

Gluten-Free Ingredients

Acacia Gum	Avena Sativia Extract (from Oats3)	Canola Oil (Rapeseed Oil)
Acesulfame K	Avidin	Caprylic Acid
Acesulfame Potassium	Balsamic Vinegar	Carageenan Chondrus Crispus
Acetanisole	Beeswax	Carbonated Water
Acetophenone	Beans	Carboxymethyl Cellulose
Acorn Quercus	Bean, Adzuki	Carmine
Adipic Acid	Bean, Hyacinth	Carnauba Wax
Adzuki Bean	Bean, Lentil	Carob Bean
Acacia Gum	Bean, Mung	Carob Bean Gum
Agar	Bean Romano (Chickpea)	Carob Flour
Agave	Bean Tepary	Carrageenan
Albumen	Benzoic acid	Casein
Alcohol (Spirits - Specific Types)	Besan (Chickpea)	Cassava Manihot Esculenta
Alfalfa	Beta Glucan (from Oats3)	Castor Oil
Algae	Betaine	Catalase
Algin	Beta Carotene	Cellulose ¹
Alginic Acid	BHA	Cellulose Ether
Alginate	BHT	Cellulose Gum
Alkalized Cocoa	Bicarbonate of Soda	Cetyl Alcohol
Allicin	Biotin	Cetyl Stearyl Alcohol
Almond Nut	Blue Cheese	Champagne Vinegar
Alpha-amylase	Brown Sugar	Channa (Chickpea)
Alpha-lactalbumin	Buckwheat	Chana Flour (Chickpea Flour)
Aluminum	Butter (check additives)	Cheeses (except Blue & Chilton)
Amaranth	Butylated Hydroxyanisole	Chestnuts
Ambergris	Butyl Compounds	Chickpea
Ammonium Hydroxide	Calcium Acetate	Chlorella
Ammonium Phosphate	Calcium Carbonate	Chocolate Liquor
Ammonium Sulphate	Calcium Caseinate	Choline Chloride
Amylose	Calcium Chloride	Chromium Citrate
Amylopectin	Calcium Disodium	Chymosin
Annatto	Calcium Hydroxide	Citric Acid
Annatto Color	Calcium Lactate	Citrus Red No. 2
Apple Cider Vinegar	Calcium Pantothenate	Cochineal
Arabic Gum	Calcium Phosphate	Cocoa
Arrowroot	Calcium Propionate	Cocoa Butter
Artichokes	Calcium Silicate	Coconut
Artificial Butter Flavor	Calcium Sorbate	Coconut Vinegar
Artificial Flavoring	Calcium Stearoyl Lactylate	collagen
Ascorbic Acid	Calcium Stearate	Colloidal Silicon Dioxide
Aspartame (can cause IBS symptoms)	Calcium Sulfate	Confectioner's Glaze
Aspartic Acid	Calrose	Copernicia Cerifera
Aspic	Camphor	Copper Sulphate
Astragalus Gummifer	Cane Sugar	Corn
Autolyzed Yeast Extract	Cane Vinegar	Corn Gluten
Avena Sativia (Oats3)	Canola (Rapeseed)	Corn Masa Flour

