

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Mushrooms, Button
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Mushrooms, Cremini/Crimini
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Celery	<input type="checkbox"/> Mushrooms, Maitake
<input type="checkbox"/> Arugula	<input type="checkbox"/> Chard	<input type="checkbox"/> Mushrooms, Shiitake
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Mustard Greens
<input type="checkbox"/> Avocado	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Okra
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Parsley
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Prickly Pear
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Pumpkin
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Pumpkin Powder
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Endive	<input type="checkbox"/> Radicchio
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Fennel	<input type="checkbox"/> Radish
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Garlic	<input type="checkbox"/> Rainbow Chard
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Hearts of Palm	<input type="checkbox"/> Rutabaga
<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Horseradish	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Burdock	<input type="checkbox"/> Jicama	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cabbage, Chinese (see also Bok	<input type="checkbox"/> Kale, all types	<input type="checkbox"/> Squash, Acorn
<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Kohlrabi	<input type="checkbox"/> Squash, Green
<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Leeks	<input type="checkbox"/> Squash, Spaghetti
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Lettuce, all types	<input type="checkbox"/> Squash, Winter
<input type="checkbox"/> Capers	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Swiss Chard

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| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Cashew Butter |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Cashew Meal |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Chestnut |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Loquat | <input type="checkbox"/> Coconut Butter |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Maqui | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Coconut, shredded (raw, |
| | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Grapeseed Oil, Organic |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Noni | <input type="checkbox"/> Hazelnut Flour |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Passion Fruit | <input type="checkbox"/> Hazelnut/Filbert |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Peach | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Apple Cider | <input type="checkbox"/> Pear | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Apricot | | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Nuts, Seeds, & Oils | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Almond Butter (ArtisanaÂ®) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Sesame Seed Oil |
| <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Cashews | <input type="checkbox"/> Sesame Seeds, Black |

☐ Almond☐ Psyllium Husk☐ Legumes & Pulses☐ Fish & Shellfish☐ Bass☐ Chilean Sea Bass☐ Corvina☐ Flounder☐ Haddock☐ Hake☐ Halibut☐ Herring☐ Mackerel☐ Mahi Mahi☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Sole☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Walleye Pike☐ Whitefish/Turbot☐ Meat & Poultry☐ Applegate® organic ham☐ Bison (see also Buffalo)☐ Buffalo (see also Bison)☐ Chicken, free range (organic)☐ Deer (see also Venison)☐ Duck☐ Goat, Grass-fed only (organic)☐ Lamb (organic)☐ Lard (pork)☐ Ostrich☐ Pheasant☐ Pork, (organic)☐ Quail☐ Rabbit☐ Turkey (organic)☐ Venison (see also Deer)☐ Non-Dairy & Eggs☐ Almond Milk, unsweetened (no☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Egg, Whites, Pasture-raised☐ Condiments☐ Apple Cider Vinegar (Bragg's®)☐ Horseradish Sauce, Gluten-free☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Sweeteners☐ Rebiana Leaf (Stevia)☐ Sweetleaf® Stevia☐ Swerve® Xylitol

<input type="checkbox"/> Herbs & Spices	<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Allspice	<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Almond Flavor natural, gluten free)	<input type="checkbox"/> Dill	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Anise	<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Astragalus	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Basil	<input type="checkbox"/> Fennel	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Bay Leaf	<input type="checkbox"/> Garlic	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Black Cohosh	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mint
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Oregano
<input type="checkbox"/> Cloves	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Pepper, Black (see Garlic/Lemon
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Hickory	<input type="checkbox"/> Pepper/Peppercorns
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Pepper/Peppercorns, Szechuan
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Peppermint
<input type="checkbox"/> Cumin	<input type="checkbox"/> Lavender	<input type="checkbox"/> Pine Bark Extract
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)	<input type="checkbox"/> Rosemary

<input type="checkbox"/> Saffron	<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Sage	<input type="checkbox"/> Glucomannon Flour	<input type="checkbox"/> Tea, Black
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tea, Chamomile
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tea, Green
<input type="checkbox"/> Sesame Seeds, Black		<input type="checkbox"/> Tea, Oolong
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Gluten-Containing Foods	<input type="checkbox"/> Tea, Roobios
<input type="checkbox"/> St. John's Wort		<input type="checkbox"/> Tea, unflavored/caffeine-free only
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Corn-Derived Foods	<input type="checkbox"/> Tea, White
<input type="checkbox"/> Thyme	<input type="checkbox"/> Swerve® Xylitol	<input type="checkbox"/> Water
<input type="checkbox"/> Turmeric		<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Beverages & Protein Powders	
<input type="checkbox"/> Valerian	<input type="checkbox"/> Almond Milk, unsweetened (no	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Coconut Kefir (No Tapioca,	<input type="checkbox"/> Antimony
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Coconut Milk(Native Forest or	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Chicory Root
	<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Cocoa/Cacao (raw, pure, &
<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Coconut Aminos®
	<input type="checkbox"/> Green Tea	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Gluten-Free Grains	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Glucomannon Flour
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Great Lake's® Beef Gelatin

- ☐ Konjac Glucomannon Flour
- ☐ Lard (pork)
- ☐ Lycopene
- ☐ Palm Wax
- ☐ Pycnogenol
- ☐ Silver
- ☐ Latex
- ☐ Formaldehyde
- ☐ Red Dye
- ☐ Ispaghula/Psyllium