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Fruits	Huckleberry	Passion Fruit
Acai	Jack fruit	Pear
Apricot	Kiwi	Pear, Asian
Bilberry	Kumquat	Persimmons
Blackberry	Lime	Plum
Blueberry	Lime Juice	Pomegranate
Boysenberry	Litchi (aka Lychee)	Pomelo
Cherry	Loganberry	Prune
Clementine	Loquat	Quince
Cranberry	Mango	Raspberry
Cranberry Juice	Mangosteen	Star Fruit
Currant	Maqui	Strawberry
Dragon Fruit (Pitaya)	Melon, Honeydew	Tamarind
Dried Fruit	Monk Fruit (Pure)	Tangelo
Elderberry	Mulberry	Tangerine
Fig	Nectarines	Wolfberry
Goji Berry	Noni	Youngberry
Golden Berry	Orange	
Gooseberry	Orange Juice	
Grapefruit	Orange Peel/Rind	
Grapefruit Juice	Orange, Blood	
Guava	Papaya	

Nuts, Seeds, Drupes & Oils	Hemp Seed	Truffle Oil
Annatto Seed	Macadamia Nut Oil	Truffle Oil, Black
Avocado Oil	Macadamia Nuts	Vegetable Shortening (Spectrum®)
Brazil Nut	Palm Kernel Oil	Walnut Oil
Canola/Rapeseed Oil	Pepitas	Walnuts
Caraway Seed	Pili Nuts	Walnuts, Black
Cashew Butter	Pine Nut	
Cashew Meal	Pistachios	Vegetables
Cashews	Poppy seeds	Alfalfa Grass
Chestnut	Psyllium Husk	Alfalfa Sprouts
Coconut Butter	Pumpkin Oil	Aloe Vera
Coconut Oil	Pumpkin Seed Oil	Artichoke (not pickled)
Coconut, shredded (raw, unsweetened)	Pumpkin Seeds	Artichoke, Jerusalem (not pickled)
Cola Nut (aka Kola Nut)	Ramon Seeds	Arugula
Cottonseed/Cottonseed Oil	Rice Bran Oil	Avocado
Flax Meal	Rice, Wild (Lundberg® - not the blend)	Bamboo Shoot
Flax Oil	Sacha Inchi Seeds	Bean Sprout
Flax Seed	Sesame Seed Oil	Beet
Hazelnut Flour	Sesame Seeds	Beet Greens
Hazelnut/Filbert	Sesame Seeds, Black	Bell Pepper
Hemp Meal	Tea, Ramon	Bell Pepper, Green
Hemp Protein (Powder)	Tiger Nuts	Bell Pepper, Orange

Bell Pepper, Red	Collard Greens	Onion, Yellow
Bell Pepper, Yellow	Daikon Radish	Paprika
Bok Choy	Dandelion Greens	Parsley
Brussels Sprout	Dandelion Root	Parsnip
Burdock	Eggplant	Pea, Black-Eyed
Cabbage, Chinese (see also Bok Choy)	Endive	Pepper, Anaheim
Cabbage, Green	Fennel	Pepper, Cayenne
Cabbage, Purple	Garlic	Pepper, Chili
Cactus (Nopales)	Hearts of Palm	Pepper, Green
Capers	Horseradish	Pepper, Habanero
Capsicum	Jicama	Pepper, Jalapeño
Carrot, Purple	Kale, all types	Pepper, Poblano
Carrot, White	Kohlrabi	Pepper, Red
Cassava (see Tapioca and Yucca)	Kombu	Pepper, Serrano
Cauliflower	Leeks	Pimento
Cauliflower, Purple	Lettuce, all types	Potato, Fingerling
Celery	Mustard Greens	Potato, Purple
Chard	Okra	Potato, Red
Chayote	Onion, Green	Potato, Russet
Chives	Onion, Maui	Potato, White
Coconut (raw and unsweetened)	Onion, Red	Potato, Yukon Gold
Coconut Concentrate	Onion, Sweet	Prickly Pear

Psyllium Husk	Swiss Chard	Halibut
Pumpkin	Truffle	Herring
Pumpkin Powder	Turnip Greens	Lobster
Radicchio	Turnips	Mackerel
Radish	Water Chestnut	Mahi Mahi
Rainbow Chard	Watercress	Mussel
Red Pepper Flake	Yams, Garnett	Octopus
Rhubarb	Yams, Japanese	Orange Roughy
Rutabaga	Yucca	Oyster
Sauerkraut (Bubbies® Brand only)	Zucchini	Perch
Scallions		Red Snapper
Shallots	Fish & Shellfish	Salmon, wild (fresh)
Shallots Spirulina	Fish & Shellfish Anchovy	Salmon, wild (fresh) Sardines
Spirulina	Anchovy	Sardines
Spirulina Squash	Anchovy Bass	Sardines Shrimp
Spirulina Squash Squash, Acorn	Anchovy Bass Catfish	Sardines Shrimp Squid
Spirulina Squash Squash, Acorn Squash, Butternut	Anchovy Bass Catfish Chilean Sea Bass	Sardines Shrimp Squid Swai
Spirulina Squash Squash, Acorn Squash, Butternut Squash, Green	Anchovy Bass Catfish Chilean Sea Bass Clam	Sardines Shrimp Squid Swai Swordfish
Spirulina Squash Squash, Acorn Squash, Butternut Squash, Green Squash, Spaghetti	Anchovy Bass Catfish Chilean Sea Bass Clam Corvina	Sardines Shrimp Squid Swai Swordfish Tilapia (Wild, Non-farmed)
Spirulina Squash Squash, Acorn Squash, Butternut Squash, Green Squash, Spaghetti Squash, Summer	Anchovy Bass Catfish Chilean Sea Bass Clam Corvina Crab	Sardines Shrimp Squid Swai Swordfish Tilapia (Wild, Non-farmed) Trout

