

Cereals & Grains

24

- | | | | |
|---------------------------------|----------------------------------|-------------------------------|------------------------------------|
| ✓ Farro
Gluten | ✓ Flour (Sorghum)
Gluten Free | ✓ Flour (Teff)
Gluten Free | ✓ Flour (Arrowroot)
Gluten Free |
| ✓ Flour (Potato)
Gluten Free | ✓ Flour (Almond)
Gluten Free | ✓ Flour (Corn)
Gluten Free | ✓ Kamut
Gluten |
| ✓ Oatmeal
Gluten | ✓ Polenta
Gluten Free | ✓ Quinoa
Gluten Free | ✓ Rice (Wild)
Gluten Free |
| ✓ Rice (Brown)
Gluten Free | ✓ Rice (White)
Gluten Free | ✓ Rye
Gluten | ✓ Semolina
Gluten |
| ✓ Spelt
Gluten | ✓ Wheat (Brown)
Gluten | ✓ Wheat (White)
Gluten | ✓ Wheat (Bulgar)
Gluten |

Dairy & Milks

37

- | | | | |
|----------------------------------|-------------------------|---------------------------------|-------------------------------|
| ✓ A-Lactalbumin | ✓ Beta Lactoglobulin | ✓ Buttermilk | ✓ Butter |
| ✓ Casein | ✓ Cheese
(Camembert) | ✓ Cheese
(Swiss) | ✓ Cheese
(Cottage) |
| ✓ Cheese
(Gouda) | ✓ Cheese
(Cheddar) | ✓ Cheese
(Manchego) | ✓ Cheese
(Monterey Jack) |
| ✓ Cheese
(Gruyere) | ✓ Cheese
(Halloumi) | ✓ Cheese
(Parmesan) | ✓ Cheese
(Pecorino Romano) |
| ✓ Cheese
(Mozzarella Buffalo) | ✓ Cheese
(Paneer) | ✓ Cheese
(Ricotta) | ✓ Cheese
(Roquefort) |
| ✓ Cheese
(Pepper Jack) | ✓ Cheese
(Provolone) | ✓ Cheese Feta
(Goat & Sheep) | ✓ Cheese
(Stilton) |
| ✓ Cheese
(Brie) | ✓ Cream
(Sour) | ✓ Cream
(Heavy Whipping) | ✓ Creme
(Fraiche) |
| ✓ Kefir | ✓ Lactose | ✓ Milk
(Sheep) | ✓ Milk
(Goat) |
| ✓ Milk
(Cow) | ✓ Quark | ✓ Yogurt
(Goat) | ✓ Yogurt
(Cow) |
| ✓ Yogurt
(Greek) | | | |

Dairy Alternatives

10

- ✓ Milk (Oat)
 - ✓ Milk (Soy)
 - ✓ Milk (Coconut)
 - ✓ Milk (Hemp)
 - ✓ Yogurt (Oat)
 - ✓ Yogurt (Soy)
 - ✓ Yogurt (Coconut)
 - ✓ Milk (Rice)
 - ✓ Milk (Almond)
 - ✓ Yogurt (Almond)
-

Drinks

23

- ✓ Beer
 - ✓ Brandy
 - ✓ Champagne
 - ✓ Coconut Water
 - ✓ Coffee
 - ✓ Gin (Black)
 - ✓ Lager
 - ✓ Port
 - ✓ Prosecco
 - ✓ Rum
 - ✓ Sake
 - ✓ Sambuca
 - ✓ Schnapps
 - ✓ Tea (Jasmine)
 - ✓ Tea (Black)
 - ✓ Tea (Chamomile)
 - ✓ Tea (Green)
 - ✓ Vermouth
 - ✓ Tea (Oolong)
 - ✓ Tea (Rooibos)
 - ✓ Tequila
 - ✓ Vodka
 - ✓ Whiskey
-

