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| <input type="checkbox"/> Vegetables            | <input type="checkbox"/> Carrot Juice         | <input type="checkbox"/> Eggplant                 |
| <input type="checkbox"/> Aloe Vera             | <input type="checkbox"/> Carrot, Orange       | <input type="checkbox"/> Endive                   |
| <input type="checkbox"/> Beet                  | <input type="checkbox"/> Carrot, Purple       | <input type="checkbox"/> Fennel                   |
| <input type="checkbox"/> Beet Greens           | <input type="checkbox"/> Carrot, White        | <input type="checkbox"/> Garlic                   |
| <input type="checkbox"/> Bell Pepper           | <input type="checkbox"/> Carrot, Yellow       | <input type="checkbox"/> Hearts of Palm           |
| <input type="checkbox"/> Bell Pepper, Green    | <input type="checkbox"/> Cassava (see Tapioca | <input type="checkbox"/> Horseradish              |
| <input type="checkbox"/> Bell Pepper, Orange   | <input type="checkbox"/> Cauliflower          | <input type="checkbox"/> Jicama                   |
| <input type="checkbox"/> Bell Pepper, Red      | <input type="checkbox"/> Cauliflower, Purple  | <input type="checkbox"/> Kale, all types          |
| <input type="checkbox"/> Bell Pepper, Yellow   | <input type="checkbox"/> Celery               | <input type="checkbox"/> Kelp/Dulse               |
| <input type="checkbox"/> Bok Choy              | <input type="checkbox"/> Chard                | <input type="checkbox"/> Kohlrabi                 |
| <input type="checkbox"/> Broccoli              | <input type="checkbox"/> Chayote              | <input type="checkbox"/> Kombu                    |
| <input type="checkbox"/> Broccoli Rabe         | <input type="checkbox"/> Chives               | <input type="checkbox"/> Leeks                    |
| <input type="checkbox"/> Broccoli Sprouts      | <input type="checkbox"/> Coconut (raw and     | <input type="checkbox"/> Lettuce, all types       |
| <input type="checkbox"/> Broccolini            | <input type="checkbox"/> Coconut Concentrate  | <input type="checkbox"/> Mushrooms                |
| <input type="checkbox"/> Brussels Sprout       | <input type="checkbox"/> Collard Greens       | <input type="checkbox"/> Mushrooms, Button        |
| <input type="checkbox"/> Burdock               | <input type="checkbox"/> Corn (Gluten-free &  | <input type="checkbox"/> Mushrooms,               |
| <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue           | <input type="checkbox"/> Mushrooms, Maitake       |
| <input type="checkbox"/> Cabbage, Green        | <input type="checkbox"/> Corn, White          | <input type="checkbox"/> Mushrooms, Shiitake      |
| <input type="checkbox"/> Cabbage, Purple       | <input type="checkbox"/> Cucumber             | <input type="checkbox"/> Mustard Greens           |
| <input type="checkbox"/> Cactus (Nopales)      | <input type="checkbox"/> Daikon Radish        | <input type="checkbox"/> Nori                     |
| <input type="checkbox"/> Capers                | <input type="checkbox"/> Dandelion Greens     | <input type="checkbox"/> Okra                     |
| <input type="checkbox"/> Capsicum              | <input type="checkbox"/> Dandelion Root       | <input type="checkbox"/> Olives (without vinegar) |

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| <input type="checkbox"/> Onion, Green      | <input type="checkbox"/> Pimento               | <input type="checkbox"/> Spinach                |
| <input type="checkbox"/> Onion, Maui       | <input type="checkbox"/> Potato, Fingerling    | <input type="checkbox"/> Spirulina              |
| <input type="checkbox"/> Onion, Red        | <input type="checkbox"/> Potato, Purple        | <input type="checkbox"/> Squash                 |
| <input type="checkbox"/> Onion, Sweet      | <input type="checkbox"/> Potato, Red           | <input type="checkbox"/> Squash, Acorn          |
| <input type="checkbox"/> Onion, Yellow     | <input type="checkbox"/> Potato, Russet        | <input type="checkbox"/> Squash, Butternut      |
| <input type="checkbox"/> Parsley           | <input type="checkbox"/> Potato, Sweet         | <input type="checkbox"/> Squash, Green          |
| <input type="checkbox"/> Parsnip           | <input type="checkbox"/> Potato, White         | <input type="checkbox"/> Squash, Spaghetti      |
| <input type="checkbox"/> Pea, Black-Eyed   | <input type="checkbox"/> Potato, Yukon Gold    | <input type="checkbox"/> Squash, Summer         |
| <input type="checkbox"/> Pea, Green        | <input type="checkbox"/> Prickly Pear          | <input type="checkbox"/> Squash, Winter         |
