeds
	Canola Oil, Non-GMO		Krill Oil		Safflower/Safflower Seed Oil
	Caraway Seed		Lard/Tallow (pork)		Sesame Seed Oil
	Cashew Butter		Macadamia Nut Oil		Sesame Seeds
	Cashew Meal		Macadamia Nuts		Sesame Seeds, Black
	Cashews		MCT Oil		Sunflower Seed Butter
	Chestnut		Olive Leaf Extract		Sunflower Seed Flour

Sunflower Seed Lecithin

Olive Oil, Virgin

Sno	opping List Page 6		All in	igredients must be organi
Ма	nny Woo			11/15/201
	Sunflower Seed Oil	Caraway Seed		Echinacea
	Sunflower Seeds	Cardamom		Fennel
	Tahini	Catnip		Fennel Seed
	Tea, Ramon	Celery Powder		Garam Masala
	Tiger Nuts	Celery Seed		Garlic
	Truffle Oil	Chaparral		Garlic Pepper
	Truffle Oil, Black	Chervil		Garlic Powder
	Vegetable Shortening (Spectrum®)	Chili Powder		Garlic Salt
	Walnut Oil	Chipotle Seasoning		Ginger Powder
	Walnuts	Cilantro/Coriander		Ginkgo Biloba
	Walnuts, Black	Cinnamon		Ginseng (All Types)
	Herbs & Spices	Cinnamon, Ceylon		Goldenseal
	Allspice	Clove Powder		Grapefruit Seed Extract
	Almond Flavor (natural, gluten free)	Cloves, Madagascar		Grapeseed Extract
	Anise	Cloves, Penang		Guarana
	Ashwaganda	Comfrey		Gymnema Silvestre
	Astragalus	Cramp Bark Extract		Herbs De Provence
	Basil	Cream of Tartar		Hickory
	Bay Leaf	Cumin		Himalayan Salt
	Bell Pepper, Red	Curcumin		Jamaican Jerk
	Black Cohosh	Curry (must be GF)		Juniper Berry
	Capsicum	Dandelion Root		Lavender
	Caramel Coloring	Dill		Lemon Balm (Melissa Officinalis)

Lemongrass

Dong Quai

Ма	nny Woo		11/15/2017
	Lemon Pepper	Pepper, Sichuan	Tarragon
	Licorice Root	Pepper, Szechuan	Thyme
	Maca Root	Pepper/Peppercorns	Tomatillo
	Mace Spice	Peppermint	Turmeric
	Marjoram	Pine Bark Extract	Uva Ursi
	Mesquite	Red Chili Paste Thai Kitchen® (gluten free)	Valerian
	Milk Thistle	Red Clover	Vanilla (gluten and corn-free)
	Mint	Red Pepper Flake	Vanilla Bean
	Mustard (as a Powder)	Rose Hips	Vanilla Powder
	Mustard Seeds (gluten free)	Rosemary	White Willow Bark Extract
	Nutmeg	Saffron	Wintergreen
	Olive Leaf Extract	Sage	Wormwood
	Onion	Sassafras	Fish & Shellfish
	Onion Powder	Savory	Anchovy
	Orange Peel/Rind	Saw Plametto	Bass
	Orange Salt	Sesame Seeds	Catfish
	Oregano	Sesame Seeds, Black	Chilean Sea Bass
	Paprika	Shallots	Clam
	Paprika (smoked)	Spearmint	Cod/ Cod Liver Oil
	Parsley	St. John's Wort	Corvina
	Pau D'arco	Sumac	Crab
	Pepper, Black (see Garlic/Lemon Pepper)	Tabasco Sauce	Crab, Immitation
	Pepper, Cayenne	Taco Seasoning	Crayfish
	Pepper, Red	Tamari (Wheat Free)	