Meat & Poultry	Condiments, Spreads & Sauces	Chocolate, White
Bison (see also Buffalo)	Carob	Coconut Palm Sugar
Buffalo (see also Bison)	Cocoa Butter	Coconut Sugar
Chicken, free range (organic)	Coconut Aminos®	Fruit Pectin
Deer (see also Venison)	Coconut Cream	Jerusalem Artichoke Syrup
Duck	Coconut Vinegar (Coconut Secret)	Just Like Sugar®
Goat, Grass-fed only (organic)	Cream, Raw and Unpasteurized	Lo Han
Ostrich	Liquid Aminos (Braggs®)(has Soy)	Maltodextrin (Tapioca-based)
Pheasant	Liquid Smoke gluten free (natural)	Maple Sugar
Quail	Red Bean Paste	Maple Syrup (Grade A Dark Amber Organic)
Rabbit	Sauerkraut (Bubbies® Brand only)	Molasses
Venison (see also Deer)	Sour Cream, Raw and Unpasteurized	Monk Fruit (Pure)
	Tamari (Wheat Free)	Monk Fruit Extract
Non-Dairy & Eggs	Vegetable Shortening (Spectrum®)	Nutrasweet®
Coconut Kefir (No Tapioca, Carageenan)	Vinegar, Beet	Rebiana Leaf (Stevia)
Coconut Milk(Native Forest or Natural Value)		Sorbitol
Egg, Whites, Pasture-raised	Sweeteners	Splenda
Milk, Soy (Organic)	Agave Nectar	Sucanat
	Aspartame	Sucralose
	Cane Syrup	Sugar Beet
	Chocolate, Dark	Sugar Cane
	Chocolate, Milk	Sweetleaf® Stevia

Tapioca Dextrose	Cloves	Herbs De Provence
Xyla (Birchwood Xylitol)	Cloves, Madagascar	Hickory
Yacon Syrup	Cloves, Penang	Himalayan Salt
	Cramp Bark Extract	Jamaican Jerk
Herbs & Spices	Cream of Tartar	Juniper Berry
Allspice	Cumin	Lavender
Anise	Curcumin	Lemon Balm (Melissa Officinalis)
Ashwaganda	Curry (must be GF)	Lemongrass
Astragalus	Dandelion Root	Licorice Root
Bay Leaf	Dong Quai	Maca Root
Bell Pepper, Red	Echinacea	Mace Spice
Black Cohosh	Fennel	Marjoram
Capsicum	Garlic	Mesquite
Caraway Seed	Garlic Powder	Milk Thistle
Cardamom	Garlic Salt	Mint
Celery Powder	Ginger	Mustard Seeds (gluten free)
Chicory Root	Ginkgo Biloba	Nutmeg
Chili Powder	Ginseng (All Types)	Onion
Chipotle Seasoning	Goldenseal	Onion Powder
Cilantro/Coriander	Grapefruit Seed Extract	Orange Peel/Rind
Cinnamon	Guarana	Orange Salt
Cinnamon, Ceylon	Gymnema Silvestre	Oregano

Paprika	Tamari (Wheat Free)	Cheese, Gorgonzola
Paprika (smoked)	Thyme	Cheese, Gouda
Parsley	Turmeric	Cheese, Havarti
Pepper, Cayenne	Uva Ursi	Cheese, Machego
Pepper, Red	Valerian	Cheese, Marscapone
Pepper, Sichuan	Vanilla (gluten and corn-free)	Cheese, Mozzarella (Raw)
Pepper, Szechuan	Vanilla Bean	Cheese, Muenster
Peppermint	Vanilla Powder	Cheese, Parmesan
Pine Bark Extract	White Willow Bark Extract	Cheese, Pecorino
Red Pepper Flake	Wintergreen	Cheese, Provolone
Rose Hips	Wormwood	Cheese, Raw and Pasture-raised
Rosemary		Cheese, Ricotta
Rosemary Saffron	Milk-Containing Foods	Cheese, Ricotta Cheese, Romano
	Milk-Containing Foods Butter, Raw and Pasture-raised	
Saffron		Cheese, Romano
Saffron Sage	Butter, Raw and Pasture-raised	Cheese, Romano Cheese, Sheep
Saffron Sage Saw Plametto	Butter, Raw and Pasture-raised Buttermilk	Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella)
Saffron Sage Saw Plametto Sesame Seeds	Butter, Raw and Pasture-raised Buttermilk Casein	Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella) Cheese, Swiss
Saffron Sage Saw Plametto Sesame Seeds Sesame Seeds, Black	Butter, Raw and Pasture-raised Buttermilk Casein Cheese, American	Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella) Cheese, Swiss Chocolate, Milk
Saffron Sage Saw Plametto Sesame Seeds Sesame Seeds, Black Shallots	Butter, Raw and Pasture-raised Buttermilk Casein Cheese, American Cheese, Asiago	Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella) Cheese, Swiss Chocolate, Milk Chocolate, White
Saffron Sage Saw Plametto Sesame Seeds Sesame Seeds, Black Shallots Spearmint	Butter, Raw and Pasture-raised Buttermilk Casein Cheese, American Cheese, Asiago Cheese, Brie	Cheese, Romano Cheese, Sheep Cheese, String (Mozzarella) Cheese, Swiss Chocolate, Milk Chocolate, White Cream, Raw and Unpasteurized Ghee (Pasture-Raised,

