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

Leeks	Pea, Snow	Psyllium Husk
Lettuce, all types	Pea, Split	Pumpkin
Mushrooms	Pea Protein	Pumpkin Powder
Mushrooms, Button	Pepper, Anaheim	Radicchio
Mushrooms, Cremeni/Crimini	Pepper, Cayenne	Radish
Mushrooms, Maitake	Pepper, Chili	Rainbow Chard
Mushrooms, Shiitake	Pepper, Green	Red Pepper Flake
Mustard Greens	Pepper, Habanero	Rhubarb
Nori	Pepper, Jalapeño	Rutabaga
Oat Grass (Not For Gluten Sensitive)	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Okra	Pepper, Red	Scallions
Olives (without vinegar)	Pepper, Serrano	Sea Vegetables
Onion, Green	Pepper, Tabasco	Seaweed
Onion, Maui	Pickles, Bubbies® brand only	Shallots
Onion, Red	Pimento	Spinach
Onion, Sweet	Potato, Fingerling	Spirulina
Onion, Yellow	Potato, Purple	Squash
Paprika	Potato, Red	Squash, Acorn
Parsley	Potato, Russet	Squash, Butternut
Parsnip	Potato, Sweet	Squash, Green
Pea, Black-Eyed	Potato, White	Squash, Spaghetti
Pea, Green	Potato, Yukon Gold	Squash, Summer
Pea. Snap	Prickly Pear	Squash. Winter

Squash, Yellow	Wasabi Root	Currant
Sugar Beet	Water Chestnut	Dates
Swede	Watercress	Dragon Fruit (Pitaya)
Sweet Potato, Red	Wheat Grass (Is Gluten-contaminated)	Dried Fruit
Sweet Potatoes, White	Yams, Garnett	Durian Fruit
Swiss Chard	Yams, Japanese	Elderberry
Tabasco Sauce	Yucca	Fig
Taro	Zucchini	Goji Berry
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
	Cranberry Juice	

Lemon	Passion Fruit	Legumes, Pods, & Pulses
Lemon Juice	Peach	Bean, Azuki
Lemon Rind/Peel	Pear	Bean, Black
Lime	Pear, Asian	Bean, Butter
Lime Juice	Persimmons	Bean, Cannellini
Loganberry	Pineapple	Bean, Chana Dahl
Longan Fruit	Plantain	Bean, Chili
Loquat	Plum	Bean, Green
Lychee	Pomegranate	Bean, Haricot
Mango	Pomelo	Bean, Italian
Mangosteen	Prune	Bean, Kidney
Maqui	Quince	Bean, Lima
Melon, Honeydew	Raisin (unsulfured, organic)	Bean, Mung
Monk Fruit (Pure)	Rambutan	Bean, Navy
Mulberry	Raspberry	Bean, Ninja
Nectarines	Star Fruit	Bean, Pinto/Frijole
Noni	Strawberry	Bean, Red
Orange	Tamarind	Bean, White
Orange, Blood	Tangelo	Beans
Orange Juice	Tangerine	Chickpea (see also Garbanzo Bean)
Orange Peel/Rind	Watermelon	Coffee Bean, Organic
Oranges, Mandarin	Wolfberry	Edamame (must be organic)
Papaya	Youngberry	Fava Bean
		Fava Bean Flour

Garbanzo Bean	Borage Seed Oil	Hazelnut Flour
Garbanzo Flour	Brazil Nut	Hemp Meal
Kidney Bean	Canola/Rapeseed Oil	Hemp Protein (Powder)
Lentil(s)	Canola Oil, Non-GMO	Hemp Seed
Miso	Caraway Seed	Hydrogenated Oils
Pea, Snap	Cashew Butter	Krill Oil
Pea, Snow	Cashew Meal	Lard/Tallow (pork)
Pea, Split	Cashews	Macadamia Nut Oil
Peanut (Organic, Valencia)	Chestnut	Macadamia Nuts
Peanut Butter (Organic, Maranatha®)	Chia Seed (1/4 cup, max)	MCT Oil
Red Bean Paste	Coconut, shredded (raw, unsweetened)	Olive Leaf Extract
Soybean oil(must be organic)	Coconut Butter	Olive Oil, Virgin
Soy Beans (must be organic)	Coconut Oil	Palm Kernel Oil
Vanilla Bean	Cola Nut (aka Kola Nut)	Peanut Oil (Organic)
Nuts, Seeds, Drupes & Oils	Corn Oil	Pecan Flour
Almond	Cottonseed/Cottonseed Oil	Pecans
Almond, Marcona	Duck Fat	Pepitas
Almond Butter (Artisana®)	Fenugreek Seed	Pili Nuts
Almond Flavor (natural, gluten free)	Flax Meal	Pine Nut
Almond Flour (gluten free)	Flax Oil	Pistachios
Almond Meal (gluten free)	Flax Seed	Poppy seeds
Almond Oil	Grapeseed Oil, Organic	Psyllium Husk
Annatto Seed	Hazelnut/Filbert	Pumpkin Oil
Avocado Oil		