| <input type="checkbox"/> Pea, Snap         | <input type="checkbox"/> Psyllium Husk         | <input type="checkbox"/> Squash, Yellow         |
| <input type="checkbox"/> Pea, Snow         | <input type="checkbox"/> Pumpkin               | <input type="checkbox"/> Sugar Beet             |
| <input type="checkbox"/> Pea, Split        | <input type="checkbox"/> Pumpkin Powder        | <input type="checkbox"/> Sweet Potato, Red      |
| <input type="checkbox"/> Pea Protein       | <input type="checkbox"/> Radicchio             | <input type="checkbox"/> Sweet Potatoes, White  |
| <input type="checkbox"/> Pepper, Anaheim   | <input type="checkbox"/> Radish                | <input type="checkbox"/> Swiss Chard            |
| <input type="checkbox"/> Pepper, Chili     | <input type="checkbox"/> Rainbow Chard         | <input type="checkbox"/> Tomatillo              |
| <input type="checkbox"/> Pepper, Green     | <input type="checkbox"/> Rhubarb               | <input type="checkbox"/> Tomato Paste (gluten & |
| <input type="checkbox"/> Pepper, Habanero  | <input type="checkbox"/> Rutabaga              | <input type="checkbox"/> Tomato Sauce (gluten & |
| <input type="checkbox"/> Pepper, Jalapeño  | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Tomato                 |
| <input type="checkbox"/> Pepper, Poblano   | <input type="checkbox"/> Scallions             | <input type="checkbox"/> Tomatoes, Big Beef     |
| <input type="checkbox"/> Pepper, Red       | <input type="checkbox"/> Sea Vegetables        | <input type="checkbox"/> Tomato, Cherry         |
| <input type="checkbox"/> Pepper, Serrano   | <input type="checkbox"/> Seaweed               | <input type="checkbox"/> Tomato, Heirloom       |
| <input type="checkbox"/> Pickles, Bubbies® | <input type="checkbox"/> Shallots              | <input type="checkbox"/> Tomato, Orange         |

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| <input type="checkbox"/> Tomato, Red       | <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Grapefruit Juice    |
| <input type="checkbox"/> Tomato, Roma      | <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Guava               |
| <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Huckleberry         |
| <input type="checkbox"/> Tomato, Yellow    | <input type="checkbox"/> Cherry                | <input type="checkbox"/> Jack fruit          |
| <input type="checkbox"/> Truffle           | <input type="checkbox"/> Clementine            | <input type="checkbox"/> Kiwi                |
| <input type="checkbox"/> Turnip Greens     | <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Kumquat             |
| <input type="checkbox"/> Turnips           | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon               |
| <input type="checkbox"/> Water Chestnut    | <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Juice         |
| <input type="checkbox"/> Watercress        | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel     |
| <input type="checkbox"/> Yams, Garnett     | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                |
| <input type="checkbox"/> Yams, Japanese    | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          |
| <input type="checkbox"/> Yucca             | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Zucchini          | <input type="checkbox"/> Fig                   | <input type="checkbox"/> Loganberry          |
| <input type="checkbox"/> Alfalfa Sprouts   | <input type="checkbox"/> Goji Berry            | <input type="checkbox"/> Loquat              |
| <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Golden Berry          | <input type="checkbox"/> Mango               |
| <input type="checkbox"/> Agar Gum          | <input type="checkbox"/> Gooseberry            | <input type="checkbox"/> Mangosteen          |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape                 | <input type="checkbox"/> Maqui               |
| <input type="checkbox"/> Apple Cider       | <input type="checkbox"/> Grape, Green          | <input type="checkbox"/> Melon, Honeydew     |
| <input type="checkbox"/> Apple Juice       | <input type="checkbox"/> Grape, Purple         | <input type="checkbox"/> Monk Fruit          |
| <input type="checkbox"/> Apple Sauce       | <input type="checkbox"/> Grape, Red            | <input type="checkbox"/> Mulberry            |
| <input type="checkbox"/> Bilberry          | <input type="checkbox"/> Grape, White          | <input type="checkbox"/> Nectarines          |
| <input type="checkbox"/> Blackberry        | <input type="checkbox"/> Grapefruit            | <input type="checkbox"/> Noni                |

