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|--|--|--|
| <input type="checkbox"/> Vegetables              | <input type="checkbox"/> Burdock               | <input type="checkbox"/> Corn (Gluten-free & |
| <input type="checkbox"/> Aloe Vera               | <input type="checkbox"/> Cabbage, Chinese (see | <input type="checkbox"/> Corn, Blue          |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cabbage, Green        | <input type="checkbox"/> Corn, White         |
| <input type="checkbox"/> Arugula                 | <input type="checkbox"/> Cabbage, Purple       | <input type="checkbox"/> Cucumber            |
| <input type="checkbox"/> Asparagus               | <input type="checkbox"/> Cactus (Nopales)      | <input type="checkbox"/> Daikon Radish       |
| <input type="checkbox"/> Avocado                 | <input type="checkbox"/> Capers                | <input type="checkbox"/> Dandelion Greens    |
| <input type="checkbox"/> Avocado Oil             | <input type="checkbox"/> Capsicum              | <input type="checkbox"/> Dandelion Root      |
| <input type="checkbox"/> Bamboo Shoot            | <input type="checkbox"/> Carrot Juice          | <input type="checkbox"/> Eggplant            |
| <input type="checkbox"/> Bean Sprout             | <input type="checkbox"/> Carrot, Orange        | <input type="checkbox"/> Endive              |
| <input type="checkbox"/> Beet                    | <input type="checkbox"/> Carrot, Purple        | <input type="checkbox"/> Fennel              |
| <input type="checkbox"/> Beet Greens             | <input type="checkbox"/> Carrot, White         | <input type="checkbox"/> Hearts of Palm      |
| <input type="checkbox"/> Bell Pepper             | <input type="checkbox"/> Carrot, Yellow        | <input type="checkbox"/> Horseradish         |
| <input type="checkbox"/> Bell Pepper, Green      | <input type="checkbox"/> Cassava (see Tapioca  | <input type="checkbox"/> Jicama              |
| <input type="checkbox"/> Bell Pepper, Orange     | <input type="checkbox"/> Cauliflower           | <input type="checkbox"/> Kale, all types     |
| <input type="checkbox"/> Bell Pepper, Red        | <input type="checkbox"/> Cauliflower, Purple   | <input type="checkbox"/> Kelp/Dulse          |
| <input type="checkbox"/> Bell Pepper, Yellow     | <input type="checkbox"/> Celery                | <input type="checkbox"/> Kohlrabi            |
| <input type="checkbox"/> Bok Choy                | <input type="checkbox"/> Chard                 | <input type="checkbox"/> Kombu               |
| <input type="checkbox"/> Broccoli                | <input type="checkbox"/> Chayote               | <input type="checkbox"/> Leeks               |
| <input type="checkbox"/> Broccoli Rabe           | <input type="checkbox"/> Chives                | <input type="checkbox"/> Lettuce, all types  |
| <input type="checkbox"/> Broccoli Sprouts        | <input type="checkbox"/> Coconut (raw and      | <input type="checkbox"/> Mushrooms           |
| <input type="checkbox"/> Broccolini              | <input type="checkbox"/> Coconut Concentrate   | <input type="checkbox"/> Mushrooms, Button   |
| <input type="checkbox"/> Brussels Sprout         | <input type="checkbox"/> Collard Greens        | <input type="checkbox"/> Mushrooms,          |

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|---|---|---|
| <input type="checkbox"/> Mushrooms, Maitake       | <input type="checkbox"/> Pepper, Habanero   | <input type="checkbox"/> Rutabaga               |
| <input type="checkbox"/> Mushrooms, Shiitake      | <input type="checkbox"/> Pepper, Jalapeño   | <input type="checkbox"/> Sauerkraut (Bubbies®)  |
| <input type="checkbox"/> Mustard Greens           | <input type="checkbox"/> Pepper, Poblano    | <input type="checkbox"/> Scallions              |
| <input type="checkbox"/> Nori                     | <input type="checkbox"/> Pepper, Red        | <input type="checkbox"/> Sea Vegetables         |
| <input type="checkbox"/> Okra                     | <input type="checkbox"/> Pepper, Serrano    | <input type="checkbox"/> Seaweed                |
| <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Pickles, Bubbies®  | <input type="checkbox"/> Shallots               |
| <input type="checkbox"/> Onion, Green             | <input type="checkbox"/> Pimento            | <input type="checkbox"/> Spinach                |
| <input type="checkbox"/> Onion, Maui              | <input type="checkbox"/> Potato, Fingerling | <input type="checkbox"/> Spirulina              |
| <input type="checkbox"/> Onion, Red               | <input type="checkbox"/> Potato, Purple     | <input type="checkbox"/> Squash                 |