Pumpkin Seed Oil	Walnuts	Cinnamon
Pumpkin Seeds	Walnuts, Black	Cinnamon, Ceylon
Ramon Seeds	Herbs & Spices	Clove Powder
Rice, Wild (Lundberg® - not the blend)	Allspice	Cloves, Madagascar
Rice Bran Oil	Almond Flavor (natural, gluten free)	Cloves, Penang
Sacha Inchi Seeds	Anise	Comfrey
Safflower/Safflower Seed Oil	Ashwaganda	Cramp Bark Extract
Sesame Seed Oil	Astragalus	Cream of Tartar
Sesame Seeds	Basil	Cumin
Sesame Seeds, Black	Bay Leaf	Curcumin
Sunflower Seed Butter	Bell Pepper, Red	Curry (must be GF)
Sunflower Seed Flour	Black Cohosh	Dandelion Root
Sunflower Seed Lecithin	Capsicum	Dill
Sunflower Seed Oil	Caramel Coloring	Dong Quai
Sunflower Seeds	Caraway Seed	Echinacea
Tahini	Cardamom	Fennel
Tea, Ramon	Catnip	Fennel Seed
Tiger Nuts	Celery Powder	Garam Masala
Truffle Oil	Celery Seed	Garlic
	Chaparral	
Truffle Oil, Black	Chervil	Garlic Pepper
Vegetable Oil Vegetable Shortening	Chili Powder	Garlic Powder
(Spectrum®)	Chipotle Seasoning	Garlic Salt
Walnut Oil	Cilantro/Coriander	Ginger Powder

Ginkgo Biloba	Mustard (as a Powder)	Red Pepper Flake
Ginseng (All Types)	Mustard Seeds (gluten free)	Rose Hips
Goldenseal	Nutmeg	Rosemary
Grapefruit Seed Extract	Olive Leaf Extract	Saffron
Grapeseed Extract	Onion	Sage
Guarana	Onion Powder	Sassafras
Gymnema Silvestre	Orange Peel/Rind	Savory
Herbs De Provence	Orange Salt	Saw Plametto
Hickory	Oregano	Sesame Seeds
Himalayan Salt	Paprika	Sesame Seeds, Black
Jamaican Jerk	Paprika (smoked)	Shallots
Juniper Berry	Parsley	Spearmint
Lavender	Pau D'arco	St. John's Wort
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Sumac
Lemongrass	Pepper, Cayenne	Tabasco Sauce
Lemon Pepper	Pepper, Red	Taco Seasoning
Licorice Root	Pepper, Sichuan	Tamari (Wheat Free)
Maca Root	Pepper, Szechuan	Tarragon
Mace Spice	Pepper/Peppercorns	Thyme
Marjoram	Peppermint	Tomatillo
Mesquite	Pine Bark Extract	Turmeric
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Uva Ursi

