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|------------------------------------------------|----------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Banana | <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 |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo |

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|----------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Prune | <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Hemp Protein (Powder) |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Hydrogenated Oils |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Macadamia Nut Oil |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Macadamia Nuts |
| <input type="checkbox"/> Strawberry | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Cashews | <input type="checkbox"/> Olive Oil, Virgin |
| <input type="checkbox"/> Tangelo | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Palm Kernel Oil |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pine Nut |
| | <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Almond Flavor (natural, gluten free) | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Rice Bran Oil |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |

<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Broccoli
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Rabe
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Sprouts
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccolini
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Brussels Sprout
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Burdock
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Green
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Purple
<input type="checkbox"/> Tahini	<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cactus (Nopales)
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capers
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Capsicum
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower
	<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple
	<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery
	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard

Bob Turner

09/20/2017

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|--------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Chayote | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Kombu | <input type="checkbox"/> Pea, Black-Eyed |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Leeks | <input type="checkbox"/> Pea, Green |
| <input type="checkbox"/> Coconut Concentrate | <input type="checkbox"/> Lettuce, all types | <input type="checkbox"/> Pea, Snap |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Mushrooms, Button | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Anaheim |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Mushrooms, Maitake | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mushrooms, Shiitake | <input type="checkbox"/> Pepper, Chili |
| <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Pepper, Green |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Nori | <input type="checkbox"/> Pepper, Habanero |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Pepper, Jalapeño |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Okra | <input type="checkbox"/> Pepper, Poblano |
| <input type="checkbox"/> Endive | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Onion, Green | <input type="checkbox"/> Pepper, Serrano |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Onion, Maui | <input type="checkbox"/> Pickles, Bubbies® brand only |
| <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Onion, Red | <input type="checkbox"/> Pimento |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Onion, Sweet | <input type="checkbox"/> Potato, Fingerling |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Onion, Yellow | <input type="checkbox"/> Potato, Purple |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Paprika | <input type="checkbox"/> Potato, Red |
| <input type="checkbox"/> Kale, all types | <input type="checkbox"/> Parsley | <input type="checkbox"/> Potato, Russet |
| <input type="checkbox"/> Kelp/Dulse | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Potato, Sweet |

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|--------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> Potato, White | <input type="checkbox"/> Squash, Green | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Spaghetti | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Squash, Summer | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Squash, Winter | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Squash, Yellow | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Wheat Grass (Is
Gluten-contaminated) |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato | |
| <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato Paste (gluten &
Vinegar-free) | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand
only) | <input type="checkbox"/> Tomato Sauce (gluten &
Vinegar-free) | <input type="checkbox"/> Anchovy |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Bass |
| <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Catfish |
| <input type="checkbox"/> Seaweed | <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Spirulina | <input type="checkbox"/> Tomato, Sun-dried | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Tomato, Yellow | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Squash, Acorn | <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Squash, Butternut | <input type="checkbox"/> Truffle | <input type="checkbox"/> Crayfish |

<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Lobster		<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Mackerel	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck
<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Lamb
<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Pork, (organic)
<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Quail
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Rabbit
<input type="checkbox"/> Sole	<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Turkey (organic)
<input type="checkbox"/> Squid	<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Veal (organic)
<input type="checkbox"/> Swai	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Venison (see also Deer)
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Applegate® organic turkey	