| <input type="checkbox"/> Onion, Sweet             | <input type="checkbox"/> Potato, Red        | <input type="checkbox"/> Squash, Acorn          |
| <input type="checkbox"/> Onion, Yellow            | <input type="checkbox"/> Potato, Russet     | <input type="checkbox"/> Squash, Butternut      |
| <input type="checkbox"/> Parsley                  | <input type="checkbox"/> Potato, Sweet      | <input type="checkbox"/> Squash, Green          |
| <input type="checkbox"/> Parsnip                  | <input type="checkbox"/> Potato, White      | <input type="checkbox"/> Squash, Spaghetti      |
| <input type="checkbox"/> Pea, Black-Eyed          | <input type="checkbox"/> Potato, Yukon Gold | <input type="checkbox"/> Squash, Summer         |
| <input type="checkbox"/> Pea, Green               | <input type="checkbox"/> Prickly Pear       | <input type="checkbox"/> Squash, Winter         |
| <input type="checkbox"/> Pea, Snap                | <input type="checkbox"/> Psyllium Husk      | <input type="checkbox"/> Squash, Yellow         |
| <input type="checkbox"/> Pea, Snow                | <input type="checkbox"/> Pumpkin            | <input type="checkbox"/> Sugar Beet             |
| <input type="checkbox"/> Pea, Split               | <input type="checkbox"/> Pumpkin Powder     | <input type="checkbox"/> Sweet Potato, Red      |
| <input type="checkbox"/> Pea Protein              | <input type="checkbox"/> Radicchio          | <input type="checkbox"/> Sweet Potatoes, White  |
| <input type="checkbox"/> Pepper, Anaheim          | <input type="checkbox"/> Radish             | <input type="checkbox"/> Swiss Chard            |
| <input type="checkbox"/> Pepper, Chili            | <input type="checkbox"/> Rainbow Chard      | <input type="checkbox"/> Tomatillo              |
| <input type="checkbox"/> Pepper, Green            | <input type="checkbox"/> Rhubarb            | <input type="checkbox"/> Tomato Paste (gluten & |

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|---|--|--|
| <input type="checkbox"/> Tomato Sauce (gluten & | <input type="checkbox"/> <b>Fruits</b>         | <input type="checkbox"/> Fig                 |
| <input type="checkbox"/> Tomato                 | <input type="checkbox"/> Agar Gum              | <input type="checkbox"/> Goji Berry          |
| <input type="checkbox"/> Tomatoes, Big Beef     | <input type="checkbox"/> Apple (all types)     | <input type="checkbox"/> Golden Berry        |
| <input type="checkbox"/> Tomato, Cherry         | <input type="checkbox"/> Apple Cider           | <input type="checkbox"/> Gooseberry          |
| <input type="checkbox"/> Tomato, Heirloom       | <input type="checkbox"/> Apple Juice           | <input type="checkbox"/> Grape               |
| <input type="checkbox"/> Tomato, Orange         | <input type="checkbox"/> Apple Sauce           | <input type="checkbox"/> Grape, Green        |
| <input type="checkbox"/> Tomato, Red            | <input type="checkbox"/> Apricot               | <input type="checkbox"/> Grape, Purple       |
| <input type="checkbox"/> Tomato, Roma           | <input type="checkbox"/> Banana                | <input type="checkbox"/> Grape, Red          |
| <input type="checkbox"/> Tomato, Sun-dried      | <input type="checkbox"/> Bilberry              | <input type="checkbox"/> Grape, White        |
| <input type="checkbox"/> Tomato, Yellow         | <input type="checkbox"/> Blackberry            | <input type="checkbox"/> Grapefruit          |
| <input type="checkbox"/> Truffle                | <input type="checkbox"/> Blueberry             | <input type="checkbox"/> Grapefruit Juice    |
| <input type="checkbox"/> Turnip Greens          | <input type="checkbox"/> Boysenberry           | <input type="checkbox"/> Guava               |
| <input type="checkbox"/> Turnips                | <input type="checkbox"/> Cantaloupe            | <input type="checkbox"/> Huckleberry         |
| <input type="checkbox"/> Water Chestnut         | <input type="checkbox"/> Cherry                | <input type="checkbox"/> Jack fruit          |
| <input type="checkbox"/> Watercress             | <input type="checkbox"/> Clementine            | <input type="checkbox"/> Kiwi                |
| <input type="checkbox"/> Yams, Garnett          | <input type="checkbox"/> Cranberry             | <input type="checkbox"/> Kumquat             |
| <input type="checkbox"/> Yams, Japanese         | <input type="checkbox"/> Cranberry Juice       | <input type="checkbox"/> Lemon               |
| <input type="checkbox"/> Yucca                  | <input type="checkbox"/> Currant               | <input type="checkbox"/> Lemon Juice         |