Valerian

Red Clover

Mint

Vanilla (gluten and corn-free)	Lox	Meat & Poultry
Vanilla Bean	Mackerel	Applegate® organic andouille sausage
		Applegate® organic bacon
Vanilla Powder	Mahi Mahi	Applegate® organic black forest
White Willow Bark Extract	Mussel	Applegate® organic chicken
Wintergreen	Octopus	Applegate® organic
Wormwood	Orange Roughy	chicken/apple sausage
Fish & Shellfish	Oyster	Applegate® organic ham
Anchovy	Perch	Applegate® organic herb roasted turkey
Bass	Red Snapper	Applegate® organic hot dogs
Catfish	Salmon, wild (fresh)	Applegate® organic red pepper sausage
Chilean Sea Bass	Sardines	Applegate® organic roast beef
Clam	Scallop	Applegate® organic sausage sweet italian
Cod/ Cod Liver Oil	Shrimp	Applegate® organic smoked chicken breast
Corvina	Sole	Applegate® organic smoked turkey breast
Crab	Squid	Applegate® organic spinach & feta sausage
Crab, Immitation	Swai	Applegate® organic turkey
Crayfish	Swordfish	Applegate® organic turkey bacon
Flounder	Tilapia (Wild, Non-farmed)	Beef, Grass-fed only (organic)
Haddock	Trout	Bison (see also Buffalo)
Hake	Tuna	Buffalo (see also Bison)
Halibut	Walleye Pike	Chicken, free range (organic)
Herring	Whitefish/Turbot	Chicken Broth (Imagine® gf/low sodium)
Krill		Collagen Protein (Powder)
Lobster		Deer (see also Venison)

Duck	Cheese, Feta	Goat Kefir
Goat, Grass-fed only (organic)	Cheese, Goat	Kefir, Raw
Great Lake's® Beef Gelatin	Cheese, Gorgonzola	Lactic Acid (milk-derived)
Lamb	Cheese, Gouda	Lactoalbumin
Ostrich	Cheese, Havarti	Milk, Buffalo
Pheasant	Cheese, Machego	Milk, Cow
Pork, (organic)	Cheese, Marscapone	Milk, Goat
Quail	Cheese, Mozzarella (Raw)	Milk, Sheep
Rabbit	Cheese, Muenster	Milk Chocolate
Turkey (organic)	Cheese, Parmesan	Mozzarella Cheese
Veal (organic)	Cheese, Pecorino	Sour Cream, Raw and Unpasteurized
Venison (see also Deer)	Cheese, Provolone	Whey
Milk-Containing Foods	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Applegate® organic spinach & feta sausage	Cheese, Ricotta	Non-Dairy & Eggs
Butter, Raw and Pasture-raised	Cheese, Romano	Almond Milk, unsweetened (no tapioca)
Buttermilk	Cheese, Sheep	Almond Yogurt, unsweetened
Casein	Cheese, String (Mozzarella)	BodyPro Avocado Oil Mayonnaise
Cheese, American	Cheese, Swiss	Cheese, Daiya (Coconut,Tapioca,yeast,)
Cheese, Asiago	Chocolate, Milk	Cheese, Soy (Organic) (see Soy)
Cheese, Bleu	Chocolate, White	Coconut Kefir (No Tapioca, Carageenan)
Cheese, Brie	Cream, Raw and Unpasteurized	Coconut Milk (Native Forest or Natural Value)
Cheese, Cheddar (Raw)	Ghee (Pasture-Raised,	Egg, Pasture-raised (from a farmer)
Cheese, Cottage	Organic) Goat Cheese	Egg, Vital Farms® or Pasture Verde®
Cheese, Cream		Egg Whites, Pasture-raised

(konjacfoods.com)