Fish & Seafood

38

- ✓ Anchovies
- ✓ Black Bass
- ✓ Blue Mussels
- ✓ Clams
- ✓ Cod
- ✓ Crab
- ✓ Crawfish
- ✓ Flounder
- ✓ Haddock
- ✓ Hake
- ✓ Halibut
- ✓ Herring
- ✓ Jon Dory
- ✓ Lobster
- ✓ Mackerel
- ✓ Mahi Mahi
- ✓ Octopus
- ✓ Oysters
- ✓ Perch
- ✓ Pilchard
- ✓ Plaice
- ✓ Prawns
- ✓ Red Bass
- ✓ Red Snapper
- ✓ Salmon
- ✓ Sardine
- ✓ Scallops
- ✓ Seabass
- ✓ Shrimp
- ✓ Skate
- ✓ Sole
- ✓ Squid
- ✓ Swordfish
- ✓ Tilapia
- ✓ Trout (Brown)
- ✓ Trout (Rainbow)
- ✓ Tuna
- ✓ Whitebait

Fruits

47

- ✓ Apple
 - ✓ Apricot
 - ✓ Avocado
 - ✓ Balsam Pear
 - ✓ Banana
 - ✓ Bilberry
 - ✓ Blackberry
 - ✓ Blueberries
 - ✓ Carambola
 - ✓ Cherries
 - ✓ Cranberry
 - ✓ Dates
 - ✓ Figs
 - ✓ Gooseberries
 - ✓ Grapefruit
 - ✓ Grapes (Green)
 - ✓ Grapes (Red)
 - ✓ Guava
 - ✓ Kiwi
 - ✓ Lemons
 - ✓ Lime
 - ✓ Loquat
 - ✓ Lychee
 - ✓ Mandarins
 - ✓ Mango
 - ✓ Mangosteen
 - ✓ Melon (Galia)
 - ✓ Melon (HoneyDew)
 - ✓ Mulberries
 - ✓ Nectarine
 - ✓ Oranges
 - ✓ Papaya
 - ✓ Passion Fruit
 - ✓ Peaches
 - ✓ Pear
 - ✓ Pineapple
 - ✓ Plums (Damsons)
 - ✓ Pomegranate
 - ✓ Prunes
 - ✓ Quince
 - ✓ Raisins
 - ✓ Raspberries
 - ✓ Strawberries
 - ✓ Watermelon
 - ✓ Waxberry Fruit
 - ✓ Wine (Damsons)
 - ✓ Wine (White)
-

Herbs & Spices

39

- ✓ All Spice
- ✓ Aniseed
- ✓ Basil (Dried)
- ✓ Bay Leaf
- ✓ Caraway
- ✓ Cardamom
- ✓ Cilantro (Dried)
- ✓ Cinnamon
- ✓ Clove
- ✓ Cumin
- ✓ Curry (Powder)
- ✓ Dill (Dried)
- ✓ Fenugreek
- ✓ Garlic (Dried)
- ✓ Ginger (Dried)
- ✓ Horseradish (Green)
- ✓ Mace
- ✓ Marjoram
- ✓ Mint (Dried)
- ✓ Miso
- ✓ Mustard
- ✓ Nutmeg
- ✓ Oregano (Dried)
- ✓ Paprika
- ✓ Parsley (Dried)
- ✓ Pepper (Black)
- ✓ Pepper (White)
- ✓ Rosemary (HoneyDew)
- ✓ Sage
- ✓ Salt (Pink Himalayan)
- ✓ Salt (Sea)
- ✓ Soy Sauce
- ✓ Tarragon
- ✓ Thyme (Dried)
- ✓ Turmeric
- ✓ Vanilla (Extract)
- ✓ Vinegar (Apple Cider Vinegar)
- ✓ Vinegar (Clear)
- ✓ Vinegar (Malt)

Legumes

13

- ✓ Black Beans
 - ✓ Black Eyed Peas
 - ✓ Broadbeans
 - ✓ Chickpeas
 - ✓ Edamame Beans
 - ✓ Kidney Beans
 - ✓ Lentils
 - ✓ Lima Beans
 - ✓ Natto
 - ✓ Navy Beans
 - ✓ Sheitan
 - ✓ Soy Beans
 - ✓ Tofu
-

Meats & Eggs

24

- ✓ Bacon
 - ✓ Beef
 - ✓ Bison
 - ✓ Chicken
 - ✓ Cornish Hen
 - ✓ Duck
 - ✓ Egg White
 - ✓ Egg Yolk
 - ✓ Elk Meat
 - ✓ Goat
 - ✓ Goose
 - ✓ Hare
 - ✓ Lamb
 - ✓ Liver (Cow)
 - ✓ Liver (Lamb)
 - ✓ Liver (Pork)
 - ✓ Moose
 - ✓ Mutton
 - ✓ Pork
 - ✓ Rabbit
 - ✓ Sausage (Pork)
 - ✓ Turkey
 - ✓ Veal
 - ✓ Venison
-