| <input type="checkbox"/> Zucchini               | <input type="checkbox"/> Date(s)               | <input type="checkbox"/> Lemon Rind/Peel     |
| <input type="checkbox"/> Alfalfa Sprouts        | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime                |
|   | <input type="checkbox"/> Dried Fruit           | <input type="checkbox"/> Lime Juice          |
|   | <input type="checkbox"/> Elderberry            | <input type="checkbox"/> Litchi (aka Lychee) |

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| <input type="checkbox"/> Loganberry       | <input type="checkbox"/> Plum                           | <input type="checkbox"/> Cashew Butter           |
| <input type="checkbox"/> Loquat           | <input type="checkbox"/> Pomegranate                    | <input type="checkbox"/> Cashew Meal             |
| <input type="checkbox"/> Mango            | <input type="checkbox"/> Pomelo                         | <input type="checkbox"/> Chestnut                |
| <input type="checkbox"/> Mangosteen       | <input type="checkbox"/> Prune                          | <input type="checkbox"/> Chia Seed (1/4 cup,     |
| <input type="checkbox"/> Maqui            | <input type="checkbox"/> Quince                         | <input type="checkbox"/> Coconut Butter          |
| <input type="checkbox"/> Melon, Honeydew  | <input type="checkbox"/> Raisin (unsulfured,            | <input type="checkbox"/> Coconut Oil             |
| <input type="checkbox"/> Monk Fruit       | <input type="checkbox"/> Raspberry                      | <input type="checkbox"/> Coconut, shredded       |
| <input type="checkbox"/> Mulberry         | <input type="checkbox"/> Star Fruit                     | <input type="checkbox"/> Cola Nut (aka Kola Nut) |
| <input type="checkbox"/> Nectarines       | <input type="checkbox"/> Strawberry                     | <input type="checkbox"/> Corn Oil                |
| <input type="checkbox"/> Noni             | <input type="checkbox"/> Tamarind                       | <input type="checkbox"/> Cottonseed/Cottonseed   |
| <input type="checkbox"/> Orange           | <input type="checkbox"/> Tangelo                        | <input type="checkbox"/> Flax Meal               |
| <input type="checkbox"/> Orange, Blood    | <input type="checkbox"/> Tangerine                      | <input type="checkbox"/> Flax Oil                |
| <input type="checkbox"/> Orange Juice     | <input type="checkbox"/> Watermelon                     | <input type="checkbox"/> Flax Seed               |
| <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry                      | <input type="checkbox"/> Grapeseed Oil, Organic  |
| <input type="checkbox"/> Papaya           | <input type="checkbox"/> Youngberry                     | <input type="checkbox"/> Hazelnut Flour          |
| <input type="checkbox"/> Passion Fruit    | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b> | <input type="checkbox"/> Hazelnut/Filbert        |
| <input type="checkbox"/> Peach            | <input type="checkbox"/> Annatto Seed                   | <input type="checkbox"/> Hemp Meal               |
| <input type="checkbox"/> Pear             | <input type="checkbox"/> Arrowroot Flour/powder         | <input type="checkbox"/> Hemp Protein (Powder)   |
| <input type="checkbox"/> Pear, Asian      | <input type="checkbox"/> Brazil Nut                     | <input type="checkbox"/> Hemp Seed               |
| <input type="checkbox"/> Persimmons       | <input type="checkbox"/> Canola/Rapeseed Oil            | <input type="checkbox"/> Hydrogenated Oils       |
| <input type="checkbox"/> Pineapple        | <input type="checkbox"/> Caraway Seed                   | <input type="checkbox"/> Macadamia Nut Oil       |
| <input type="checkbox"/> Plantain         | <input type="checkbox"/> Cashews                        | <input type="checkbox"/> Macadamia Nuts          |

<input type="checkbox"/> Olive Leaf Extract	<input type="checkbox"/> Sunflower Seed	<input type="checkbox"/> Bean, Navy/Ninja
<input type="checkbox"/> Olive Oil, Virgin	<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Bean, Pinto/Frijole
<input type="checkbox"/> Palm Kernel Oil	<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Bean, Red (see also
<input type="checkbox"/> Pecan	<input type="checkbox"/> Tahini	<input type="checkbox"/> Chickpea (see also
<input type="checkbox"/> Pecan Flour	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Edamame (must be
<input type="checkbox"/> Pepitas	<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Fava Bean
<input type="checkbox"/> Pili Nuts	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Fava Bean Flour