Egg Yolks, Pasture-raised	Hazelnut Flour	Rice, Purple (gluten free)
Milk, Soy (Organic)	Hemp Meal	Rice, Red (gluten free)
Paleo Cheese	Hemp Protein (Powder)	Rice, White (gluten free)
Gluten-Free Grains	Hemp Seed	Rice, Wild (Lundberg® - not the blend)
Almond Flour (gluten free)	Julian Bakery Almond Bread	Rice Bran
Amaranth	Julian Bakery Coconut Bread	Rice Flour (gluten free)
Arrowroot Flour/powder	Konjac Glucomannon Flour	Rice Protein Powder (gluten free)
Avenin (Gluten-free)	Mikey's Original English Muffin	Simple Mills - Everything Sprouted Seed Cracker
Basmati Rice (gluten free)	Mikey's Pizza crust	Simple Mills Cracked Black Pepper Almond Crackers
Brown Rice Flour	Mikey's Sliced Bread Loaf	Simple Mills Ground Sea Salt Almond Crackers
Buckwheat	Millet	Simple Mills Rosemary & Sea Salt Crackers
Buckwheat Flour	Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers
Coconut Flour (gluten free)	Oats (Certified GF)	Sorghum
Coconut Meal (gluten free)	Potato Flour (gluten free)	Sunflower Seed Flour
Corn (Gluten-free & Non-GMO)	Potato Starch (gluten free)	Sweet Potato Flour (gluten free)
Corn, Blue	ProGranola (Julian Bakery)	Tapioca
Corn, White	Quinoa (gluten free)	Tapioca Flour (gluten free)
Corn Meal (gluten free)	Quinoa, Black (gluten free)	Tapioca Starch (gluten free)
Corn Starch (gluten free)	Quinoa, Red (gluten free)	Teff
Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)	Teff Flour
Fava Bean Flour	Rice, Black (gluten free)	Tolerant Green Lentil & Pea
Flax Meal	Rice, Brown (gluten free)	Pasta Tolerant Red or Green Lentil
Garbanzo Flour		Pasta Tartilla Sista Almand
Glucomannon Flour	Rice, Japonica (gluten free)	Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut	Farro		Vinegar
Tortilla, Siete Chia & Cassava	Gliadin		Vinegar, Malt
Udi's Millet-Chia Bread	Gluten		Vinegar, White
Udi's White Sandwich Bread	Graham (wheat)		Vodka, Rye or Grain
Udi's Whole Grain Bread	Kamut		Wheat (All Types)
Gluten-Containing Foods	Liquid Smoke (can have gluten)		Wheat Germ
Allulose	Malt		Wheat Grass (Is
Avenin	Maltitol		Corn-Derived Foods
Barley	Maltodextrin (Barley-derived)		Barbeque Sauce, GF Annie's® Sweet & Spicy
Barley Grass (can have gluten)	Miso		Cheese, Cream
Barley Greens (may contain gluten)	Modified Food Starch		Cheese, Daiya (Coconut,Tapioca,yeast,)
Barley Juice (may contain gluten)	Oats		Cheese, Soy (Organic) (see Soy)
Beer	Oats, GF (not Certified) can		Chewing Gum (has gluten and corn)
Bran	have gluten Orzo		Citric Acid (can be corn-derived)
Bread	Panko		Corn (Gluten-free & Non-GMO)
Brown Rice Syrup (contains MSG/Gluten)	Polish Wheat		Corn, Blue
Caramel Coloring			Corn, White
Cheese, Bleu	Rye		Corn Gluten
Chewing Gum (has gluten and corn)	Semolina		Corn Meal (gluten free)
Coffee, Instant (has gluten)	Soy Sauce		Corn Oil
Couscous	Spelt		Corn Starch (gluten free)
Crab, Immitation	Teechino		Corn Syrup
Durum Wheat	Teriyaki Sauce		Erythritol (non-GMO)
Egyptian Wheat	Triticale		Fructose
-gyptian windat		\Box	1 1401000

GemWraps®, Sandwich Wrap (Carrot)	Coconut Cream	Red Chili Paste Thai Kitchen® (gluten free)
Hydrogenated Oils	Coconut Vinegar (Coconut Secret)	Red Tomato Paste (gluten free)
Lactic Acid (corn-derived)	Cream, Raw and Unpasteurized	Sauerkraut (Bubbies® Brand only)
Maize	Daiya - Medium Cheddar Block	Sherry Vinegar
Maltitol	Distilled White Vinegar	Sour Cream, Raw and Unpasteurized
Maltodextrin (Corn-based, non-GMO)	Dressing, Primal Kitchen Greek Avocado Oil	Soy Sauce
Modified Food Starch	Dressing, Primal Kitchen Honey Mustard	Sriracha Sauce Organicville gluten-free
Sriracha Sauce Organicville gluten-free	Earth Balance® Avocado Oil Butter Spread	Tabasco Sauce
Swerve® Sweetener	Earth Balance® Coconut Spread	Tamari (Wheat Free)
Vodka, Corn	Harissa	Teriyaki Sauce
Xanthan Gum	Horseradish Mustard, Gluten-free (Annie's®)	Tomato Paste (gluten & Vinegar-free)
Yogurt (See Xanthan Gum)	Hummus	Tomato Sauce (gluten & Vinegar-free)
Condiments, Spreads & Sauces	Ketchup (Organicville)	Ume Plum Vinegar
Apple Cider Vinegar (Bragg's®)	Kosher Salt	Veganaise Soy-free (Follow Your Heart®)
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Liquid Aminos (Braggs®)(has Soy)	Vegetable Shortening (Spectrum®)
Balsamic Vinegar (with Red Wine Vinegar)	Liquid Smoke (can have gluten)	Vinegar
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Liquid Smoke gluten free	Vinegar, Beet
Barbeque Sauce, GF Annie's® Sweet & Spicy	(natural) Mayonnaise	Vinegar, Distilled
BodyPro Almond Mayo Grade A Maple Syrup	Mayonnaise, Primal Kitchen	Vinegar, Malt
BodyPro Almond Mayo with Yacon Syrup	Avocado Oil Mayonnaise, Primal Kitchen	Vinegar, Red Wine
BodyPro Avocado Oil Mayonnaise	Chipotle Avocado Oil Mustard, Brown (Eden® gf	Vinegar, Rice
Carob	mustard) Olives (without vinegar)	Vinegar, Nite
Cocoa Butter	Red Bean Paste	Vinegar, White Wine
Coconut Aminos®		