<input type="checkbox"/>	Non-Dairy & Eggs	<input type="checkbox"/>	BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/>	Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/>	Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/>	BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/>	Olives (without vinegar)
<input type="checkbox"/>	Almond Yogurt, unsweetened	<input type="checkbox"/>	Carob	<input type="checkbox"/>	Red Bean Paste
<input type="checkbox"/>	BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/>	Cocoa Butter	<input type="checkbox"/>	Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/>	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	<input type="checkbox"/>	Coconut Aminos®	<input type="checkbox"/>	Red Tomato Paste (gluten free)
<input type="checkbox"/>	Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/>	Coconut Cream	<input type="checkbox"/>	Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/>	Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/>	Coconut Vinegar (Coconut Secret)	<input type="checkbox"/>	Sherry Vinegar
<input type="checkbox"/>	Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/>	Cream, Raw and Unpasteurized	<input type="checkbox"/>	Sour Cream, Raw and Unpasteurized
<input type="checkbox"/>	Egg, Pasture-raised (from a farmer)	<input type="checkbox"/>	Dressing, Primal Kitchen Greek Avocado Oil	<input type="checkbox"/>	Soy Sauce
<input type="checkbox"/>	Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/>	Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/>	Sriracha Sauce Organicville gluten-free
<input type="checkbox"/>	Egg, Whites, Pasture-raised	<input type="checkbox"/>	Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/>	Tabasco Sauce
<input type="checkbox"/>	Egg, Yolks Pasture-raised	<input type="checkbox"/>	Earth Balance® Coconut Spread	<input type="checkbox"/>	Tamari (Wheat Free)
<input type="checkbox"/>	Milk, Soy (Organic)	<input type="checkbox"/>	Harissa	<input type="checkbox"/>	Teriyaki Sauce
<input type="checkbox"/>	Paleo Cheese (Julianbakery.com or	<input type="checkbox"/>	Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/>	Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/>		<input type="checkbox"/>	Hummus	<input type="checkbox"/>	Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/>	Condiments, Spreads & Sauces	<input type="checkbox"/>	Ketchup (Organicville)	<input type="checkbox"/>	Ume Plum Vinegar
<input type="checkbox"/>	Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/>	Liquid Aminos (Bragg's®)(has Soy)	<input type="checkbox"/>	Veganise Soy-free (Follow Your Heart®)
<input type="checkbox"/>	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/>	Liquid Smoke (can have gluten)	<input type="checkbox"/>	Vegetable Shortening (Spectrum®)
<input type="checkbox"/>	Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/>	Liquid Smoke gluten free (natural)	<input type="checkbox"/>	Vinegar
<input type="checkbox"/>	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/>	Mayonnaise	<input type="checkbox"/>	Vinegar, Beet
<input type="checkbox"/>	Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/>	Mayonnaise, Primal Kitchen Avocado Oil	<input type="checkbox"/>	Vinegar, Distilled
<input type="checkbox"/>	BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/>	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	<input type="checkbox"/>	Vinegar, Malt

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|------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Vinegar, Rice | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Swerve® Sweetener |
| <input type="checkbox"/> Vinegar, White Wine | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> White/Distilled Vinegar | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Xyla (Birchwood Xylitol) |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Lo Han | <input type="checkbox"/> Xylitol |
| | <input type="checkbox"/> Maltitol | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maltodextrin (Barley-derived) | |
| <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Herbs & Spices |
| <input type="checkbox"/> Aspartame | <input type="checkbox"/> Maltodextrin (Tapioca-based) | <input type="checkbox"/> Allspice |
| <input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup | <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Anise |
| <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Molasses | <input type="checkbox"/> Ashwaganda |
| <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Astragalus |
| <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Bay Leaf |
| <input type="checkbox"/> Coconut Palm Sugar | <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Bell Pepper, Red |
| <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Black Cohosh |
| <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Splenda | <input type="checkbox"/> Capsicum |
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Sucanat | <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Sucralose | <input type="checkbox"/> Caraway Seed |
| <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cardamom |

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|---------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> Celery Powder | <input type="checkbox"/> Garlic Pepper | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Ginger | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Mustard (as a Powder) |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Guarana | <input type="checkbox"/> Olive Leaf Extract |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Hickory | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Curcumin | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Lavender | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Echinacea | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Cayenne |
| <input type="checkbox"/> Garam Masala | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Red |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Sichuan |

<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Marscapone
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Sage		<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Shallots	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Sumac	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Bleu	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Chocolate, White
<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Cream	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)