<input type="checkbox"/> Pine Nut	<input type="checkbox"/> Vegetable Shortening	<input type="checkbox"/> Garbanzo Bean
<input type="checkbox"/> Pistachios	<input type="checkbox"/> Walnut (few)	<input type="checkbox"/> Garbanzo Flour
<input type="checkbox"/> Poppy seeds	<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Lentil(s)
<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Walnut, Black (few)	<input type="checkbox"/> Miso
<input type="checkbox"/> Pumpkin Oil	<input type="checkbox"/> <b>Legumes &amp; Pulses</b>	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Pumpkin Seed Oil	<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Ramon Seeds	<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Peanut (Organic,
<input type="checkbox"/> Rice, Wild (Lundberg® -	<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Peanut Butter (Organic,
<input type="checkbox"/> Safflower/Safflower	<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Soy Beans (must be
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Soy Beans Oil (must be
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Vanilla Powder

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| <input type="checkbox"/> White Beans                 | <input type="checkbox"/> Red Snapper               | <input type="checkbox"/> Applegate® organic          |
| <input type="checkbox"/> <b>Fish &amp; Shellfish</b> | <input type="checkbox"/> Salmon, wild (fresh)      | <input type="checkbox"/> Bison (see also Buffalo)    |
| <input type="checkbox"/> Bass                        | <input type="checkbox"/> Sardines                  | <input type="checkbox"/> Deer (see also Venison)     |
| <input type="checkbox"/> Catfish                     | <input type="checkbox"/> Scallop                   | <input type="checkbox"/> Duck                        |
| <input type="checkbox"/> Chilean Sea Bass            | <input type="checkbox"/> Shrimp                    | <input type="checkbox"/> Goat, Grass-fed only        |
| <input type="checkbox"/> Clam                        | <input type="checkbox"/> Sole                      | <input type="checkbox"/> Lamb (organic)              |
| <input type="checkbox"/> Cod/ Cod Liver Oil          | <input type="checkbox"/> Squid                     | <input type="checkbox"/> Lard (pork)                 |
| <input type="checkbox"/> Corvina                     | <input type="checkbox"/> Swai                      | <input type="checkbox"/> Ostrich                     |
| <input type="checkbox"/> Crab                        | <input type="checkbox"/> Swordfish                 | <input type="checkbox"/> Pheasant                    |
| <input type="checkbox"/> Crayfish                    | <input type="checkbox"/> Tilapia (Non-farmed)      | <input type="checkbox"/> Pork, (organic)             |
| <input type="checkbox"/> Flounder                    | <input type="checkbox"/> Trout                     | <input type="checkbox"/> Quail                       |
| <input type="checkbox"/> Haddock                     | <input type="checkbox"/> Tuna                      | <input type="checkbox"/> Rabbit                      |
| <input type="checkbox"/> Hake                        | <input type="checkbox"/> Walleye Pike              | <input type="checkbox"/> Turkey (organic)            |
| <input type="checkbox"/> Halibut                     | <input type="checkbox"/> Whitefish/Turbot          | <input type="checkbox"/> Venison (see also Deer)     |
| <input type="checkbox"/> Herring                     | <input type="checkbox"/> Crab, Immitation          | <input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b> |
| <input type="checkbox"/> Lobster                     | <input type="checkbox"/> <b>Meat &amp; Poultry</b> | <input type="checkbox"/> BodyPro Avocado Oil         |
| <input type="checkbox"/> Mackerel                    | <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Cheese, Daiya (Coconu       |
| <input type="checkbox"/> Mahi Mahi                   | <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Cheese, Soy (Organic)       |
| <input type="checkbox"/> Mussel                      | <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Coconut Kefir (No           |
| <input type="checkbox"/> Orange Roughy               | <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Coconut Milk(Native         |
| <input type="checkbox"/> Oyster                      | <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Egg, Pasture-raised         |
| <input type="checkbox"/> Perch                       | <input type="checkbox"/> Applegate® organic        | <input type="checkbox"/> Egg, Vital Farms® or        |

