



Fruits

Shellfish

Vegetables

Seeds

Nuts



- Apple
- Avocado
- Banana
- Blueberry
- Cantaloupe
- Cherry
- Cranberry
- Grape, White Seedless
- Grapefruit
- Honeydew Melon
- Lemon
- Lime
- Olive, Green
- Onion, White
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Strawberry
- Watermelon

- Clam
- Crab
- Lobster
- Scallops
- Shrimp

Grains

- Barley
- Quinoa
- Millet
- Oat
- Rice
- Rye
- Wheat, Gluten
- Wheat, Whole

Spices

- Basil
- Cinnamon
- Garlic
- Ginger
- Hops
- Mustard
- Oregano
- Paprika
- Pepper, Black
- Pepper, Chili
- Peppermint
- Rosemary
- Turmeric
- Vanilla

- Artichoke
- Asparagus
- Beets
- Broccoli
- Butternut Squash
- Cabbage
- Carob
- Carrot
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumber
- Green Pepper
- Lettuce
- Pea, Chick
- Pea, Green
- Potato, Sweet
- Potato, White



Pumpkin

- Spinach
- Tomato
- Zucchini

Fowl

- Chicken
- Duck
- Egg White
- Egg Yolk
- Turkey



Microbes

- Candida
- Yeast, Baker's
- Yeast, Brewer's

Fish

- Codfish
- Flounder
- Halibut
- Salmon
- Seabass
- Snapper
- Swordfish
- Trout
- Tuna

Additives

- Aspartame
- Benzoic Acid
- BHA
- MSG
- Polysorbate 80
- Red #3
- Red #40
- Saccharin
- Yellow #6

- Almond
- Cashew
- Coconut
- English Walnut
- Hazelnut
- Peanut
- Pecan

Dairy

- Casein
- Cow Milk
- Goat Milk
- Whey

Beans

- Cocoa
- Coffee
- Kidney Bean
- Lentils
- Navy Bean
- Pinto Bean
- Soy Bean

Extracts & Misc.

- Agave
- Canola Oil
- Mushroom
- Spirulina
- Sugarcane
- Tea, Black
- Wine, Red

