

Beverages	Milk, Soy (Organic)	Condiment
Almond Milk, unswe	Mineral Water (a)	Apple Cider Vinegar (Bragg's®)
Apple Juice	Orange Juice	Balsamic Vinegar MiaBella NoCaramel/WineVinegar)
Beer	Pea Protein	Balsamic Vinegar (with Red Wine Vinegar)
Carrot Juice	Rice Protein Powde	Balsamic Vinegar (Caramel/Red W. Vinegar)
Coconut Kefir (No T	Soy Milk/Soy Chee	Barbeque Sauce, GF Annie's® Sweet & Spicy
Coconut Milk(Native	Soy Protein (Orga	Carob
Coconut Water (low	Sparkling Water, un	Coconut Vinegar (Coconut Secret)
Coffee	Tea, Black	Earth Balance® Coconut Spread
Coffee, Instant (has	Tea, Chamomile	Earth Balance® Avocado Oil Butter Spread
Collagen Protein (P	Tea, Green	Horseradish Sauce, Gluten-free (Annie's®)
Echinacea Tea	Tea, Oolong	Hummus
Grapefruit Juice	Tea, Ramon	Ketchup (Organicville)
Green Tea	Tea, Roobios	Mayonnaise
Hemp Protein (Pow	Tea, unflavored/cafi	Mustard, Brown (Eden® gf mustard)
Komboucha Tea	Tea, White	Sauerkraut (Bubbies® Brand only)
Lemon Juice	Teechino	Ume Plum Vinegar
Licorice Tea	Water	Veganaise Soy-free (Follow Your Heart®)
Lime Juice	Wine, Red	Vinegar
Milk, Cow	Wine, White (Cham	Vinegar, Distilled
Milk, Goat	Yerba Matte Tea (C	Vinegar, Malt
Milk, Sheep	Coffee Bean, Orgar	Vinegar, Red Wine

Comprehensive List of All Ingredients Nanny Mai 09/0

Vinegar, Rice	Corn, White	Corvina
Vinegar, White	Corn Gluten	Crab
Vinegar, White Wi	Corn Meal (gluten	Crayfish
Worcestershire Sau	Corn Oil	Flounder
Sriracha Sauce Org	Corn Starch (glute	Haddock
Tabasco Sauce	Erythritol (non-GM	Hake
Dressing, Primal Kit	Fructose	Halibut
Dressing, Primal Kit	GemWrapsÂ®, S	Herring
Mayonnaise, Primal	Maltodextrin (Cor	Lobster
Mayonnaise, Primal	SwerveÂ® Xylitol	Mackerel
BodyPro Almond M	Vegetable Oil	Mahi Mahi
BodyPro Almond M	Xanthan Gum	Mussel
BodyPro Avocado C	Yogurt (See Xantha	Orange Roughy
	Sriracha Sauce Org	Oyster
Corn-Deriv		Perch
Barbeque Sauce, C	FISH &	Red Snapper
Cheese, Cream	Anchovy	Salmon, wild (fresh)
Cheese, Daiya (Cor	Bass	Sardines
Cheese, Soy (Orga	Catfish	Scallop
Chewing Gum (has	Chilean Sea Bass	Shrimp
Corn (Gluten-free &	Clam	Sole
Corn, Blue	Cod/ Cod Liver Oil	Squid

Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
	Grape	Maqui
Fruits	Grape, Green	Melon, Honeydew
Acai	Grape, Purple	Monk Fruit
Apple (all types)	Grape, Red	Mulberry
Apple Cider	Grape, White	Nectarines
Apple Juice	Grapefruit	Noni
Bilberry	Grapefruit Juice	Orange
Blackberry	Guava	Orange, Blood
Blueberry	Huckleberry	Orange Juice
Boysenberry	Jack fruit	Orange Peel/Rind
Cantaloupe	Kiwi	Papaya
Cherry	Kumquat	Passion Fruit
Clementine	Lemon	Peach
Cranberry		

Pear	Goji Berry	Malt
Pear, Asian	Apple Sauce	Maltodextrin (Can be Wheat-derived)
Persimmons		Oats
Pineapple	Gluten-Free	Orzo
Plantain	Barley	Panko
Plum	Barley Greens (Not for consumption)	Polish Wheat (wheat)
Pomegranate	Barley Juice (Not for consumption)	Rye
Pomelo	Beer	Semolina
Prune	Bran	Soy Sauce
Quince	Bread	Spelt
Raisin (unsulfured, dried)	Brown Rice Syrup (Gluten-Free)	Teechino
Raspberry	Caramel Coloring	Teriyaki Sauce
Star Fruit	Cheese, Bleu	Triticale
Strawberry	Chewing Gum (has gluten)	Vinegar
Tamarind	Coffee, Instant (has gluten)	Vinegar, Malt
Tangelo	Couscous	Vinegar, White
Tangerine	Durum Wheat	Wheat (All Types)
Watermelon	Farro	Wheat Grass (Is Gluten-contaminated)
Wolfberry	Gluten	Crab, Imitation
Youngberry	Graham (wheat)	
Banana	Kamut	
Apricot	Liquid Smoke (can have gluten)	