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| <input type="checkbox"/> Orange              | <input type="checkbox"/> Tangerine                      | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Orange, Blood       | <input type="checkbox"/> Watermelon                     | <input type="checkbox"/> Corn Oil                |
| <input type="checkbox"/> Orange Juice        | <input type="checkbox"/> Wolfberry                      | <input type="checkbox"/> Cottonseed/Cottonseed   |
| <input type="checkbox"/> Orange Peel/Rind    | <input type="checkbox"/> Youngberry                     | <input type="checkbox"/> Flax Meal               |
| <input type="checkbox"/> Papaya              | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b> | <input type="checkbox"/> Flax Oil                |
| <input type="checkbox"/> Passion Fruit       | <input type="checkbox"/> Almond Butter                  | <input type="checkbox"/> Flax Seed               |
| <input type="checkbox"/> Peach               | <input type="checkbox"/> Almond Flavor natural,         | <input type="checkbox"/> Grapeseed Oil, Organic  |
| <input type="checkbox"/> Pear                | <input type="checkbox"/> Almond Flour (gluten           | <input type="checkbox"/> Hazelnut Flour          |
| <input type="checkbox"/> Pear, Asian         | <input type="checkbox"/> Almond Meal (gluten            | <input type="checkbox"/> Hazelnut/Filbert        |
| <input type="checkbox"/> Persimmons          | <input type="checkbox"/> Almond, Marcona                | <input type="checkbox"/> Hemp Meal               |
| <input type="checkbox"/> Pineapple           | <input type="checkbox"/> Annatto Seed                   | <input type="checkbox"/> Hemp Protein (Powder)   |
| <input type="checkbox"/> Plum                | <input type="checkbox"/> Brazil Nut                     | <input type="checkbox"/> Hemp Seed               |
| <input type="checkbox"/> Pomegranate         | <input type="checkbox"/> Canola/Rapeseed Oil            | <input type="checkbox"/> Hydrogenated Oils       |
| <input type="checkbox"/> Pomelo              | <input type="checkbox"/> Caraway Seed                   | <input type="checkbox"/> Macadamia Nut Oil       |
| <input type="checkbox"/> Prune               | <input type="checkbox"/> Cashews                        | <input type="checkbox"/> Macadamia Nuts          |
| <input type="checkbox"/> Quince              | <input type="checkbox"/> Cashew Butter                  | <input type="checkbox"/> Olive Leaf Extract      |
| <input type="checkbox"/> Raisin (unsulfured, | <input type="checkbox"/> Cashew Meal                    | <input type="checkbox"/> Olive Oil, Virgin       |
| <input type="checkbox"/> Raspberry           | <input type="checkbox"/> Chestnut                       | <input type="checkbox"/> Palm Kernel Oil         |
| <input type="checkbox"/> Star Fruit          | <input type="checkbox"/> Chia Seed (1/4 cup,            | <input type="checkbox"/> Pecan                   |
| <input type="checkbox"/> Strawberry          | <input type="checkbox"/> Coconut Butter                 | <input type="checkbox"/> Pecan Flour             |
| <input type="checkbox"/> Tamarind            | <input type="checkbox"/> Coconut Oil                    | <input type="checkbox"/> Pepitas                 |
| <input type="checkbox"/> Tangelo             | <input type="checkbox"/> Coconut, shredded              | <input type="checkbox"/> Pili Nuts               |

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| <input type="checkbox"/> Pine Nut                | <input type="checkbox"/> Vegetable Shortening        | <input type="checkbox"/> Vanilla Bean                |
| <input type="checkbox"/> Pistachios              | <input type="checkbox"/> Walnut (few)                | <input type="checkbox"/> Vanilla Powder              |
| <input type="checkbox"/> Poppy seeds             | <input type="checkbox"/> Walnut Oil                  | <input type="checkbox"/> White Beans                 |
| <input type="checkbox"/> Psyllium Husk           | <input type="checkbox"/> Walnut, Black (few)         | <input type="checkbox"/> <b>Fish &amp; Shellfish</b> |
| <input type="checkbox"/> Pumpkin Oil             | <input type="checkbox"/> Almond                      | <input type="checkbox"/> Anchovy                     |
| <input type="checkbox"/> Pumpkin Seed Oil        | <input type="checkbox"/> <b>Legumes &amp; Pulses</b> | <input type="checkbox"/> Catfish                     |
| <input type="checkbox"/> Pumpkin Seeds           | <input type="checkbox"/> Chickpea (see also          | <input type="checkbox"/> Chilean Sea Bass            |
| <input type="checkbox"/> Ramon Seeds             | <input type="checkbox"/> Edamame (must be            | <input type="checkbox"/> Clam                        |