Nuts

12

- ✓ Almonds
 - ✓ Brazil Nuts
 - ✓ Cashew
 - ✓ Chestnuts
 - ✓ Coconut
 - ✓ Hazelnut
 - ✓ Macademia Nuts
 - ✓ Peanuts
 - ✓ Pecan Nuts
 - ✓ Pine Nuts
 - ✓ Pistachios
 - ✓ Walnuts
-

Oils & Fats

16

- ✓ Avocado Oil
- ✓ Beef Dripping
- ✓ Chicken Fat
- ✓ Coconut Oil
- ✓ Cod Liver Oil
- ✓ Evening Primrose Oil
- ✓ Flaxseed Oil
- ✓ Ghee
- ✓ Goose Fat
- ✓ Hemp Seed Oil
- ✓ Lard
- ✓ Olive Oil
- ✓ Peanut Oil
- ✓ Pumpkin Seed Oil
- ✓ Sesame Oil
- ✓ Sunflower Oil

Seeds

8

- ✓ Chia Seeds
 - ✓ Fennel Seeds
 - ✓ Flaxseeds
 - ✓ Hemp Seeds
 - ✓ Poppy Seeds
 - ✓ Pumpkin Seeds
 - ✓ Sesame Seeds
 - ✓ Sunflower Seeds
-

Sugars & Misc

15

- ✓ Baobab
 - ✓ Barley Grass
 - ✓ Chlorella
 - ✓ Chocolate (Dark)
 - ✓ Chocolate (Milk)
 - ✓ Cocoa Powder
 - ✓ Guar Gum
 - ✓ Honey
 - ✓ Maple Syrup
 - ✓ Molasses
 - ✓ Sugar (Beet)
 - ✓ Sugar (Brown)
 - ✓ Sugar (White)
 - ✓ Wheatgrass
 - ✓ Yeast (Baker's)
-

Vegetables

55

- ✓ Artichoke
- ✓ Arugula
- ✓ Asparagus
- ✓ Beans (Green)
- ✓ Beets
- ✓ Bell Pepper (Green)
- ✓ Bell Pepper (Orange)
- ✓ Bell Pepper (Red)
- ✓ Bell Pepper (Yellow)
- ✓ Bok Choy (Pak Choy)
- ✓ Broccoli
- ✓ Brussel Sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cassava
- ✓ Cauliflower
- ✓ Celery
- ✓ Cilantro (Fresh)
- ✓ Cucumber
- ✓ Eggplant
- ✓ Endive
- ✓ Escarole
- ✓ Fennel (Fresh)
- ✓ Garlic (Fresh)
- ✓ Hearts of Palm
- ✓ Kale
- ✓ Kohlrabi
- ✓ Leeks
- ✓ Lettuce (Iceberg)
- ✓ Mushroom (Oyster)
- ✓ Mushroom (Portobello)
- ✓ Mushroom (Shiitake)
- ✓ Okra
- ✓ Olives (Black)
- ✓ Olives (Green)
- ✓ Onion (Red)
- ✓ Onion (White)
- ✓ Parsley (Fresh)
- ✓ Peas (Garden)
- ✓ Plantain
- ✓ Potato (Sweet)
- ✓ Potato (White)
- ✓ Pumpkin
- ✓ Radish
- ✓ Rutabaga
- ✓ Sea Vegetables (Kelp)
- ✓ Spinach
- ✓ Squash
- ✓ Squash (Butternut)
- ✓ Swiss Chard
- ✓ Tomatoes
- ✓ Turnip
- ✓ Watercress
- ✓ Yams
- ✓ Zucchini