Gluten-Free	Millet	Simple Mills Tomato & Basil Almond Crackers
Almond Flour (gluten free)	Oats	Sorghum
Amaranth	Oats (Bob's Red Mill)	Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)	Oat Grass (Not For)	Tapioca
Buckwheat	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Chicory Root	Quinoa (gluten free)	Teff
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue	Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn, White	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Corn Starch (gluten free)	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
Ener-G Brown Rice	Rice, Japonica (gluten free)	Simple Mills Everything Sprouted Seed Cracker
Fava Bean Flour	Rice, Purple (gluten free)	Corn Meal (gluten free)
Flax Meal	Rice, Red (gluten free)	Coconut Flour (gluten free)
Garbanzo Flour	Rice, White (gluten free)	Arrowroot Flour/powder
Glucmannon Flour	Rice, Wild (Lundberg® - not the blend)	
Hazelnut Flour	Rice Bran	
Hemp Meal	Rice Flour (gluten free)	
Hemp Protein (Powder)	Rice Protein Powder (gluten free)	
Hemp Seed	Simple Mills Grnd Sea Salt Almond Crackers	
Konjac Glucmannon	Simple Mills Rosemary & Sea Salt Crackers	

Herbs & Spices	Cramp Bark Extract	Herbs De Provence
Allspice	Cream of Tartar	Hickory
Almond Flavor natural	Cumin	Himalayan Salt
Anise	Curcumin	Jamaican Jerk
Ashwaganda	Curry (must be GF)	Juniper Berry
Astragalus	Dandelion Root	Lavender
Basil	Dill	Lemon Balm (Melissa Officinalis)
Bay Leaf	Dong Quai	Lemon Pepper
Black Cohosh	Echinacea	Lemongrass
Caramel Coloring	Fennel	Licorice Root
Caraway Seed	Garlic	Liquid Smoke (can have gluten)
Cardamom	Garlic Pepper	Liquid Smoke gluten free (natural)
Celery Powder	Garlic Powder	Maca Root
Chicory Root	Garlic Salt	Mace Spice
Chili Powder	Ginger	Marjoram
Chipotle Seasoning	Ginkgo Biloba	Mesquite
Cilantro/Coriander	Ginseng (All Types)	Milk Thistle
Cinnamon	Goldenseal	Mint
Cinnamon, Ceylon	Grapefruit Seed Extract	Mustard (as a Powder)
Cloves	Grapeseed Extract	Mustard Seeds (gluten free)
Cloves, Madagasc	Guarana	Nutmeg
Cloves, Penang	Gymnema Silvestre	Olive Leaf Extract

Orange Peel/Rind	Tarragon	Legumes
Orange Salt	Thyme	Bean, Azuki
Oregano	Tomatillo	Bean, Black
Parsley	Turmeric	Bean, Butter
Pepper, Black (see	Uva Ursi	Bean, Cannellini
Pepper, Cayenne	Valerian	Bean, Chana Dahl
Pepper/Peppercorn	Vanilla (gluten and	Bean, Chili
Pepper, Red	Vanilla Bean	Bean, Green
Peppermint	Vanilla Powder	Bean, Italian
Pine Bark Extract	White Willow Bark E	Bean, Kidney
Red Chili Paste The	Wintergreen an f	Bean, Lima
Red Pepper Flake	Rose Hips	Bean, Mung
Rosemary	Pepper, Sichuan	Bean, Navy/Ninja
Saffron	Pepper, Szechuan	Bean, Pinto/Frijole
Sage	Onion Powder	Bean, Red (see also Bean, Kidney)
Saw Plametto	Onion	Chickpea (see also Garbanzo Bean)
Sesame Seeds	Shallots	Edamame (must be organic)
Sesame Seeds, Bla	Paprika (smoked)	Fava Bean
Spearmint	Paprika	Fava Bean Flour
St. John's Wort		Garbanzo Bean
Taco Seasoning		Garbanzo Flour
Tamari (Wheat Free)		Lentil(s)