| <input type="checkbox"/> Rice, Wild (Lundberg® - | <input type="checkbox"/> Fava Bean                   | <input type="checkbox"/> Cod/ Cod Liver Oil          |
| <input type="checkbox"/> Safflower/Safflower     | <input type="checkbox"/> Fava Bean Flour             | <input type="checkbox"/> Corvina                     |
| <input type="checkbox"/> Sacha Inchi Seeds       | <input type="checkbox"/> Garbanzo Bean               | <input type="checkbox"/> Crab                        |
| <input type="checkbox"/> Sesame Seed Oil         | <input type="checkbox"/> Garbanzo Flour              | <input type="checkbox"/> Crayfish                    |
| <input type="checkbox"/> Sesame Seeds            | <input type="checkbox"/> Lentil(s)                   | <input type="checkbox"/> Flounder                    |
| <input type="checkbox"/> Sesame Seeds, Black     | <input type="checkbox"/> Miso                        | <input type="checkbox"/> Haddock                     |
| <input type="checkbox"/> Sunflower Seed Butter   | <input type="checkbox"/> Pea, Snap                   | <input type="checkbox"/> Hake                        |
| <input type="checkbox"/> Sunflower Seed          | <input type="checkbox"/> Pea, Snow                   | <input type="checkbox"/> Halibut                     |
| <input type="checkbox"/> Sunflower Seed Oil      | <input type="checkbox"/> Pea, Split                  | <input type="checkbox"/> Herring                     |
| <input type="checkbox"/> Sunflower Seeds         | <input type="checkbox"/> Peanut (Organic,            | <input type="checkbox"/> Lobster                     |
| <input type="checkbox"/> Tahini                  | <input type="checkbox"/> Peanut Butter (Organic,     | <input type="checkbox"/> Mackerel                    |
| <input type="checkbox"/> Tea, Ramon              | <input type="checkbox"/> Peanut Oil (Organic)        | <input type="checkbox"/> Mahi Mahi                   |
| <input type="checkbox"/> Tiger Nuts              | <input type="checkbox"/> Soy Beans (must be          | <input type="checkbox"/> Mussel                      |
| <input type="checkbox"/> Vegetable Oil           | <input type="checkbox"/> Soy Beans Oil (must be      | <input type="checkbox"/> Orange Roughy               |

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| <input type="checkbox"/> Oyster                    | <input type="checkbox"/> Bison (see also Buffalo)    | <input type="checkbox"/> Egg, Whites,           |
| <input type="checkbox"/> Perch                     | <input type="checkbox"/> Buffalo (see also Bison)    | <input type="checkbox"/> Egg, Yolks             |
| <input type="checkbox"/> Red Snapper               | <input type="checkbox"/> Deer (see also Venison)     | <input type="checkbox"/> Milk, Soy (Organic)    |
| <input type="checkbox"/> Salmon, wild (fresh)      | <input type="checkbox"/> Duck                        | <input type="checkbox"/> Sriracha Sauce         |
| <input type="checkbox"/> Sardines                  | <input type="checkbox"/> Goat, Grass-fed only        | <input type="checkbox"/> Egg                    |
| <input type="checkbox"/> Scallop                   | <input type="checkbox"/> Lamb (organic)              | <input type="checkbox"/> <b>Condiments</b>      |
| <input type="checkbox"/> Shrimp                    | <input type="checkbox"/> Lard (pork)                 | <input type="checkbox"/> Apple Cider Vinegar    |
| <input type="checkbox"/> Sole                      | <input type="checkbox"/> Ostrich                     | <input type="checkbox"/> BodyPro Almond Mayo    |
| <input type="checkbox"/> Squid                     | <input type="checkbox"/> Pheasant                    | <input type="checkbox"/> BodyPro Almond Mayo    |
| <input type="checkbox"/> Swai                      | <input type="checkbox"/> Pork, (organic)             | <input type="checkbox"/> Carob                  |
| <input type="checkbox"/> Swordfish                 | <input type="checkbox"/> Quail                       | <input type="checkbox"/> Coconut Vinegar        |
| <input type="checkbox"/> Tilapia (Non-farmed)      | <input type="checkbox"/> Rabbit                      | <input type="checkbox"/> Earth Balance®         |
| <input type="checkbox"/> Trout                     | <input type="checkbox"/> Turkey (organic)            | <input type="checkbox"/> Horseradish Sauce,     |
| <input type="checkbox"/> Tuna                      | <input type="checkbox"/> Venison (see also Deer)     | <input type="checkbox"/> Hummus                 |
| <input type="checkbox"/> Walleye Pike              | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b> | <input type="checkbox"/> Ketchup (Organicville) |
| <input type="checkbox"/> Whitefish/Turbot          | <input type="checkbox"/> Almond Milk,                | <input type="checkbox"/> Mayonnaise             |