Corn Meal	Ethyl Alcohol	Glycerin
Corn Flour	Ethylenediaminetetraacetic Acid	Glycerol Monooleate
Corn Starch	Ethyl Maltol	Glycol Monosterate
Corn Sugar	Ethyl Vanillin	Glycol
Corn Sugar Vinegar	Expeller Pressed Canola Oil	Glycolic acid
Corn Syrup	FD&C Blue No. 1 Dye	Gram flour (chick peas)
Corn Syrup Solids	FD&C Blue No. 1 Lake	Grape Skin Extract
Corn Sweetener	FD&C Blue No. 2 Dye	Grits, Corn
Corn Vinegar	FD&C Blue No. 2 Lake	Guar Gum
Corn Zein	FD&C Green No. 3 Dye	Gum Acacia
Cortisone	FD&C Green No. 3 Lake	Gum Arabic
Cotton Seed	FD&C Red No. 3 Dye	Gum Base
Cotton Seed Oil	FD&C Red No. 40 Dye	Gum Tragacanth
Cowitch	FD&C Red No. 40 Lake	Hemp
Cowpea	FD&C Yellow No. 5 Dye	Hemp Seeds
Cream of Tartar	FD&C Yellow No. 6 Dye	Herbs
Crospovidone	FD&C Yellow No. 6 Lake	Herb Vinegar
Curds	Ferric Orthophosphate	Hexanedioic Acid
Cyanocobalamin	Ferrous Gluconate	High Fructose Corn Syrup
Cysteine, L	Ferrous Fumerate	Hominy
Dal (Lentils)	Ferrous Lactate	Honey
D-Alpha-tocopherol	Ferrous Sulfate	Hops
Dasheen Flour (Taro)	Fish (fresh)	Horseradish (Pure)
Dates	Flaked Rice	Hyacinth Bean
D-Calcium Pantothenate	Flax	Hydrogen Peroxide
Delactosed Whey	Folacin	Hydrolyzed Caseinate
Demineralized Whey	Folate	Hydrolyzed Meat Protein
Desamidocollagen	Folic Acid-Folacin	Hydrolyzed Soy Protein
Dextran	Formaldehyde	Hydroxypropyl Cellulose
Dextrose	Fructose	Hydroxypropyl Methylcellulose
Diglycerides	Fruit (including dried)	Hypromellose
Diethyl Sodium	Fruit Vinegar	Illepe
Diethyl Sodium Solfosuccinate	Fumaric Acid	Iodine
Dipotassium Phosphate	Galactose	Inulin
Disodium Guanylate	Garbanzo Beans	Invert Sugar
Disodium Inosinate	Gelatin	Iron Ammonium Citrate
Disodium Phosphate	Glucoamylase	Isinglass
Distilled Alcohols	Gluconolactone	Isolated Soy Protein
Distilled Vinegar	Glucose	Isomalt
Distilled White Vinegar	Glucose Syrup	Job's Tears
Dutch Processed Cocoa	Glutamate (free)	Jowar (Sorghum)
EDTA (Ethylenediaminetetraacetic Acid)	Glutamic Acid	Karaya Gum
Eggs	Glutamine (amino acid)	Kasha (roasted buckwheat)
Egg Yolks	Glutinous Rice	Keratin
Elastin	Glutinous Rice Flour	K-Carmine Color
Ester Gum	Glycerides	K-Gelatin
Koshihikari (rice)	Milo (Sorghum)	Pea Starch

Kudzu	Mineral Oil	Peanuts
Kudzu Root Starch	Mineral Salts	Peanut Flour
Lactalbumin Phosphate	Molybdenum Amino Acid Chelate	Pectin
Lactase	Monocalcium Phosphate	Pectinase
Lactic Acid	Monoglycerides	Peppermint Oil
Lactitol	Mono and Diglycerides	Peppers
Lactose	Monopotassium Phosphate	Pepsin
Lactulose	monosaccharides	Peru Balsam
Lanolin	Monosodium Glutamate (MSG)	Petrolatum
Lard	Monostearates	PGPR (Polyglycerol Polyricinoleate)
L-cysteine	MSG	Phenylalanine
Lecithin	Mung Bean	Phosphoric Acid
Lemon Grass	Musk	Phosphoric Glycol
Lentils	Mustard Flour	Pigeon Peas
Licorice	Myristic Acid	Polenta
Licorice Extract	Natural Smoke Flavor	Polydextrose
Lipase	Niacin-Niacinamide	Polyethylene Glycol
L-leucine	Neotame	Polyglycerol
L-lysine	Niacin	Polyglycerol Polyricinoleate (PGPR)
L-methionine	Niacinamide	Polysorbates
Locust Bean Gum	Nitrates	Polysorbate 60
L-tryptophan	Nitrous Oxide	Polysorbate 80
Magnesium Carbonate	Non-fat Milk	Potassium Benzoate
Magnesium Hydroxide	Nuts (except wheat, rye & barley)	Potassium Caseinate
Magnesium Oxide	Nut, Acron	Potassium Citrate
Maize	Nut, Almond	Potassium Iodide
Maize Waxy	Oats ³	Potassium Lactate
Malic Acid	Oils and Fats	Potassium Matabisulphite
Maltitol	Oleic Acid	Potassium Sorbate
Maltodextrin	Oleoresin	Potatoes
Maltol	Olestra	Potato Flour
Manganese Sulfate	Oleyl Alcohol/Oil	Potato Starch
Manioc	Orange B	Povidone
Masa	Oryzanol	Prinus
Masa Flour	Palmitic Acid	Pristane
Masa Harina	Pantothenic Acid	Propolis
Meat (fresh)	Papain	Propylene Glycol
Medium Chain Triglycerides	Paprika	Propylene Glycol Monosterate
Menhaden Oil	Paraffin	Propyl Gallate
Methyl Cellulose ²	Patially Hydrogenated Cottonseed Oil	Protease
Microcrystalline Cellulose	Patially Hydrogenated Soybean Oil	Psyllium
Micro-particulated Egg White Protein	Peas	Pyridoxine Hydrochloride
Milk	Pea - Chick	Quinoa
Milk Protein Isolate	Pea - Cow	Ragi
Millet	Pea Flour	Raisin Vinegar
Rape	Sodium Metabisulphite	Tartrazine
Recaldent	Sodium Nitrate	TBHQ is Tetra or