Kefir, Raw	Bean, Navy	Gluten-Free Grains
Lactoalbumin	Bean, Ninja	Amaranth
Milk Chocolate	Bean, Pinto/Frijole	Arrowroot Flour/powder
Milk, Buffalo	Bean, Red	Basmati Rice (gluten free)
Milk, Cow	Bean, White	Buckwheat
Milk, Goat	Beans	Buckwheat Flour
Milk, Sheep	Chickpea (see also Garbanzo Bean)	Chicory Root
Mozzarella Cheese	Coffee Bean, Organic	Coconut Flour (gluten free)
Sour Cream, Raw and Unpasteurized	Edamame (must be organic)	Coconut Meal (gluten free)
Whey	Fava Bean	Fava Bean Flour
	Fava Bean Flour	Flax Meal
Legumes & Pulses	Garbanzo Bean	Garbanzo Flour
Bean, Azuki	Garbanzo Flour	Glucomannon Flour (konjacfoods.com)
Bean, Black	Kidney Bean	Hazelnut Flour
Bean, Butter	Lentil(s)	Hemp Meal
Bean, Cannellini	Miso	Hemp Protein (Powder)
Bean, Chana Dahl	Red Bean Paste	Hemp Seed
Bean, Chili	Soy Beans (must be organic)	Konjac Glucomannon Flour
Bean, Italian	Soybean oil(must be organic)	Millet
Bean, Kidney	Vanilla Bean	Oats (Bob's Red Mill Gluten Free Version)
Bean, Lima	Vanilla Powder	Oats (Certified GF)
Bean, Mung		Potato Flour (gluten free)

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Potato Starch (gluten free)	Corn-Derived Foods	Mineral Water
Quinoa (gluten free)		Orange Juice
Quinoa, Black (gluten free)	Gluten-Containing Foods	Rice Protein Powder (gluten free)
Quinoa, Red (gluten free)		Soy Milk/Soy Cheese (Organic)
Rice Bran	Beverages & Protein Powders	Soy Protein (Organic)
Rice Flour (gluten free)	Casein	Sparkling Water, unflavored
Rice Protein Powder (gluten free)	Coconut Kefir (No Tapioca, Carageenan)	Tea, Chamomile
Rice, Basmati (gluten free)	Coconut Milk(Native Forest or Natural Value)	Tea, Hibiscus
Rice, Black (gluten free)	Coconut Water (low sugar)	Tea, Ramon
Rice, Brown (gluten free)	Coffee	Tea, Roobios
Rice, Japonica (gluten free)	Coffee Bean, Organic	Water
Rice, Purple (gluten free)	Echinacea Tea	Whey
Rice, Red (gluten free)	Grapefruit Juice	Yerba Matte Tea (Organic/Pure)
Rice, White (gluten free)	Hemp Protein (Powder)	Zevia Drinks
Rice, Wild (Lundberg® - not the blend)	Lactoalbumin	
Sorghum	Licorice Tea	Miscellaneous
Tapioca	Lime Juice	Acacia Gum
Tapioca Flour (gluten free)	Milk, Buffalo	Agar Gum
Tapioca Starch (gluten free)	Milk, Cow	Antimony
Teff	Milk, Goat	Arabic Gum
Tolerant Green Lentil & Pea Pasta	Milk, Sheep	Baking Soda (Arm & Hammer®)
Tolerant Red or Green Lentil Pasta	Milk, Soy (Organic)	Blue Food Dye

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Chicory Root	Snacks
Cocoa/Cacao (raw, pure, & unsweetened)	
Formaldehyde	
GemWraps®, Sandwich Wrap (Mango/Chipotle)	
Glucomannon Flour (konjacfoods.com)	
Guar Gum	
Hops	
Inulin	
Konjac Glucomannon Flour	
Latex	
Locust Bean Gum	
Lycopene	
Modified Food Starch (Tapioca-based)	
Palm Wax	
Red Food Dye	
Rice Starch (if certified gluten free)	
Silver	
Tofu (Organic)	
Tragacanth Gum	
Yeast, Brewer's	
Yeast, Nutritional	