| <input type="checkbox"/> Crab, Immitation          | <input type="checkbox"/> Almond Yogurt,              | <input type="checkbox"/> Mustard, Brown (Eden®) |
| <input type="checkbox"/> <b>Meat &amp; Poultry</b> | <input type="checkbox"/> Cheese, Soy (Organic)       | <input type="checkbox"/> Sauerkraut (Bubbies®)  |
| <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Coconut Kefir (No           | <input type="checkbox"/> Sriracha Sauce         |
| <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Coconut Milk(Native         | <input type="checkbox"/> Ume Plum Vinegar       |
| <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Egg, Pasture-raised         | <input type="checkbox"/> Veganaise Soy-free     |
| <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Egg, Vital Farms® or        | <input type="checkbox"/> Vinegar, Distilled     |

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| <input type="checkbox"/> Vinegar, Red Wine      | <input type="checkbox"/> Lo Han                    | <input type="checkbox"/> Caraway Seed       |
| <input type="checkbox"/> Vinegar, Rice          | <input type="checkbox"/> Maltodextrin              | <input type="checkbox"/> Cardamom           |
| <input type="checkbox"/> Vinegar, White         | <input type="checkbox"/> Maple Sugar               | <input type="checkbox"/> Celery Powder      |
| <input type="checkbox"/> Vinegar, White Wine    | <input type="checkbox"/> Maple Syrup (Grade A      | <input type="checkbox"/> Chicory Root       |
| <input type="checkbox"/> Worcestershire Sauce   | <input type="checkbox"/> Molasses                  | <input type="checkbox"/> Chili Powder       |
| <input type="checkbox"/> <b>Sweeteners</b>      | <input type="checkbox"/> Monk Fruit                | <input type="checkbox"/> Chipotle Seasoning |
| <input type="checkbox"/> Agave Nectar           | <input type="checkbox"/> Rebiana Leaf (Stevia)     | <input type="checkbox"/> Cilantro/Coriander |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Sorbitol                  | <input type="checkbox"/> Cinnamon           |
| <input type="checkbox"/> BodyPro Almond Mayo    | <input type="checkbox"/> Splenda                   | <input type="checkbox"/> Cinnamon, Ceylon   |
| <input type="checkbox"/> Brown Rice Syrup       | <input type="checkbox"/> Sucanat                   | <input type="checkbox"/> Cloves             |
| <input type="checkbox"/> Chocolate, Dark        | <input type="checkbox"/> Sugar Beet                | <input type="checkbox"/> Cloves, Madagascar |
| <input type="checkbox"/> Chocolate, Milk        | <input type="checkbox"/> Sugar Cane                | <input type="checkbox"/> Cloves, Penang     |
| <input type="checkbox"/> Chocolate, White       | <input type="checkbox"/> Sweetleaf® Stevia         | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Coconut Palm Sugar     | <input type="checkbox"/> Swerve® Xylitol           | <input type="checkbox"/> Cream of Tartar    |
| <input type="checkbox"/> Date Sugar             | <input type="checkbox"/> Xyla (Birchwood           | <input type="checkbox"/> Cumin              |
| <input type="checkbox"/> Erythritol (non-GMO)   | <input type="checkbox"/> Yacon Syrup               | <input type="checkbox"/> Curcumin           |
| <input type="checkbox"/> Fructose               | <input type="checkbox"/> <b>Herbs &amp; Spices</b> | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> Fruit Pectin           | <input type="checkbox"/> Allspice                  | <input type="checkbox"/> Dandelion Root     |
| <input type="checkbox"/> Honey, (Organic)       | <input type="checkbox"/> Almond Flavor natural,    | <input type="checkbox"/> Dill               |
| <input type="checkbox"/> Honey, Manuka          | <input type="checkbox"/> Anise                     | <input type="checkbox"/> Dong Quai          |
| <input type="checkbox"/> Honey, Wildflower from | <input type="checkbox"/> Black Cohosh              | <input type="checkbox"/> Echinacea          |
| <input type="checkbox"/> Just Like Sugar®       | <input type="checkbox"/> Caramel Coloring          | <input type="checkbox"/> Fennel             |

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| <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Liquid Smoke (can     | <input type="checkbox"/> Pepper/Peppercorns   |
| <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten   | <input type="checkbox"/> Pepper/Peppercorns,  |
| <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Maca Root             | <input type="checkbox"/> Pepper, Red          |
| <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mace Spice            | <input type="checkbox"/> Peppermint           |