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| <input type="checkbox"/> Egg, Whites,           | <input type="checkbox"/> Sauerkraut (Bubbies®) | <input type="checkbox"/> Fruit Pectin           |
| <input type="checkbox"/> Egg, Yolks             | <input type="checkbox"/> Ume Plum Vinegar      | <input type="checkbox"/> Honey, (Organic)       |
| <input type="checkbox"/> Milk, Soy (Organic)    | <input type="checkbox"/> Veganaise Soy-free    | <input type="checkbox"/> Honey, Manuka          |
| <input type="checkbox"/> Egg                    | <input type="checkbox"/> Vinegar               | <input type="checkbox"/> Honey, Wildflower from |
| <input type="checkbox"/> Condiments             | <input type="checkbox"/> Vinegar, Distilled    | <input type="checkbox"/> Just Like Sugar®       |
| <input type="checkbox"/> Apple Cider Vinegar    | <input type="checkbox"/> Vinegar, Malt         | <input type="checkbox"/> Lo Han                 |
| <input type="checkbox"/> Balsamic Vinegar       | <input type="checkbox"/> Vinegar, Red Wine     | <input type="checkbox"/> Maltodextrin (Can be   |
| <input type="checkbox"/> Balsamic Vinegar (with | <input type="checkbox"/> Vinegar, Rice         | <input type="checkbox"/> Maltodextrin           |
| <input type="checkbox"/> Balsamic Vinegar       | <input type="checkbox"/> Vinegar, White        | <input type="checkbox"/> Maple Sugar            |
| <input type="checkbox"/> BodyPro Avocado Oil    | <input type="checkbox"/> Vinegar, White Wine   | <input type="checkbox"/> Maple Syrup (Grade A   |
| <input type="checkbox"/> Carob                  | <input type="checkbox"/> Worcestershire Sauce  | <input type="checkbox"/> Molasses               |
| <input type="checkbox"/> Coconut Vinegar        | <input type="checkbox"/> Sweeteners            | <input type="checkbox"/> Monk Fruit             |
| <input type="checkbox"/> Dressing, Primal       | <input type="checkbox"/> Agave Nectar          | <input type="checkbox"/> Nutrasweet®            |
| <input type="checkbox"/> Dressing, Primal       | <input type="checkbox"/> Aspartame/Nutrasweet  | <input type="checkbox"/> Rebiana Leaf (Stevia)  |
| <input type="checkbox"/> Earth Balance®         | <input type="checkbox"/> Brown Rice Syrup      | <input type="checkbox"/> Sorbitol               |
| <input type="checkbox"/> Earth Balance®         | <input type="checkbox"/> Chocolate, Dark       | <input type="checkbox"/> Splenda                |
| <input type="checkbox"/> Hummus                 | <input type="checkbox"/> Chocolate, Milk       | <input type="checkbox"/> Sucanat                |
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Chocolate, White      | <input type="checkbox"/> Sugar Beet             |
| <input type="checkbox"/> Mayonnaise             | <input type="checkbox"/> Coconut Palm Sugar    | <input type="checkbox"/> Sugar Cane             |
| <input type="checkbox"/> Mayonnaise, Primal     | <input type="checkbox"/> Date Sugar            | <input type="checkbox"/> Sweetleaf® Stevia      |
| <input type="checkbox"/> Mayonnaise, Primal     | <input type="checkbox"/> Erythritol (non-GMO)  | <input type="checkbox"/> Swerve® Xylitol        |
| <input type="checkbox"/> Mustard, Brown (Eden®) | <input type="checkbox"/> Fructose              | <input type="checkbox"/> Xyla (Birchwood        |

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



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| <input type="checkbox"/> Oregano             | <input type="checkbox"/> Tarragon                     | <input type="checkbox"/> Cheese, Cream         |
| <input type="checkbox"/> Paprika             | <input type="checkbox"/> Thyme                        | <input type="checkbox"/> Cheese, Goat          |
| <input type="checkbox"/> Paprika (smoked)    | <input type="checkbox"/> Tomatillo                    | <input type="checkbox"/> Cheese, Gorgonzola    |
| <input type="checkbox"/> Parsley             | <input type="checkbox"/> Turmeric                     | <input type="checkbox"/> Cheese, Gouda         |
| <input type="checkbox"/> Pepper, Black (see  | <input type="checkbox"/> Uva Ursi                     | <input type="checkbox"/> Cheese, Havarti       |
| <input type="checkbox"/> Pepper, Cayenne     | <input type="checkbox"/> Valerian                     | <input type="checkbox"/> Cheese, Machego       |
| <input type="checkbox"/> Pepper/Peppercorns  | <input type="checkbox"/> Vanilla (gluten and          | <input type="checkbox"/> Cheese, Marscapone    |
| <input type="checkbox"/> Pepper/Peppercorns, | <input type="checkbox"/> Vanilla Bean                 | <input type="checkbox"/> Cheese, Mozzarella    |