Environmental

157

- ✓ Alder (Alnus Glutinosa)
- ✓ Alder Tree
- ✓ American Hornbeam
- ✓ Ampicilloyl
- ✓ Animal Epithelium
- ✓ Anisakis (Parasite)
- ✓ Apple tree
- ✓ Artemia Salina
- ✓ Ash Tree
- ✓ Aspen Tree
- ✓ Barley Crop
- ✓ Bee
- ✓ Beech Tree
- ✓ Bermuda Grass
- ✓ Bigleaf Lupine
- ✓ Birch Tree
- ✓ Black Locust Tree
- ✓ Blackberry Bush
- ✓ Bovine Cattle
- ✓ Buckwheat Crop
- ✓ Buttercup Flower
- ✓ Calluna Vulgaris
- ✓ Canaries
- ✓ Chamomile Flower
- ✓ Cherry Tree
- ✓ Chicken Droppings
- ✓ Chicken Feathers
- ✓ Chilean Pine
- ✓ Chrysanthemum / Mums
- ✓ Clover Plant
- ✓ Colonial Bentgrass
- ✓ Common Bluebell
- ✓ Common Juniper
- ✓ Common Laburnum
- ✓ Common Lilac
- ✓ Common Reed
- ✓ Common Thistle
- ✓ Common Wallflower
- ✓ Common Wheat Crops
- ✓ Common Wormwood (Artemisia Absinthium)
- ✓ Cotton Crops
- ✓ Crested Dog's Tail
- ✓ Currant Bush
- ✓ Daffodil
- ✓ Dahlia
- ✓ Dandelion Plant
- ✓ Dead Nettle
- ✓ Deer Epithelium
- ✓ Dog Serum Albumin
- ✓ Domestic Cat
- ✓ Domestic Dog
- ✓ Downy Birch
- ✓ Duck Feathers
- ✓ Dust
- ✓ Elderberry Plant
- ✓ Elm Tree
- ✓ English Oak (Quercus Robur)
- ✓ European Beech
- ✓ European Hazelnut
- ✓ European Lime
- ✓ Ferret Epithelium
- ✓ Fireweed
- ✓ Fungus
- ✓ Goats
- ✓ Hop Plant
- ✓ Horse
- ✓ Horse Bot Fly
- ✓ Horse Chestnut
- ✓ House Dust Mite
- ✓ Jacaranda Tree
- ✓ Japanese Cedar
- ✓ Japanese Millet
- ✓ Kentucky Bluegrass
- ✓ Lambsquarter Wild Spin
- ✓ Larch
- ✓ Latex Fluid

- ✓ Leather
- ✓ Linden Tree
- ✓ Lycra
- ✓ Maize Plant (Corn)
- ✓ Mangrove
- ✓ Meadow Fescue
- ✓ Meadow Foxtail
- ✓ Mice
- ✓ Mink Epithelium
- ✓ Mistletoe
- ✓ Mold Airborne Spores
- ✓ Mosquito
- ✓ Moth
- ✓ Mouse Urine Proteins
- ✓ Mugwort
- ✓ Mulberry Tree
- ✓ Ney York Aster
- ✓ Norway Spruce
- ✓ Nylon
- ✓ Oat Crops
- ✓ Orange Jasmine
- ✓ Orchard Grass
- ✓ Oxeye Daisy
- ✓ Parakeet
- ✓ Parakeet Droppings
- ✓ Parrot Feathers
- ✓ Pear tree
- ✓ Penicilloyl
- ✓ Perennial Ryegrasss
- ✓ Pigeon
- ✓ Pigeon Droppings
- ✓ Pine Tree
- ✓ Plantain Tree
- ✓ Plantetree, London
- ✓ Poplar
- ✓ Primroses
- ✓ Privet
- ✓ Prosopis Tree
- ✓ Quackgrass
- ✓ Quince Tree
- ✓ Rabbit
- ✓ Rabbit Urine Proteins
- ✓ Ragweed
- ✓ Rapeseed
- ✓ Rat
- ✓ Red Fescue
- ✓ Ribwort Plantain
- ✓ Rose Flower
- ✓ Rubber
- ✓ Rubber Tree
- ✓ Rye Crops
- ✓ Salt Cedar Tree
- ✓ Saltbush Melde (Atriplex spp.)
- ✓ Scotch Heather
- ✓ Sheeps Wool (Fleece)
- ✓ Shrubs (Common)
- ✓ Soft Brome Grass (Bromus Mollis)
- ✓ Sorrel
- ✓ Spelt Crops
- ✓ Stinging Nettle
- ✓ Storage Mite
- ✓ Strawberry Bush
- ✓ Sweet Vernal Grass
- ✓ Tall Oatgrass
- ✓ Tansy Ragwort
- ✓ Timothy Grass
- ✓ Tin (Canned Food)
- ✓ Tobacco
- ✓ Tulip
- ✓ Tumbleweed
- ✓ Velvet Grass
- ✓ Walnut Tree
- ✓ Washington Hawthorn
- ✓ Wasp
- ✓ Wild Oat Crops
- ✓ Willow
- ✓ Wool