| <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Marjoram              | <input type="checkbox"/> Pine Bark Extract    |
| <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Mesquite              | <input type="checkbox"/> Red Chili Paste Thai |
| <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Milk Thistle          | <input type="checkbox"/> Red Pepper Flake     |
| <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Mint                  | <input type="checkbox"/> Rosemary             |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron              |
| <input type="checkbox"/> Grapeseed Extract       | <input type="checkbox"/> Mustard Seeds (gluten | <input type="checkbox"/> Sage                 |
| <input type="checkbox"/> Guarana                 | <input type="checkbox"/> Nutmeg                | <input type="checkbox"/> Saw Plametto         |
| <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Olive Leaf Extract    | <input type="checkbox"/> Sesame Seeds         |
| <input type="checkbox"/> Herbs De Provence       | <input type="checkbox"/> Onion                 | <input type="checkbox"/> Sesame Seeds, Black  |
| <input type="checkbox"/> Hickory                 | <input type="checkbox"/> Onion Powder          | <input type="checkbox"/> Shallots             |
| <input type="checkbox"/> Himalayan Salt          | <input type="checkbox"/> Orange Peel/Rind      | <input type="checkbox"/> Spearmint            |
| <input type="checkbox"/> Jamaican Jerk           | <input type="checkbox"/> Orange Salt           | <input type="checkbox"/> St. John's Wort      |
| <input type="checkbox"/> Juniper Berry           | <input type="checkbox"/> Oregano               | <input type="checkbox"/> Taco Seasoning       |
| <input type="checkbox"/> Lavender                | <input type="checkbox"/> Paprika               | <input type="checkbox"/> Tamari (Wheat Free)  |
| <input type="checkbox"/> Lemon Balm (Melissa     | <input type="checkbox"/> Paprika (smoked)      | <input type="checkbox"/> Tarragon             |
| <input type="checkbox"/> Lemon Pepper            | <input type="checkbox"/> Parsley               | <input type="checkbox"/> Thyme                |
| <input type="checkbox"/> Lemongrass              | <input type="checkbox"/> Pepper, Black (see    | <input type="checkbox"/> Tomatillo            |
| <input type="checkbox"/> Licorice Root           | <input type="checkbox"/> Pepper, Cayenne       | <input type="checkbox"/> Turmeric             |



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| <input type="checkbox"/> Uva Ursi                     | <input type="checkbox"/> Cheese, Havarti       | <input type="checkbox"/> Milk Chocolate            |
| <input type="checkbox"/> Valerian                     | <input type="checkbox"/> Cheese, Machego       | <input type="checkbox"/> Milk, Cow                 |
| <input type="checkbox"/> Vanilla (gluten and          | <input type="checkbox"/> Cheese, Marscapone    | <input type="checkbox"/> Milk, Goat                |
| <input type="checkbox"/> Vanilla Bean                 | <input type="checkbox"/> Cheese, Mozzarella    | <input type="checkbox"/> Milk, Sheep               |
| <input type="checkbox"/> Vanilla Powder               | <input type="checkbox"/> Cheese, Muenster      | <input type="checkbox"/> Mozzarella Cheese         |
| <input type="checkbox"/> White Willow Bark            | <input type="checkbox"/> Cheese, Parmesan      | <input type="checkbox"/> Sour Cream, Raw and       |
| <input type="checkbox"/> Wintergreen                  | <input type="checkbox"/> Cheese, Pecorino      | <input type="checkbox"/> Whey                      |
| <input type="checkbox"/> Rose Hips                    | <input type="checkbox"/> Cheese, Raw and       | <input type="checkbox"/> Yogurt (See Xanthan       |
| <input type="checkbox"/> <b>Milk-Containing Foods</b> | <input type="checkbox"/> Cheese, Ricotta       | <input type="checkbox"/> Cheese, Feta              |
| <input type="checkbox"/> Butter, Raw and              | <input type="checkbox"/> Cheese, Romano        | <input type="checkbox"/> <b>Gluten-Free Grains</b> |
| <input type="checkbox"/> Buttermilk                   | <input type="checkbox"/> Cheese, Provolone     | <input type="checkbox"/> Almond Flour (gluten      |
| <input type="checkbox"/> Casein                       | <input type="checkbox"/> Cheese, Sheep         | <input type="checkbox"/> Amaranth                  |
| <input type="checkbox"/> Cheese, American             | <input type="checkbox"/> Cheese, String        | <input type="checkbox"/> Buckwheat                 |
| <input type="checkbox"/> Cheese, Asiago               | <input type="checkbox"/> Cheese, Swiss         | <input type="checkbox"/> Buckwheat Flour           |