Miso	Applegate® organic	Pork, (organic)
Pea, Snap	Applegate® organic	Quail sausage
Pea, Snow	Applegate® organic	Rabbit sausage
Pea, Split	Applegate® organic	Turkey (organic) sausage
Peanut (Organic, V)	Applegate® organic	Veal (organic) sausage
Peanut Butter (Orga	Applegate® organic	Venison (see also Deer)
Peanut Oil (Organic)	Applegate® organic	smoked chicken breast
Red Bean Paste	Applegate® organic	MILK-Containing breast
Soy Beans (must be	Applegate® organic	Applegate® organic spinach & feta sausage
Soy Beans Oil (mus	Applegate® organic	Butter, Raw and Pasture-raised
Vanilla Bean	Beef, Grass-fed only	Buttermilk
Vanilla Powder	Bison (see also Buffalo)	Casein
White Beans	Buffalo (see also E	Cheese, American
Coffee Bean, Organ	Chicken Broth (Ima	Cheese, Asiagdum)
	Chicken, free range	Cheese, Bleu
Meat &	Deer (see also Veni	Cheese, Brie
Applegate® organic	Duck	Cheese, Cheddar (Raw)
Applegate® organic	Goat, Grass-fed only	Cheese, Cottage
Applegate® organic	Lamb (organic)	Cheese, Cream
Applegate® organic	Lard (pork)	Cheese, Goat
Applegate® organic	Ostrich	Cheese, Gorgonzola
Applegate® organic	Pheasant	Cheese, Gouda

Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Marscapo	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella	Milk, Sheep	Garam Masala
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Parmesan	Sour Cream, Raw a	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap (Mango/Chi.)
Cheese, Raw and F	Yogurt (See Xantha	GemWraps®, Sandwich Wrap (Tomato)
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour (konjacfoods.com)
Cheese, Romano		Great Lake's® Beef Gelatin
Cheese, Provolone	Miscellaneous	Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mo	Arabic Gum	Julian Bakery Paleo Wraps
Cheese, Swiss	Baking Powder	Julian Bakery Almond Bread
Chocolate, Milk	Baking Soda (Arm &	Julian Bakery Coconut Bread
Chocolate, White	Beef broth (Imagine	Konjac Glucomannon Flour
Cream, Raw and U	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Rais	Chewing Gum (has	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylit	Locust Bean Gum
Goat Kefir	Chicken Broth (Ima	Lycopene (ium)
Kefir, Raw	Chicory Root	Malt
Lactalbumin	Cocoa/Cacao (raw,	Maltodextrin (Cand

Palm Wax	Formaldehyde	Nuts,
Pycnogenol	Acacia Gum	Almond
Red Chili Paste The	Tragacanth Gum	Almond Butter (Artisana®)
Red Tomato Paste	Blue Food Dye	Almond Flavor natural, gluten free)
Resveratrol	Skinny Crisps®(PI	Almond Flour (gluten free)
Sherry Vinegar	Red Food Dye	Almond Meal (gluten free)
Silver	Cocoa Butter	Almond, Marcona
Tamari (Wheat Free	Agar Gum	Annatto Seed
Tofu (Organic)		Brazil Nut
Tomato Paste (glut	Non-Dairy	Canola/Rapeseed Oil
Tomato Sauce (glut	Almond Milk, unswe	Caraway Seed a)
Vegetable broth (Im	Almond Yogurt, uns	Cashews
Vegetable Oil	Cheese, Daiya (Coc	Cashew Butter st,Â....)
Vegetable Shortenin	Cheese, Soy (Orga	Cashew Meal
Vinegar, Red Wine	Coconut Kefir (No T	Chestnut (ian)
Vinegar, Rice	Coconut Milk(Native	Chia Seed (1/4 cup, 1oz)
Vinegar, White Wi	Egg, Pasture-raised	Coconut Butter
Xanthan Gum	Egg, Vital Farms®	Coconut Oil Â®
Yeast, Baker's	Egg, Whites, Pastur	Coconut, shredded (raw, unsweetened)
Yeast, Brewer's	Egg, Yolks Pasture-	Cola Nut (aka Kola Nut)
Yeast, Nutritional	Milk, Soy (Organic	Corn Oil
Latex	BodyPro Avocado C	Cottonseed/Cottonseed Oil

Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	Snacks
Grapeseed Oil, Or	Pumpkin Seeds	Date(s)
Hazelnut Flour	Ramon Seeds	Simple Mills Chocolate Chip Cookies
Hazelnut/Filbert	Rice, Wild (Lundber	Apple Sauce
Hemp Meal	Safflower/Safflower Seed Oil	
Hemp Protein (Pow	Sacha Inchi Seeds	Sweetener
Hemp Seed	Sesame Seed Oil	Aspartame/Nutrasweet
Hydrogenated Oils	Sesame Seeds	Brown Rice Syrup (contains MSG/Gluten)
Macadamia Nut O	Sesame Seeds, Bla	Chocolate, Dark
Macadamia Nuts	Sunflower Seed Bl	Chocolate, Milk
Olive Leaf Extract	Sunflower Seed Lec	Chocolate, White
Olive Oil, Virgin	Sunflower Seed O	Coconut Palm Sugar
Palm Kernel Oil	Sunflower Seeds	Date Sugar
Pecan	Tahini	Erythritol (non-GMO)
Pecan Flour	Tea, Ramon	Fructose
Pepitas	Tiger Nuts	Fruit Pectin
Pili Nuts	Vegetable Oil	Honey, (Organic)
Pine Nut	Vegetable Shortenir	Honey, Mañuka
Pistachios	Walnut (few)	Honey, Wildflower from MahavaA®
Poppy seeds	Walnut Oil	Just Like SugarA®

Comprehensive List of Ingredients Nanny Mai 09/0

Lo Han	Vegetables	Cabbage, Green
Maltodextrin (Can b	Aloe Vera	Cabbage, Purple
Maltodextrin (Corn-l	Artichoke (not pick	Cactus (Nopales)
Maple Sugar	Arugula	Capers
Maple Syrup (Grade	Asparagus	Capsicum
Molasses	Avocado	Carrot Juice
Monk Fruit	Avocado Oil	Carrot, Orange
Nutrasweet®	Bamboo Shoot	Carrot, Purple
Rebiana Leaf (Ste	Bean, Green	Carrot, White
Sorbitol	Bean Sprout	Carrot, Yellow
Splenda	Beet	Cassava (see Tapioca and Yucca)
Sucanat	Beet Greens	Cauliflower
Sugar Beet	Bell Pepper, Green	Cauliflower, Purple
Sugar Cane	Bell Pepper, Red	Celery
Sweetleaf® Stev	Bok Choy	Chard
Swerve® Xylitol	Broccoli	Chayote
Xyla (Birchwood Xy	Broccoli Rabe (ce)	Coconut (raw and unsweetened)
Yacon Syrup	Broccoli Sprouts	Coconut Concentrate
BodyPro Almond M	Broccolini (le S	Collard Greens
Sucralose	Brussels Sprout	Corn (Gluten-free & Non-GMO)
Agave Nectar	Burdock	Corn, Blue
Coconut Sugar	Cabbage, Chinese (Corn, White (y)

Cucumber	Mustard Greens	Potato, Fingerling
Daikon Radish	Nori	Potato, Purple
Dandelion Greens	Okra	Potato, Red
Dandelion Root	Olives (without vine)	Potato, Russet
Eggplant	Parsley	Potato, Sweet
Endive	Parsnip	Potato, White
Fennel	Pea, Black-Eyed	Potato, Yukon Gold
Garlic	Pea, Green	Prickly Pear
Hearts of Palm	Pea, Snap	Pumpkin
Horseradish	Pea, Snow	Pumpkin Powder
Jicama	Pea, Split	Radicchio
Kale, all types	Pea Protein	Radish
Kelp/Dulse	Pepper, Anaheim	Rainbow Chard
Kohlrabi	Pepper, Chili	Rhubarb
Kombu	Pepper, Green	Rutabaga
Leeks	Pepper, Habanero	Sauerkraut (Bubbies® Brand only)
Lettuce, all types	Pepper, Jalapeño	Scallions
Mushrooms	Pepper, Poblano	Sea Vegetables
Mushrooms, Button	Pepper, Red	Seaweed
Mushrooms, Cremini	Pepper, Serrano	Spinach
Mushrooms, Maitake	Pickles, Bubbies®	Spirulina
Mushrooms, Shiitake	Pimento	Squash

Squash, Acorn	Tomato, Yellow
Squash, Butternut	Truffle
Squash, Green	Turnip Greens
Squash, Spaghetti	Turnips
Squash, Summer	Water Chestnut
Squash, Winter	Watercress
Squash, Yellow	Yams, Garnett
Sugar Beet	Yams, Japanese
Sweet Potato, Red	Yucca
Sweet Potatoes, White	Zucchini
Swiss Chard	Alfalfa Sprouts
Tomatillo	Psyllium Husk
Tomato Paste (gluten-free)	Onion, Green
Tomato Sauce (gluten-free)	Onion, Maui)
Tomato	Onion, Red
Tomatoes, Big Boy	Onion, Sweet
Tomato, Cherry	Onion, Yellow
Tomato, Heirloom	Chives
Tomato, Orange	Shallots
Tomato, Red	Bell Pepper
Tomato, Roma	Bell Pepper, Yellow
Tomato, Sun-dried	Bell Pepper, Orange