| <input type="checkbox"/> Pepper, Red         | <input type="checkbox"/> Vanilla Powder               | <input type="checkbox"/> Cheese, Muenster      |
| <input type="checkbox"/> Peppermint          | <input type="checkbox"/> White Willow Bark            | <input type="checkbox"/> Cheese, Parmesan      |
| <input type="checkbox"/> Pine Bark Extract   | <input type="checkbox"/> Wintergreen                  | <input type="checkbox"/> Cheese, Pecorino      |
| <input type="checkbox"/> Red Pepper Flake    | <input type="checkbox"/> Rose Hips                    | <input type="checkbox"/> Cheese, Raw and       |
| <input type="checkbox"/> Rosemary            | <input type="checkbox"/> <b>Milk-Containing Foods</b> | <input type="checkbox"/> Cheese, Ricotta       |
| <input type="checkbox"/> Saffron             | <input type="checkbox"/> Butter, Raw and              | <input type="checkbox"/> Cheese, Romano        |
| <input type="checkbox"/> Sage                | <input type="checkbox"/> Buttermilk                   | <input type="checkbox"/> Cheese, Provolone     |
| <input type="checkbox"/> Saw Plametto        | <input type="checkbox"/> Casein                       | <input type="checkbox"/> Cheese, Sheep         |
| <input type="checkbox"/> Sesame Seeds        | <input type="checkbox"/> Cheese, American             | <input type="checkbox"/> Cheese, String        |
| <input type="checkbox"/> Sesame Seeds, Black | <input type="checkbox"/> Cheese, Asiago               | <input type="checkbox"/> Cheese, Swiss         |
| <input type="checkbox"/> Shallots            | <input type="checkbox"/> Cheese, Bleu                 | <input type="checkbox"/> Chocolate, Milk       |
| <input type="checkbox"/> Spearmint           | <input type="checkbox"/> Cheese, Brie                 | <input type="checkbox"/> Chocolate, White      |
| <input type="checkbox"/> St. John's Wort     | <input type="checkbox"/> Cheese, Cheddar              | <input type="checkbox"/> Cream, Raw and        |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cottage              | <input type="checkbox"/> Ghee (Pasture-Raised, |

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| <input type="checkbox"/> Goat Cheese               | <input type="checkbox"/> Corn (Gluten-free &   | <input type="checkbox"/> Quinoa, Red (gluten       |
| <input type="checkbox"/> Goat Kefir                | <input type="checkbox"/> Corn, Blue            | <input type="checkbox"/> Rice, Basmati (gluten     |
| <input type="checkbox"/> Kefir, Raw                | <input type="checkbox"/> Corn, White           | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Lactoalbumin              | <input type="checkbox"/> Corn Starch (gluten   | <input type="checkbox"/> Rice, Brown (gluten       |
| <input type="checkbox"/> Milk Chocolate            | <input type="checkbox"/> Ener-G Brown Rice     | <input type="checkbox"/> Rice, Japonica (gluten    |
| <input type="checkbox"/> Milk, Cow                 | <input type="checkbox"/> Fava Bean Flour       | <input type="checkbox"/> Rice, Purple (gluten      |
| <input type="checkbox"/> Milk, Goat                | <input type="checkbox"/> Flax Meal             | <input type="checkbox"/> Rice, Red (gluten free)   |
| <input type="checkbox"/> Milk, Sheep               | <input type="checkbox"/> Garbanzo Flour        | <input type="checkbox"/> Rice, White (gluten       |
| <input type="checkbox"/> Mozzarella Cheese         | <input type="checkbox"/> Glucomannon Flour     | <input type="checkbox"/> Rice, Wild (Lundberg® -   |
| <input type="checkbox"/> Sour Cream, Raw and       | <input type="checkbox"/> Hazelnut Flour        | <input type="checkbox"/> Rice Bran                 |
| <input type="checkbox"/> Whey                      | <input type="checkbox"/> Hemp Meal             | <input type="checkbox"/> Rice Flour (gluten free)  |
| <input type="checkbox"/> Yogurt (See Xanthan       | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice Protein Powder       |
| <input type="checkbox"/> Cheese, Feta              | <input type="checkbox"/> Hemp Seed             | <input type="checkbox"/> Sorghum                   |
| <input type="checkbox"/> <b>Gluten-Free Grains</b> | <input type="checkbox"/> Konjac Glucomannon    | <input type="checkbox"/> Sweet Potato Flour        |
| <input type="checkbox"/> Amaranth                  | <input type="checkbox"/> Millet                | <input type="checkbox"/> Tapioca                   |
| <input type="checkbox"/> Arrowroot Flour/powder    | <input type="checkbox"/> Oats                  | <input type="checkbox"/> Tapioca Flour (gluten     |