All ingredients must be organic

Shopping List Page 7

Sho	opping List Page 8		All ir	ngredients must be organi
Ма	nny Woo			11/15/201
	Flounder	Tilapia (Wild, Non-farmed)		Bison (see also Buffalo)
	Haddock	Trout		Buffalo (see also Bison)
	Hake	Tuna		Chicken, free range (organic)
	Halibut	Walleye Pike		Chicken Broth (Imagine® gf/low sodium)
	Herring	Whitefish/Turbot		Collagen Protein (Powder)
	Krill	Meat & Poultry		Deer (see also Venison)
	Lobster	Applegate® organic andouille		Duck
	Lox	sausage Applegate® organic bacon		Goat, Grass-fed only (organic)
	Mackerel	Applegate® organic black forest ham		Great Lake's® Beef Gelatin
	Mahi Mahi	Applegate® organic chicken		Lamb
	Mussel	Applegate® organic chicken/apple sausage		Ostrich
	Octopus	Applegate® organic ham		Pheasant
	Orange Roughy	Applegate® organic herb roasted turkey		Pork, (organic)
	Oyster	Applegate® organic hot dogs		Quail
	Perch	Applegate® organic red pepper sausage		Rabbit
	Red Snapper	Applegate® organic roast beef		Turkey (organic)
	Salmon, wild (fresh)	Applegate® organic sausage sweet italian		Veal (organic)
	Sardines	Applegate® organic smoked chicken breast		Venison (see also Deer)
	Scallop	Applegate® organic smoked turkey breast		
	Shrimp	Applegate® organic spinach & feta sausage		
	Sole	Applegate® organic turkey		
	Squid	Applegate® organic turkey bacon		
	Swai	Reef Grass-fed only (organic)		

Swordfish

Milk-Containing Foods	Cheese, Raw and Pasture-raised	Non-Dairy & Eggs
Applegate® organic spinach & feta sausage	Cheese, Ricotta	Almond Milk, unsweetened (no tapioca)
Butter, Raw and Pasture-raised	Cheese, Romano	Almond Yogurt, unsweetened
Buttermilk	Cheese, Sheep	BodyPro Avocado Oil Mayonnaise
Casein	Cheese, String (Mozzarella)	Cheese, Daiya (Coconut,Tapioca,yeast,)
Cheese, American	Cheese, Swiss	Coconut Kefir (No Tapioca, Carageenan)
Cheese, Asiago	Chocolate, Milk	Coconut Milk (Native Forest or Natural Value)
Cheese, Bleu	Chocolate, White	Egg, Pasture-raised (from a farmer)
Cheese, Brie	Cream, Raw and Unpasteurized	Egg, Vital Farms® or Pasture Verde®
Cheese, Cheddar (Raw)	Ghee (Pasture-Raised, Organic)	Egg Whites, Pasture-raised
Cheese, Cottage	Goat Cheese	Egg Yolks, Pasture-raised
Cheese, Cream	Goat Kefir	Milk, Soy (Organic)
Cheese, Feta	Kefir, Raw	Paleo Cheese (Julianbakery.com or
Cheese, Goat	Lactic Acid (milk-derived)	Gluten-Free Grains
Cheese, Gorgonzola	Lactoalbumin	Almond Flour (gluten free)
Cheese, Gouda	Milk, Buffalo	Amaranth
Cheese, Havarti	Milk, Cow	Arrowroot Flour/powder
Cheese, Machego	Milk, Goat	Avenin (Gluten-free)
Cheese, Marscapone	Milk, Sheep	Basmati Rice (gluten free)
Cheese, Mozzarella (Raw)	Milk Chocolate	Brown Rice Flour
Cheese, Muenster	Mozzarella Cheese	Buckwheat
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	Buckwheat Flour
Cheese, Pecorino	Whey	Coconut Flour (gluten free)
Cheese, Provolone		