	Worcestershire Sauce (The	Malt	Xylitol
	Sweeteners		·
_ •		Maltitol	Yacon Syrup
	Agave Nectar	Maltodextrin (Barley-derived)	Beverages & Protein Powders
	Aspartame	Maltodextrin (Corn-based, non-GMO)	Almond Milk, unsweetened (no tapioca)
	BodyPro Almond Mayo Grade A Maple Syrup	Maltodextrin (Tapioca-based)	Apple Cider
	Brown Rice Syrup (contains MSG/Gluten)	Maple Sugar	Apple Juice
	Brown Sugar	Maple Syrup (Grade A Dark	Beer
	Cane Syrup	Amber Organic) Molasses	Bone Broth Protein, Beef
	Chocolate, Dark	Monk Fruit (Pure)	Carrot Juice
	Chocolate, Milk	Monk Fruit Extract	Casein
	Chocolate, White	Nutrasweet®	Cocoa
	Coconut Palm Sugar	Rebiana Leaf (Stevia)	Coconut Kefir (No Tapioca, Carageenan)
	Coconut Sugar	Sorbitol	Coconut Milk (Native Forest or Natural Value)
	Corn Syrup	Splenda	Coconut Water (low sugar)
	Date Sugar	Sucanat	Coffee (Brewed and Not Instant)
	Erythritol (non-GMO)	Sucralose	Coffee, Instant (has gluten)
	Fructose	Sugar Beet	Coffee Bean, Organic
	Fruit Pectin	Sugar Cane	Collagen Protein (Powder)
	Honey, (Organic)	Sweetleaf® Stevia	Echinacea Tea
	Honey, Manuka	Swerve® Sweetener	Grapefruit Juice
	Honey, Wildflower from Mahava®	Tapioca Dextrose	Great Lake's® Beef Gelatin
	Jerusalem Artichoke Syrup	Tapioca Syrup	Green Tea
	Just Like Sugar®	Xyla (Birchwood Xylitol)	Hemp Protein (Powder)
	Lo Han		Komboucha Tea

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

Snacks	Locust Bean Gum
Apple Sauce	Maltodextrin (Barley-derived)
Chewing Gum (has gluten and corn)	
Chewing Gum, Xylichew®	MSG/MonosodiumGlutatmate
Dates	Palm Wax
Simple Mills Chocolate Chip	Pea Protein Isolate
Cookies Simple Mills Cracked Black	Pea Starch
Pepper Almond Crackers	Potato Protein
Skinny Crisps® (Plain Jane) Food Additives	Red Food Dye
Acacia Gum	Sodium Alginate
Agar Gum	Tragacanth Gum
Annatto Coloring	Tricalcium Phosphate
Arabic Gum	Vegan Enzyme
Asafoetida Powder	Vegan Natural Flavors (no MSG)
Blue Food Dye	Vegan Natural Flavors (with MSG)
Carrageenan Gum	Xanthan Gum
Chicory Root	
Citric Acid (can be corn-derived)	
Formaldehyde	
Guar Gum	
Inulin	
Lactic Acid (beet-derived)	
Lactic Acid (corn-derived)	
Lactic Acid (milk-derived)	