| <input type="checkbox"/> Basmati Rice (gluten      | <input type="checkbox"/> Oats (Bob's Red Mill  | <input type="checkbox"/> Tapioca Starch (gluten    |
| <input type="checkbox"/> Buckwheat                 | <input type="checkbox"/> Oat Grass (Not For    | <input type="checkbox"/> Teff                      |
| <input type="checkbox"/> Buckwheat Flour           | <input type="checkbox"/> Potato Flour (gluten  | <input type="checkbox"/> Tolerant Green Lentil &   |
| <input type="checkbox"/> Chicory Root              | <input type="checkbox"/> Potato Starch (gluten | <input type="checkbox"/> Tolerant Red or Green     |
| <input type="checkbox"/> Coconut Flour (gluten     | <input type="checkbox"/> Quinoa (gluten free)  | <input type="checkbox"/> Tortilla, Siete Almond    |
| <input type="checkbox"/> Coconut Meal (gluten      | <input type="checkbox"/> Quinoa, Black (gluten | <input type="checkbox"/> Tortilla, Siete Cassava   |

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|---|--|---|
| <input type="checkbox"/> Tortilla, Siete Chia &         | <input type="checkbox"/> Maltodextrin (Can be      | <input type="checkbox"/> Corn (Gluten-free &            |
| <input type="checkbox"/> Corn Meal (gluten free)        | <input type="checkbox"/> Oats                      | <input type="checkbox"/> Corn, Blue                     |
| <input type="checkbox"/> <b>Gluten-Containing Foods</b> | <input type="checkbox"/> Orzo                      | <input type="checkbox"/> Corn, White                    |
| <input type="checkbox"/> Barley                         | <input type="checkbox"/> Panko                     | <input type="checkbox"/> Corn Gluten                    |
| <input type="checkbox"/> Barley Greens (Not for         | <input type="checkbox"/> Polish Wheat              | <input type="checkbox"/> Corn Meal (gluten free)        |
| <input type="checkbox"/> Barley Juice (Not for          | <input type="checkbox"/> Rye                       | <input type="checkbox"/> Corn Oil                       |
| <input type="checkbox"/> Beer                           | <input type="checkbox"/> Semolina                  | <input type="checkbox"/> Corn Starch (gluten            |
| <input type="checkbox"/> Bran                           | <input type="checkbox"/> Soy Sauce                 | <input type="checkbox"/> Erythritol (non-GMO)           |
| <input type="checkbox"/> Bread                          | <input type="checkbox"/> Spelt                     | <input type="checkbox"/> Fructose                       |
| <input type="checkbox"/> Brown Rice Syrup               | <input type="checkbox"/> Teriyaki Sauce            | <input type="checkbox"/> GemWraps®®, Sandwich           |
| <input type="checkbox"/> Caramel Coloring               | <input type="checkbox"/> Triticale                 | <input type="checkbox"/> Maltodextrin                   |
| <input type="checkbox"/> Cheese, Bleu                   | <input type="checkbox"/> Vinegar                   | <input type="checkbox"/> Swerve® Xylitol                |
| <input type="checkbox"/> Chewing Gum (has               | <input type="checkbox"/> Vinegar, Malt             | <input type="checkbox"/> Vegetable Oil                  |
| <input type="checkbox"/> Coffee, Instant (has           | <input type="checkbox"/> Vinegar, White            | <input type="checkbox"/> Xanthan Gum                    |
| <input type="checkbox"/> Couscous                       | <input type="checkbox"/> Wheat (All Types)         | <input type="checkbox"/> Yogurt (See Xanthan            |
| <input type="checkbox"/> Durum Wheat                    | <input type="checkbox"/> Wheat Grass (Is           | <input type="checkbox"/> <b>Beverages &amp; Protein</b> |
| <input type="checkbox"/> Farro                          | <input type="checkbox"/> Crab, Immitation          | <input type="checkbox"/> Apple Juice                    |
| <input type="checkbox"/> Gluten                         | <input type="checkbox"/> <b>Corn-Derived Foods</b> | <input type="checkbox"/> Beer                           |
| <input type="checkbox"/> Graham (wheat)                 | <input type="checkbox"/> Cheese, Cream             | <input type="checkbox"/> Carrot Juice                   |
| <input type="checkbox"/> Kamut                          | <input type="checkbox"/> Cheese, Daiya (Coconu     | <input type="checkbox"/> Coconut Kefir (No              |
| <input type="checkbox"/> Liquid Smoke (can              | <input type="checkbox"/> Cheese, Soy (Organic)     | <input type="checkbox"/> Coconut Milk(Native            |
| <input type="checkbox"/> Malt                           | <input type="checkbox"/> Chewing Gum (has          | <input type="checkbox"/> Coconut Water (low             |