Sho	Shopping List Page 10 All ingredients must be organic							
	Manny Woo 11/15/2017							
IVIG	This Troo				11710/2017			
	Coconut Meal (gluten free)		Quinoa, Red (gluten free)		Teff Flour			
	Ener-G Brown Rice Yeast-Free Bread		Rice, Basmati (gluten free)		Tolerant Green Lentil & Pea Pasta			
	Fava Bean Flour		Rice, Black (gluten free)		Tolerant Red or Green Lentil Pasta			
	Flax Meal		Rice, Brown (gluten free)		Tortilla, Siete Chia & Cassava			
	Garbanzo Flour		Rice, Japonica (gluten free)		Gluten-Containing Foods			
	Glucomannon Flour (konjacfoods.com)		Rice, Purple (gluten free)		Allulose			
	Hazelnut Flour		Rice, Red (gluten free)		Avenin			
	Hemp Meal		Rice, White (gluten free)		Barley			
	Hemp Protein (Powder)		Rice, Wild (Lundberg® - not the blend)		Barley Grass (can have gluten)			
	Hemp Seed		Rice Bran		Barley Greens (may contain gluten)			
	Julian Bakery Almond Bread		Rice Flour (gluten free)		Barley Juice (may contain gluten)			
	Julian Bakery Coconut Bread		Rice Protein Powder (gluten free)		Beer			
	Konjac Glucomannon Flour		Simple Mills - Everything Sprouted Seed Cracker		Bran			
	Mikey's Original English Muffin		Simple Mills Cracked Black Pepper Almond Crackers		Bread			
	Mikey's Pizza crust		Simple Mills Ground Sea Salt Almond Crackers		Brown Rice Syrup (contains MSG/Gluten)			
	Mikey's Sliced Bread Loaf		Simple Mills Rosemary & Sea Salt Crackers		Caramel Coloring			
	Millet		Simple Mills Tomato & Basil Almond Crackers		Cheese, Bleu			
	Oats (Bob's Red Mill Gluten Free Version)		Sorghum		Coffee, Instant (has gluten)			
	Oats (Certified GF)		Sunflower Seed Flour		Couscous			
	Potato Flour (gluten free)		Sweet Potato Flour (gluten free)		Crab, Immitation			
	Potato Starch (gluten free)		Tapioca		Durum Wheat			
	ProGranola (Julian Bakery)		Tapioca Flour (gluten free)		Egyptian Wheat			

Teff

Tapioca Starch (gluten free)

Farro

Quinoa (gluten free)

Quinoa, Black (gluten free)

Gliadin	Wheat (All Types)	Dressing, Primal Kitchen Greek Avocado Oil
Gluten	Wheat Germ	Dressing, Primal Kitchen Honey Mustard
Graham (wheat)	Wheat Grass (Is Gluten-contaminated)	Earth Balance® Avocado Oil Butter Spread
Kamut	Corn-Derived Foods	Earth Balance® Coconut Spread
Liquid Smoke (can have gluten)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Harissa
Malt	Cheese, Cream	Horseradish Mustard, Gluten-free (Annie's®)
Maltodextrin (Barley-derived)	Cheese, Daiya (Coconut,Tapioca,yeast,)	Hummus
Miso	Condiments, Spreads & Sauces	Ketchup (Organicville)
Oats	Apple Cider Vinegar (Bragg's®)	Kosher Salt
Oats, GF (not Certified) can have gluten	Balsamic Vinegar (w/ Caramel	Liquid Aminos (Braggs®)(has Soy)
Orzo	or Red Wine Vinegar) Balsamic Vinegar (with Red	Liquid Smoke (can have gluten)
Panko	Wine Vinegar) Balsamic Vinegar MiaBella (No	Liquid Smoke gluten free (natural)
Polish Wheat	Caramel No Wine Vinegar) Barbeque Sauce, GF Annie's®	Mayonnaise
Rye	Sweet & Spicy BodyPro Almond Mayo Grade A	Mayonnaise, Primal Kitchen Avocado Oil
Semolina	Maple Syrup BodyPro Almond Mayo with	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Soy Sauce	Yacon Syrup BodyPro Avocado Oil	Mustard, Brown (Eden® gf mustard)
Spelt	Mayonnaise Carob	Olives (without vinegar)
Teechino	Cocoa Butter	Red Bean Paste
Teriyaki Sauce	Coconut Aminos®	Red Chili Paste Thai Kitchen® (gluten free)
Triticale	Coconut Cream	Red Tomato Paste (gluten free)
Vinegar	Coconut Vinegar (Coconut	Sauerkraut (Bubbies® Brand only)
Vinegar, Malt	Secret) Cream, Raw and Unpasteurized	Sherry Vinegar
Vinegar, White	Distilled White Vinegar	Sour Cream, Raw and Unpasteurized
Vodka, Rye or Grain		Soy Sauce