- ✓ **Ajax**
(w Bleach)
- ✓ **Banvel**
(Herbicide)
- ✓ **Bovine Cattle Vaccination**
- ✓ **Comet Liquid Cleaner**
- ✓ **Dieldrin**
(Insecticide)
- ✓ **Fantastik All Purpose Cleaner**
- ✓ **Gramoxone**
(Insecticide)
- ✓ **Henna**
(Generic)
- ✓ **Laundry Detergent**
(w Phosphates)
- ✓ **Lysol Pine Action Cleaner**
- ✓ **Murphy Oil Soap**
- ✓ **Paint Oil**
(Generic)
- ✓ **Pledge**
(Household Cleaner)
- ✓ **Pyrox**
(Insecticide)
- ✓ **RootX**
(Root Killer Sewer Lines)
- ✓ **Shirlan**
(Fungicide)
- ✓ **Soft Scrub**
(Cleaner)
- ✓ **Thiovit Jet**
(Fungicide)
- ✓ **Touchweeder**
(Herbicide)
- ✓ **Warbex**
(Pesticide)
- ✓ **Aldicarb**
(Carbamate Insecticide)
- ✓ **Basudin**
(Plant Protector)
- ✓ **Cleaner Bleach**
(Disinfectant)
- ✓ **Counter All Purpose Cleaner**
- ✓ **Endosulfan**
(Fungicide)
- ✓ **Folimat**
(Insecticide)
- ✓ **Grazon**
(Herbicide)
- ✓ **Hi Care**
(Insect Repellent)
- ✓ **Lawn Insecticide**
(Turpentine Kerosene)
- ✓ **Manzate**
(Herbicide)
- ✓ **Network**
(Weed Killer)
- ✓ **Paint Thinner**
(Generic)
- ✓ **Polyram**
(Fungicide)
- ✓ **QUATS** (Quaternary Ammonium Compounds)
- ✓ **Rubigan**
(Fungicide)
- ✓ **Simazine**
(Herbicide)
- ✓ **Soil Fume**
(Pesticide)
- ✓ **Top Job**
(Ammonia)
- ✓ **Trigger**
(Weedkiller)
- ✓ **Weedol Pathclear**
(Weedkiller)
- ✓ **Asulox**
(Herbicide)
- ✓ **Black Flag**
(Ant Roach)
- ✓ **Clorox Bleach**
- ✓ **Deodorant Spray**
(Generic)
- ✓ **Escort**
(Herbicide)
- ✓ **Formula 409**
(All Purpose Cleaner)
- ✓ **Guthion**
(Insecticide)
- ✓ **Imdan**
(Insecticide)
- ✓ **Lawncare Chemical**
(General)
- ✓ **Mesuroil**
(Snail Insecticide)
- ✓ **Nexa Spray**
(Nasal Spray)
- ✓ **Pine Oil**
(Candles Wax Melts)
- ✓ **Preeglone**
(Herbicide)
- ✓ **Ripcord Insecticide**
- ✓ **Saprol**
(Fungicide)
- ✓ **Sodium Lauryl Sulfate Cleaner**
- ✓ **Spic and Span**
(Cleaner)
- ✓ **Tordon 22k**
(Herbicide)
- ✓ **Trihalomethanes**
(THM)
- ✓ **Windex**
(Ammonium Hydroxide)
- ✓ **Attack**
(Insecticide)
- ✓ **Black Flag Raid**
(Pest Control)
- ✓ **Comet Disinfectant**
- ✓ **Desiccant Silica Gel**
- ✓ **Euparen**
(Multi Fungicide)
- ✓ **Fruit Fungicide**
- ✓ **Hair Spray**
(Generic)
- ✓ **Ivomec**
(Cattle Dewormer)
- ✓ **Lysol Deodorizing Cleaner**
- ✓ **Mr. Clean**
(General Cleanser)
- ✓ **Paint Mix**
(Generic)
- ✓ **Pine Sol Floor Cleaner**
- ✓ **PX 70**
(Laundry Detergent)
- ✓ **Ronilan**
(Fungicide)
- ✓ **Sentry Detergent**
(Professional Laundry Cleaner)
- ✓ **Soft Scrub**
(Cleaner)
- ✓ **Stearidonic Acid**
(Water Bacteria)
- ✓ **Tordon RTU**
(Herbicide)
- ✓ **Varnish Liquid Coating**
(General)
- ✓ **Zep**
(Cleaner w Ammonium Chloride)