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|--|---|--|
| <input type="checkbox"/> Coffee Bean, Organic  | <input type="checkbox"/> Sparkling Water,   | <input type="checkbox"/> Chicory Root          |
| <input type="checkbox"/> Coffee                | <input type="checkbox"/> Tea, Black         | <input type="checkbox"/> Cocoa/Cacao (raw,     |
| <input type="checkbox"/> Coffee, Instant (has  | <input type="checkbox"/> Tea, Chamomile     | <input type="checkbox"/> Coconut Aminos®       |
| <input type="checkbox"/> Collagen Protein      | <input type="checkbox"/> Tea, Green         | <input type="checkbox"/> Coconut Cream         |
| <input type="checkbox"/> Echinacea Tea         | <input type="checkbox"/> Tea, Oolong        | <input type="checkbox"/> Collagen Protein      |
| <input type="checkbox"/> Grapefruit Juice      | <input type="checkbox"/> Tea, Ramon         | <input type="checkbox"/> Garam Masala          |
| <input type="checkbox"/> Green Tea             | <input type="checkbox"/> Tea, Roobios       | <input type="checkbox"/> GemWraps®, Sandwich   |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tea,               | <input type="checkbox"/> GemWraps®, Sandwich   |
| <input type="checkbox"/> Komboucha Tea         | <input type="checkbox"/> Tea, White         | <input type="checkbox"/> GemWraps®, Sandwich   |
| <input type="checkbox"/> Lemon Juice           | <input type="checkbox"/> Water              | <input type="checkbox"/> GemWraps®, Sandwich   |
| <input type="checkbox"/> Licorice Tea          | <input type="checkbox"/> Wine, Red          | <input type="checkbox"/> Glucomannon Flour     |
| <input type="checkbox"/> Lime Juice            | <input type="checkbox"/> Wine, White        | <input type="checkbox"/> Great Lake's® Beef    |
| <input type="checkbox"/> Milk, Cow             | <input type="checkbox"/> Yerba Matte Tea    | <input type="checkbox"/> Guar Gum              |
| <input type="checkbox"/> Milk, Goat            | <input type="checkbox"/> Miscellaneous      | <input type="checkbox"/> Hops                  |
| <input type="checkbox"/> Milk, Sheep           | <input type="checkbox"/> Agar Gum           | <input type="checkbox"/> Julian Bakery Paleo   |
| <input type="checkbox"/> Milk, Soy (Organic)   | <input type="checkbox"/> Antimony           | <input type="checkbox"/> Julian Bakery Coconut |
| <input type="checkbox"/> Mineral Water         | <input type="checkbox"/> Arabic Gum         | <input type="checkbox"/> Konjac Glucomannon    |
| <input type="checkbox"/> Orange Juice          | <input type="checkbox"/> Baking Powder      | <input type="checkbox"/> Lard (pork)           |
| <input type="checkbox"/> Pea Protein           | <input type="checkbox"/> Baking Soda (Arm & | <input type="checkbox"/> Liquid Aminos         |
| <input type="checkbox"/> Rice Protein Powder   | <input type="checkbox"/> Carrageenan Gum    | <input type="checkbox"/> Locust Bean Gum       |
| <input type="checkbox"/> Soy Milk/Soy Cheese   | <input type="checkbox"/> Chewing Gum (has   | <input type="checkbox"/> Lycopene              |
| <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Chewing Gum,       | <input type="checkbox"/> Malt                  |

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|---|---|
| <input type="checkbox"/> Maltodextrin (Can be   | <input type="checkbox"/> Latex              |
| <input type="checkbox"/> Palm Wax               | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Pycnogenol             | <input type="checkbox"/> Formaldehyde       |
| <input type="checkbox"/> Red Tomato Paste       | <input type="checkbox"/> Red Dye            |
| <input type="checkbox"/> Resveratrol            |   |
| <input type="checkbox"/> Sherry Vinegar         |   |
| <input type="checkbox"/> Silver                 |   |
| <input type="checkbox"/> Tagacanth Gum          |   |
| <input type="checkbox"/> Tamari (Wheat Free)    |   |
| <input type="checkbox"/> Tofu (Organic)         |   |
| <input type="checkbox"/> Tomato Paste (gluten & |   |
| <input type="checkbox"/> Tomato Sauce (gluten & |   |
| <input type="checkbox"/> Tragacanth Gum         |   |
| <input type="checkbox"/> Vegetable Oil          |   |
| <input type="checkbox"/> Vegetable Shortening   |   |
| <input type="checkbox"/> Vinegar, Red Wine      |   |
| <input type="checkbox"/> Vinegar, Rice          |   |
| <input type="checkbox"/> Vinegar, White Wine    |   |
| <input type="checkbox"/> Xanthan Gum            |   |
| <input type="checkbox"/> Yeast, Baker's         |   |
| <input type="checkbox"/> Yeast, Brewer's        |   |
| <input type="checkbox"/> Yeast, Nutritional     |   |