

Fruits	Non-Dairy & Eggs	qwerty
Acai	Condiments, Spreads & Sauces	
alpha	Sweeteners	
bravo	Herbs & Spices	
charlie	Maca Root	
Nuts, Seeds, Drupes & Oils	Sumac	
Fish & Shellfish	Milk-Containing Foods	
Chilean Sea Bass	Legumes & Pulses	
Corvina	Corn-Derived Foods	
Mahi Mahi	Gluten-Containing Foods	
Octopus	Gluten-Free Grains	
Sardines	Beverages & Protein Powders	
Swai	Miscellaneous	
Tilapia (Wild, Non-farmed)	Latex	
Whitefish/Turbot	Snacks	
Vegetables	AB	
Meat & Poultry		
Bison (see also Buffalo)		
Goat, Grass-fed only (organic)		
Ostrich		
Pheasant		
Rabbit		

Fruits

Bilberry

Boysenberry

Golden Berry

Gooseberry

Grapefruit

Huckleberry

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Maqui

Mulberry

Nectarines

Noni

Passion Fruit

Peach

Pear

Nuts, Seeds, Drupes & Oils

Almond

Annatto Seed

Brazil Nut

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Coconut Butter

Fish & Shellfish

Hake

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Arugula

Bamboo Shoot

Bean Sprout

Beet Greens

Burdock

Cactus (Nopales)

Capers

Chard

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Daikon Radish

Dandelion Greens

Dandelion Root

Endive

Fennel

Hearts of Palm

Horseradish

Jicama

Kohlrabi

Leeks

Mustard Greens

Parsley

Prickly Pear

Radicchio

Rainbow Chard

Rutabaga

Swiss Chard

Truffle

Turnip Greens

Water Chestnut

Watercress

Meat & Poultry

Quail

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Condiments, Spreads & Sauces

Coconut Aminos®

Coconut Cream

Liquid Smoke gluten free (natural)

Sweeteners

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

Herbs & Spices

Allspice

Anise

Astragalus

Basil

Bay Leaf

Black Cohosh

Caraway Seed

Cardamom	Gymnema Silvestre	Rosemary
Chicory Root	Herbs De Provence	Saffron
Cilantro/Coriander	Hickory	Sage
Cinnamon	Himalayan Salt	Saw Plametto
Cinnamon, Ceylon	Juniper Berry	Spearmint
Cloves	Lavender	St. John's Wort
Cloves, Madagascar	Lemon Balm (Melissa Officinalis)	Tarragon
Cloves, Penang	Lemongrass	Thyme
Cramp Bark Extract	Lemon Pepper	Turmeric
Cream of Tartar	Licorice Root	Uva Ursi
Cumin	Mace Spice	Valerian
Curcumin	Marjoram	White Willow Bark Extract
Curry (must be GF)	Milk Thistle	Wintergreen
Dandelion Root	Mint	Wormwood
Dill	Mustard (as a Powder)	Milk-Containing Foods
Dong Quai	Mustard Seeds (gluten free)	Legumes & Pulses
Echinacea	Nutmeg	Corn-Derived Foods
Fennel	Oregano	
Garam Masala	Parsley	
Ginger	Pepper, Black (see Garlic/Lemon Pepper)	
Ginkgo Biloba	Pepper/Peppercorns	
Ginseng (All Types)	Peppermint	
Goldenseal	Pine Bark Extract	
Grapefruit Seed Extract	Rose Hips	

Gluten-Containing Foods**Gluten-Free Grains**

Chicory Root

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Glucomannon Flour
(konjacfoods.com)

Konjac Glucomannon Flour

Beverages & Protein PowdersAlmond Milk, unsweetened (no
tapioca)Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk(Native Forest or
Natural Value)

Coconut Water (low sugar)

Echinacea Tea

Green Tea

Lemon Juice

Licorice Tea

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Antimony

Baking Soda (Arm & Hammer®)

Chicory Root

Cocoa/Cacao (raw, pure, &
unsweetened)

Formaldehyde

Glucomannon Flour
(konjacfoods.com)

Konjac Glucomannon Flour

Lycopene

Palm Wax

Red Food Dye

Silver

Snacks

AB

qwerty