



BANNED PRODUCTS

- 1. Sausages**
- 2. Bacon**
- 3. Hams**
- 4. Salami**
- 5. Microwaveable popcorn**
- 6. Instant noodles**
- 7. instant tea pre-mixes with refined sugar**
- 8. instant coffee**
- 9. Dalda**
- 10. Refined oils**
- 11. Margarine**
- 12. Palm oil**
- 13. Vegetable oil**
- 14. Vegetable shortening**
- 15. Plastic containers / utensils**
- 16. Aluminium containers / utensils**
- 17. Teflon coated**
- 18. Cassia cinnamon**
- 19. Japanese star anise**
- 20. Refined sugar**
- 21. Refined flour**
- 22. Low fat dairy**
- 23. Artificial creamers**
- 24. Milk powders**

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YOU CARE™

LIFESTYLE

LUKE COUTINHO®

BANNED INGREDIENTS

Food & More	Personal Care and Beauty and Home care and Décor	Utensils	Preservatives
Advantame	Formaldehyde	Plastic	Propyl Gallate
Artificial sweetner	Artificial colours	Aluminium	Sulfites
Aspartame	Lead	Teflon	Brominated Oils
Asulfame	Phthalates	Glazed ceramic	Propylene Glycol And Carboxymethylcellulose
Brown sugar	Polyethylene glycol (PEG)		Mono-Glycerides And Di-Glycerides
Cane syrup	Toluene		Sodium Nitrate
Castor sugar	Petroleum jelly		Maleic Hydrazide
Cyclamate	BHT, BHA		Bromates
Hi fructose corn syrup	Methyl Paraben		Thickeners
Icing sugar	Silicones		
Maltodextrin	Sodium Laureth Sulphate		Sodium Benzoate
Neohesperidin	Sodium Lauryl Sulphate		Potassium Bromate
Neotme	Synthetic Fragrance		Sodium Sulfite (E221)
Refined sugar	Sulphate		Sulfur Dioxide (E220)
Saccharine	Triclosan		Propyl Paraben
Stevia liquid drops	Hydroquinone		BHA And BHT (E320)

Stevia white powder	Paraffin
Sucralose	Parfum
White sugar	Parabens
honey (raw has to be specified)	Butyl Paraben
Jaggery (chemical free or natural has to be specified)	Propyl paraben
malt	Mineral oil
malt syrup	Ammonia
malt sweetner	Triclocarban
corn glucose syrup	Oxybenzone
corn syrup	Phenylaline diamine (coal tar)
starch sugar	Benzyldehyde
dextrose	Formaldehyde
iso-glucose	Aluminium compounds
drimol	Thioglycolic acid
isoglucose	Dihydroxyacetone (DHA)
isomaltulose	Beta hydroxy acids
invert sugar	Aluminum chloride hexahydrate
table sugar	benzophenone
liquid sweetener	oxybenzone
Cassia cinnamon	polycyclic aromatic hydrocarbons (PAHs)
Japanese star anise	Mercury
Dalda	Hydroquinone
Refined oils	Steroids
Hydrogenated fats	Siloxanes
Lard	Titanium dioxide
Trans fats	Corticosteroids
Margarine	Ethanolamines
Palm oil	Imidazolidinyl urea
Vegetable oil	Diazolidinyl urea
Vegetable shortening	Bronopol
Refined flour	DMDM hydration
Milk solids	Sodium hydroxymethylglycinate
All purpose flour	5-Bromo-5-nitro-1,3-dioxane
Fondant	Quaternium-15
Animal Gelatin	Sodium or calcium hydroxide (alkalis)
Artificial seasonings	Barium sulfide
Artificial flavours	Thioglycolates

Propyl Paraben

GMO flour	calcium hydroxide
GMO soy and soy products	potassium hydroxide
GMO corn	Steareths
Dyes	Bleach
Artificial colours	toluene-2,5-diamin
Mono sodium glutamate - MSG	peroxide
L-Glutamic acid	p-phenylenediamine
monosodium salt	resorcinol
monohydrate	diaminobenzene
sodium glutamate monohydrate	Synthetic plastic materials
monosodium salt	Dioxin
Flavour enhancer	artificial colors
Hydrolyzed vegetable protein	polyester
Apple cider vinegar (has to be with motherculture & unpasteurized)	adhesives
Bleaching agents	polyethylene
Corn four	polypropylene
Dextrin	propylene glycol
Glucose	Styrene
Skim milk powders	Chloromethane
milk solids	Chloroethane
carboxymethylcellulose (466)	Chloroform
polysorbate-80 (433)	
emulsifiers	
carboxymethylcellulose (466)	
polysorbate-80 (433)	
Polyglycerol esters (PGE)	
instant coffee	
GMO soy milk	
Low fat dairy	
Artificial creamers	
Milk solids	
Milk powders	

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