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|------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Goat Cheese | <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Pea, Snow |
| <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Pea, Split |
| <input type="checkbox"/> Kefir, Raw | <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Peanut (Organic, Valencia) |
| <input type="checkbox"/> Lactoalbumin | <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) |
| <input type="checkbox"/> Milk Chocolate | <input type="checkbox"/> Bean, Navy | <input type="checkbox"/> Peanut Oil (Organic) |
| <input type="checkbox"/> Milk, Buffalo | <input type="checkbox"/> Bean, Ninja | <input type="checkbox"/> Red Bean Paste |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Soy Beans (must be organic) |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Bean, Red | <input type="checkbox"/> Soybean oil(must be organic) |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Bean, White | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Mozzarella Cheese | <input type="checkbox"/> Beans | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Whey | <input type="checkbox"/> Coffee Bean, Organic | |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Gluten-Free Grains |
| | <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Buckwheat |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Miso | <input type="checkbox"/> Coconut Flour (gluten free) |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Coconut Meal (gluten free) |

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|--------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Corn Meal (gluten free) | <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Corn Starch (gluten free) | <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Corn, White | <input type="checkbox"/> Rice Flour (gluten free) | <input type="checkbox"/> Tortilla, Siete Almond |
| <input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread | <input type="checkbox"/> Rice Protein Powder (gluten free) | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Basmati (gluten free) | <input type="checkbox"/> Tortilla, Siete Chia & Cassava |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Black (gluten free) | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, Brown (gluten free) | |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Japonica (gluten free) | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Rice, Purple (gluten free) | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice, Red (gluten free) | <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice, White (gluten free) | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.) |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | <input type="checkbox"/> Corn Gluten |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Oats (Certified GF) | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Potato Flour (gluten free) | <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Corn Starch (gluten free) |
| <input type="checkbox"/> Potato Starch (gluten free) | <input type="checkbox"/> Tapioca | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> ProGranola (Julian Bakery) | <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Corn, White |

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|------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------|
| <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Fructose | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Semolina |
| <input type="checkbox"/> GemWraps® Sandwich Wrap (Carrot) | <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Spelt |
| <input type="checkbox"/> Maltitol | <input type="checkbox"/> Couscous | <input type="checkbox"/> Teechino |
| <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Durum Wheat | <input type="checkbox"/> Triticale |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Farro | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Swerve® Sweetener | <input type="checkbox"/> Gluten | <input type="checkbox"/> Vinegar, Malt |
| <input type="checkbox"/> Vegetable Oil | <input type="checkbox"/> Graham (wheat) | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Kamut | <input type="checkbox"/> Wheat (All Types) |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated) |
| | <input type="checkbox"/> Malt | |

☐ **Gluten-Containing Foods**

- ☐ Barley
- ☐ Barley Grass (can have gluten)
- ☐ Barley Greens (may contain gluten)
- ☐ Barley Juice (may contain gluten)
- ☐ Beer
- ☐ Bran
- ☐ Bread
- ☐ Brown Rice Syrup (contains MSG/Gluten)

☐ **Maltitol**

- ☐ Maltodextrin (Barley-derived)
- ☐ Modified Food Starch
- ☐ Oat Grass (Not For Gluten Sensitive)
- ☐ Oats
- ☐ Oats, GF (not Certified) can have gluten
- ☐ Orzo
- ☐ Panko
- ☐ Polish Wheat

☐ **Beverages & Protein Powders**

- ☐ Almond Milk, unsweetened (no tapioca)
- ☐ Apple Cider
- ☐ Apple Juice
- ☐ Beer
- ☐ Bone Broth Protein, Beef
- ☐ Carrot Juice
- ☐ Casein
- ☐ Coconut Kefir (No Tapioca, Carageenan)

<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)	<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Coffee	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Antimony
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chewing Gum, Xylitew®
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Water	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Whey	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)

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| <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Kale-Apple) | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Mango/Chipotle) | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Tomato) | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Great Lake's®® Beef Gelatin | <input type="checkbox"/> Rice Starch (if certified gluten free) |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Skinny Crisps®® (Plain Jane) |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Vegetable broth (Imagine®® Low Sodium) |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Palm Wax | |