Sho	opping List Page 12		All ir	ngredients must be organic
Ma	nny Woo			11/15/2017
	Tabasco Sauce	Chocolate, Dark		Splenda
	Tamari (Wheat Free)	Chocolate, Milk		Sucanat
	Teriyaki Sauce	Chocolate, White		Sucralose
	Tomato Paste (gluten & Vinegar-free)	Coconut Palm Sugar		Sugar Beet
	Tomato Sauce (gluten & Vinegar-free)	Coconut Sugar		Sugar Cane
	Ume Plum Vinegar	Date Sugar		Sweetleaf® Stevia
	Veganaise Soy-free (Follow Your Heart®)	Fruit Pectin		Tapioca Dextrose
	Vegetable Shortening (Spectrum®)	Honey, (Organic)		Tapioca Syrup
	Vinegar	Honey, Manuka		Xyla (Birchwood Xylitol)
	Vinegar, Beet	Honey, Wildflower from Mahava®		Yacon Syrup
	Vinegar, Distilled	Jerusalem Artichoke Syrup		Beverages & Protein Powders
	Vinegar, Malt	Just Like Sugar®		Almond Milk, unsweetened (no tapioca)
	Vinegar, Red Wine	Lo Han		Apple Cider
	Vinegar, Rice	Malt		Apple Juice
	Vinegar, White	Maltodextrin (Barley-derived)		Beer
	Vinegar, White Wine	Maltodextrin (Tapioca-based)		Bone Broth Protein, Beef
	Sweeteners	Maple Sugar		Carrot Juice
	Agave Nectar	Maple Syrup (Grade A Dark Amber Organic)		Casein
	Aspartame	Molasses		Cocoa
	BodyPro Almond Mayo Grade A Maple Syrup	Monk Fruit (Pure)		Coconut Kefir (No Tapioca, Carageenan)
	Brown Rice Syrup (contains MSG/Gluten)	Monk Fruit Extract		Coconut Milk (Native Forest or Natural Value)
	Brown Sugar	Nutrasweet®		Coconut Water (low sugar)
	Cane Syrup	Rebiana Leaf (Stevia)		Coffee (Brewed and Not Instant)

Sorbitol

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

Manny Woo 11/15/2017

Tofu (Organic)		Inulin		
Vegetable broth (Imagine® Low Sodium)		Lactic Acid (beet-derived)		
Yeast, Baker's		Lactic Acid (milk-derived)		
Yeast, Brewer's		Locust Bean Gum		
Yeast, Nutritional		Maltodextrin (Barley-derived)		
Snacks		MSG/MonosodiumGlutatmate		
Apple Sauce		Palm Wax		
Chewing Gum, Xylichew®		Pea Protein Isolate		
Dates		Pea Starch		
Simple Mills Chocolate Chip Cookies		Potato Protein		
Simple Mills Cracked Black Pepper Almond Crackers		Red Food Dye		
Skinny Crisps® (Plain Jane)		Sodium Alginate		
Food Additives		Tragacanth Gum		
Acacia Gum		Tricalcium Phosphate		
Agar Gum		Vegan Enzyme		
Annatto Coloring		Vegan Natural Flavors (no MSG) Vegan Natural Flavors (with MSG)		
Arabic Gum				
Asafoetida Powder				
Blue Food Dye				
Carrageenan Gum				
Chicory Root				
Formaldehyde				
Guar Gum				