- ✓ Aluminum
 - ✓ Beryllium
 - ✓ Bromine
 - ✓ Chlorine
 - ✓ Elemental Magnesium
 - ✓ Germanium
 - ✓ Iodine
 - ✓ Lutetium
 - ✓ Palladium
 - ✓ Potassium
 - ✓ Silicon
 - ✓ Tantalum
 - ✓ Titanium
 - ✓ Zirconium
 - ✓ Antimony
 - ✓ Bismuth
 - ✓ Cadmium
 - ✓ Cobalt
 - ✓ Elemental Manganese
 - ✓ Hafnium
 - ✓ Iron
 - ✓ Mercury
 - ✓ Phosphorus
 - ✓ Radium
 - ✓ Silver
 - ✓ Thallium
 - ✓ Uranium
 - ✓ Arsenic
 - ✓ Boron
 - ✓ Caesium
 - ✓ Copper Oxide
 - ✓ Fluorine
 - ✓ Hexavalent Chromium
 - ✓ Lead
 - ✓ Molybdenum (Heavy Metal)
 - ✓ Platinum
 - ✓ Rhodium
 - ✓ Sodium Element
 - ✓ Thorium
 - ✓ Vanadium
 - ✓ Barium
 - ✓ Bromine
 - ✓ Calcium Carbonate
 - ✓ Dysprosium
 - ✓ Gadolinium
 - ✓ Indium
 - ✓ Lithium
 - ✓ Nickel
 - ✓ Plutonium
 - ✓ Rubidium
 - ✓ Strontium
 - ✓ Tin
 - ✓ Zinc (Heavy Metal)
-

Vitamins, Minerals & Fatty Acids

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Minerals

13

- ✓ Biotin
 - ✓ Calcium
 - ✓ Chromium
 - ✓ Copper
 - ✓ Iodine
 - ✓ Magnesium
 - ✓ Molybdenum
 - ✓ Phosphorus
 - ✓ Potassium
 - ✓ Selenium
 - ✓ Sodium
 - ✓ Sulphur
 - ✓ Zinc
-

Vitamins

13

- ✓ Choline
 - ✓ Vitamin A
 - ✓ Vitamin B1
 - ✓ Vitamin B12
 - ✓ Vitamin B2
 - ✓ Vitamin B3
 - ✓ Vitamin B5
 - ✓ Vitamin B6
 - ✓ Vitamin B9
 - ✓ Vitamin C
 - ✓ Vitamin D
 - ✓ Vitamin E
 - ✓ Vitamin K
-

Fatty Acids

5

- ✓ Co-Q10
- ✓ DHA
- ✓ EPA
- ✓ Omega 3
- ✓ Omega 6

Gut Biome, Candida Digestive Enzymes

20

Digestive Process

5

- ✓ Amylase
 - ✓ Hydrochloric Acid
 - ✓ Lipase
 - ✓ Pepsin
 - ✓ Protease
-

Yeast & Fungi

6

- ✓ Aspergillus Fumigatus
 - ✓ Candida Albicans
 - ✓ Candida Glabrata
 - ✓ Candida Krusei
 - ✓ Candida Parapsilosis
 - ✓ Malassezia Furfur
-

Gut Biome

9

- ✓ Acidophilus Bifidum
- ✓ Bacillus Coagulans
- ✓ Bifidobacterium Infantis
- ✓ Enterococcus Faecalis
- ✓ Lactobacillus Acidophilus
- ✓ Lactobacillus Reuteri
- ✓ Saccharomyces Boulardi
- ✓ Streptococcus Thermophilus
- ✓ Streptomyces