

**Foods (134 ITEMS)**

Almond	Grape/Raisin, Green	Alfalfa	Caraway Seed	Sugar, Corn
Apple	Grape/Raisin, Red	Algae (Chorella)	Catfish	Tea, Black
Banana	Grapefruit	Algae (Spirulina)	Chard	Tobacco
Barley	Lamb/Mutton	Arrowroot	Coriander	Tomato
Bean, Soya	Lemon	Anchovy	Date	Tuna
Beef/Veal	Lettuce, Romaine	Anise Seed	Deer / Venison	Turkey
Broccoli	Lobster	Artichoke	Duck / Goose	Vanilla
Cabbage/Brussels Sprouts	Milk, Pasteurized (Cow)	Baking Powder	Endive	Wheat
Cantaloupe/Honeydew	Millet	Bass	Gelatin	Yeast, Baker's
Carrot	Mustard Greens/Spice	Bean, Garbanzo	Gin (Juniper Berries)	Yeast, Brewer's
Cauliflower	Oats	Bean, Navy	Grapeseed Oil	Rabbit
Cheese, Processed (Cow)	Olive	Blackberry	Hazelnut / Filbert	Radish
Chicken	Onion, Yellow	Bok Choi	Horseradish	Rapeseed / Canola Oil
Chocolate/Cocoa	Orange	Boysenberry	Hydrogenated Oil	Rhubarb
Cinnamon	Peanut	Brazil Nut	Kelp/Seaweed	Rice, Basmati
Coffee, Decaf & Reg	Pear	Buffalo	Kombu	Rose Hips
Cola	Pepper, Black	Butter, Clarified (Ghee)	Lactoglobulin	Rutabaga
Corn (Maize)	Pork/Bacon/Ham	Leek	Pepper, White	Sardine
Cottonseed Oil	Potato, Sweet	Macadamia Nut	Perch/Mackerel	Scallion / Spring Onion
Crab	Potato, White	Mace	Pimiento	Spearmint
Cranberry	Rice, Brown	Marjoram	Pistachio	Tamarind
Cucumber	Rice, White	Milk, Raw (Cow)	Poppy Seed	Tangerine / Mandarin
Egg, White (Chicken)	Rye	Nectarine	Pomegranate	Turnip Greens
Egg, Yolk (Chicken)	Salmon/Lox	Okra	Psyllium Seed	Walnut, English
Flaxseed / Linseed Oil	Shrimp	Parsnip		Watercress
Garlic	Squash	Pea, Black-eyed		Whey
Ginger	Strawberry	Pepper, Cayenne		
Gluten	Sugar, Cane/Sucanat			

**Environmental Chemicals (15 ITEMS)**

1,2 Dichlorobenzene	Chloroform	Organophosphates
2,4,5 T	Cis-Dichloroethylene (1,2 Dichloroethylene)	Soap (SDS/SLS)
Benzene	Cyclohexylamine	Toluene
Carbon Tetrachloride	Endrin	Vinyl Chloride
Chlordane	Methylene Chloride (Dichloromethane)	Xylene

**Additives/Preservatives (15 ITEMS)**

Aspartame/NutraSweet	Gum, Locust Bean	Propyl Gallate
BHA	MSG (Monosodium Glutamate)	Saccharine
BHT	Nitrates/Nitrites	Sodium Benzoate
Calcium Propionate	Polysorbate 60	Sodium Propionate
Diacetyl (2,3-Butanedione)	Potassium Bromate	Sulfite/Metabisulfite

**Molds (28 ITEMS)**

Alternaria alternata	Cladosporium herbarum	Helminthosporium sativum	Rhodotorula
Aspergillus fumigatus	Epicoccum nigrum	Mucor mucedo	Scopulariopsis brevicaulis
Aspergillus niger	Epidermophyton floccosum	Mucor racemosus	Stemphylium botryosum
Aspergillus oryzae	Fusarium solani	Penicillium notatum/chrysogenum	Trichoderma harzianum
Botrytis cinerea	Fusarium vasinfectum	Penicillium roqueforti	Thrichothecium roseum
Candida albicans	Geotrichum candidum	Pullularia pullulans	Trichophyton mentagrophytes interdigitale
Cladosporium cladosporioides	Helminthosporium halodes	Rhizopus stolonifer/nigricans	Trichophyton rubrum

**F, D & C Color Additives (20 ITEMS)**

Annatto	D&C Green #8	FD&C Green #3	FD&C Red #3
FD&C Blue #1	D & C Green #5	D&C Orange #4	FD&C Red #40
FD&C Blue #2	D & C Orange #5	D&C Red #22	D&C Yellow #10
Brilliant Black	D & C Red #33	D&C Red #28	FD&C Yellow #5
Carmine/Cochineal	D & C Violet #2	FD&C Red #2	FD&C Yellow #6