| <input type="checkbox"/> Cheese, Bleu                 | <input type="checkbox"/> Chocolate, Milk       | <input type="checkbox"/> Chicory Root              |
| <input type="checkbox"/> Cheese, Brie                 | <input type="checkbox"/> Chocolate, White      | <input type="checkbox"/> Coconut Flour (gluten     |
| <input type="checkbox"/> Cheese, Cheddar              | <input type="checkbox"/> Cream, Raw and        | <input type="checkbox"/> Coconut Meal (gluten      |
| <input type="checkbox"/> Cheese, Cottage              | <input type="checkbox"/> Ghee (Pasture-Raised, | <input type="checkbox"/> Corn (Gluten-free &       |
| <input type="checkbox"/> Cheese, Cream                | <input type="checkbox"/> Goat Cheese           | <input type="checkbox"/> Corn, Blue                |
| <input type="checkbox"/> Cheese, Goat                 | <input type="checkbox"/> Goat Kefir            | <input type="checkbox"/> Corn, White               |
| <input type="checkbox"/> Cheese, Gorgonzola           | <input type="checkbox"/> Kefir, Raw            | <input type="checkbox"/> Corn Starch (gluten       |
| <input type="checkbox"/> Cheese, Gouda                | <input type="checkbox"/> Lactoalbumin          | <input type="checkbox"/> Ener-G Brown Rice         |

<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten	<input type="checkbox"/> Bread
<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Rice, Wild (Lundberg® -	<input type="checkbox"/> Brown Rice Syrup
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Cheese, Bleu
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder	<input type="checkbox"/> Chewing Gum (has
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea	<input type="checkbox"/> Coffee, Instant (has
<input type="checkbox"/> Konjac Glucomannon	<input type="checkbox"/> Simple Mills Rosemary	<input type="checkbox"/> Couscous
<input type="checkbox"/> Millet	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Oats	<input type="checkbox"/> Sweet Potato Flour	<input type="checkbox"/> Farro
<input type="checkbox"/> Oats (Bob's Red Mill	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Gluten
<input type="checkbox"/> Oat Grass (Not For	<input type="checkbox"/> Tapioca Flour (gluten	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Potato Flour (gluten	<input type="checkbox"/> Tapioca Starch (gluten	<input type="checkbox"/> Kamut
<input type="checkbox"/> Potato Starch (gluten	<input type="checkbox"/> Teff	<input type="checkbox"/> Liquid Smoke (can
<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tolerant Green Lentil &	<input type="checkbox"/> Oats
<input type="checkbox"/> Quinoa, Black (gluten	<input type="checkbox"/> Tolerant Red or Green	<input type="checkbox"/> Orzo
<input type="checkbox"/> Quinoa, Red (gluten	<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Panko
<input type="checkbox"/> Rice, Basmati (gluten	<input type="checkbox"/> Tortilla, Siete Cassava	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Simple Mills Everything	<input type="checkbox"/> Rye
<input type="checkbox"/> Rice, Brown (gluten	<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Semolina
<input type="checkbox"/> Rice, Japonica (gluten		<input type="checkbox"/> Soy Sauce

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| <input type="checkbox"/> Spelt                   | <input type="checkbox"/> Sriracha Sauce        | <input type="checkbox"/> Licorice Tea          |
| <input type="checkbox"/> Teriyaki Sauce          | <input type="checkbox"/> Swerve® Xylitol       | <input type="checkbox"/> Lime Juice            |
| <input type="checkbox"/> Triticale               | <input type="checkbox"/> Vegetable Oil         | <input type="checkbox"/> Milk, Cow             |
| <input type="checkbox"/> Vinegar, White          | <input type="checkbox"/> Xanthan Gum           | <input type="checkbox"/> Milk, Goat            |
| <input type="checkbox"/> Wheat (All Types)       | <input type="checkbox"/> Yogurt (See Xanthan   | <input type="checkbox"/> Milk, Sheep           |
| <input type="checkbox"/> Wheat Grass (Is         | <input type="checkbox"/> Beverarages & Protein | <input type="checkbox"/> Milk, Soy (Organic)   |
| <input type="checkbox"/> Crab, Immitation        | <input type="checkbox"/> Almond Milk,          | <input type="checkbox"/> Mineral Water         |
| <input type="checkbox"/> Corn-Derived Foods      | <input type="checkbox"/> Apple Juice           | <input type="checkbox"/> Orange Juice          |
| <input type="checkbox"/> Cheese, Cream           | <input type="checkbox"/> Carrot Juice          | <input type="checkbox"/> Pea Protein           |
| <input type="checkbox"/> Cheese, Soy (Organic)   | <input type="checkbox"/> Coconut Kefir (No     | <input type="checkbox"/> Rice Protein Powder   |
| <input type="checkbox"/> Chewing Gum (has        | <input type="checkbox"/> Coconut Milk(Native   | <input type="checkbox"/> Soy Milk/Soy Cheese   |
| <input type="checkbox"/> Corn (Gluten-free &     | <input type="checkbox"/> Coconut Water (low    | <input type="checkbox"/> Soy Protein (Organic) |
| <input type="checkbox"/> Corn, Blue              | <input type="checkbox"/> Coffee Bean, Organic  | <input type="checkbox"/> Sparkling Water,      |
| <input type="checkbox"/> Corn, White             | <input type="checkbox"/> Coffee                | <input type="checkbox"/> Tea, Black            |
| <input type="checkbox"/> Corn Gluten             | <input type="checkbox"/> Coffee, Instant (has  | <input type="checkbox"/> Tea, Chamomile        |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Collagen Protein      | <input type="checkbox"/> Tea, Green            |
| <input type="checkbox"/> Corn Oil                | <input type="checkbox"/> Echinacea Tea         | <input type="checkbox"/> Tea, Oolong           |
| <input type="checkbox"/> Corn Starch (gluten     | <input type="checkbox"/> Grapefruit Juice      | <input type="checkbox"/> Tea, Ramon            |
| <input type="checkbox"/> Erythritol (non-GMO)    | <input type="checkbox"/> Green Tea             | <input type="checkbox"/> Tea, Roobios          |
| <input type="checkbox"/> Fructose                | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea,                  |
| <input type="checkbox"/> GemWraps®, Sandwich     | <input type="checkbox"/> Komboucha Tea         | <input type="checkbox"/> Tea, White            |
| <input type="checkbox"/> Maltodextrin            | <input type="checkbox"/> Lemon Juice           | <input type="checkbox"/> Water                 |

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| <input type="checkbox"/> Wine, Red             | <input type="checkbox"/> Hops                   | <input type="checkbox"/> Vegetable broth      |
| <input type="checkbox"/> Wine, White           | <input type="checkbox"/> Julian Bakery Paleo    | <input type="checkbox"/> Vegetable Oil        |
| <input type="checkbox"/> Yerba Matte Tea       | <input type="checkbox"/> Julian Bakery Coconut  | <input type="checkbox"/> Vegetable Shortening |
| <input type="checkbox"/> Miscellaneous         | <input type="checkbox"/> Konjac Glucomannon     | <input type="checkbox"/> Vinegar, Red Wine    |
| <input type="checkbox"/> Agar Gum              | <input type="checkbox"/> Lard (pork)            | <input type="checkbox"/> Vinegar, Rice        |
| <input type="checkbox"/> Antimony              | <input type="checkbox"/> Liquid Aminos          | <input type="checkbox"/> Vinegar, White Wine  |
| <input type="checkbox"/> Beef broth (Imagine®) | <input type="checkbox"/> Locust Bean Gum        | <input type="checkbox"/> Xanthan Gum          |
| <input type="checkbox"/> Carrageenan Gum       | <input type="checkbox"/> Lycopene               | <input type="checkbox"/> Yeast, Baker's       |
| <input type="checkbox"/> Chewing Gum (has      | <input type="checkbox"/> Palm Wax               | <input type="checkbox"/> Yeast, Brewer's      |
| <input type="checkbox"/> Chewing Gum,          | <input type="checkbox"/> Pycnogenol             | <input type="checkbox"/> Yeast, Nutritional   |
| <input type="checkbox"/> Chicory Root          | <input type="checkbox"/> Red Chili Paste Thai   | <input type="checkbox"/> Latex                |
| <input type="checkbox"/> Cocoa/Cacao (raw,     | <input type="checkbox"/> Red Tomato Paste       | <input type="checkbox"/> Ispaghula/Psyllium   |
| <input type="checkbox"/> Coconut Aminos®       | <input type="checkbox"/> Resveratrol            | <input type="checkbox"/> Formaldehyde         |
| <input type="checkbox"/> Coconut Cream         | <input type="checkbox"/> Sherry Vinegar         | <input type="checkbox"/> Red Dye              |
| <input type="checkbox"/> Collagen Protein      | <input type="checkbox"/> Silver                 |   |
| <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Skinny Crisps®(Plain   |   |
| <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Tagacanth Gum          |   |
| <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Tamari (Wheat Free)    |   |
| <input type="checkbox"/> GemWraps®, Sandwich   | <input type="checkbox"/> Tofu (Organic)         |   |
| <input type="checkbox"/> Glucomannon Flour     | <input type="checkbox"/> Tomato Paste (gluten & |   |
| <input type="checkbox"/> Great Lake's® Beef    | <input type="checkbox"/> Tomato Sauce (gluten & |   |
| <input type="checkbox"/> Guar Gum              | <input type="checkbox"/> Tragacanth Gum         |   |