		Tributylhydroquinone
Reduced Iron	Sodium Phosphate	Tea
Rennet	Sodium Polyphosphate	Tea-Tree Oil
Rennet Casein	Sodium Silico Aluminate	Teff
Resinous Glaze	Sodium Stearoyl Lactylate	Teff Flour
reticulin	Sodium Sulphite	Tepary Bean
Riboflavin	Sodium Stannate	Textured Vegetable Protein
Rice	Sodium Tripolyphosphate	Thiamin Hydrochloride
Rice (Enriched)	Sorbic Acid	Thiamine Mononitrate
Rice Flour	Sorbitan Monostearate	Thiamine Hydrochloride
Rice Starch	Sorbitol-Mannitol	Titanium Dioxide
Rice Syrup	Sorghum	Tofu (Soy Curd)
Rice Vinegar	Sorghum Flour	Tolu Balsam
Ricinoleic Acid	Soy	Torula Yeast
Romano Bean (chickpea)	Soybean	Tragacanth
Rosematta	Soy Lecithin	Tragacanth Gum
Rosin	Soy Protein	Triacetin
Royal Jelly	Soy Protein Isolate	Tricalcium Phosphate
Saccharin	Spices (pure)	Tri-Calcium Phosphate
Saffron	Spirits (Specific Types)	Trypsin
Sago	Spirit Vinegar	Turmeric (Kurkuma)
Sago Palm	Stearates	TVP
Sago Flour	Stearamide	Tyrosine
Sago Starch	Stearamine	Urad/Urid Beans
Saifun (bean threads)	Stearic Acid	Urad/Urid Dal (peas) Vegetables
Salt	Stearyl Lactate	Urad/Urid flour
Seaweed	Stevia	Urd
Seeds (except wheat, rye & barley)	Subflower Seed	Vinegar (All except Malt)
Seed - Sesame	Succotash (corn and beans)	Vanilla Extract
Seed - Sunflower	Sucralose	Vanilla Flavoring
Shea	Sucrose	Vanillin
Sherry Vinegar	Sulfosuccinate	Vinegars (Specific Types)
Silicon Dioxide	Sulfites	Vitamin A (retinol)
Soba (be sure its 100% buckwheat)	Sulfur Dioxide	Vitamin A Palmitate
Sodium Acid Pyrophosphate	Sweet Chestnut Flour	Vitamin B1
Sodium Acetate	Tagatose	Vitamin B-12
Sodium Alginate	Tallow	Vitamin B2
Sodium Ascorbate	Tapioca	Vitamin B6
Sodium Benzoate	Tapioca Flour	Vitamin D
Sodium Caseinate	Tapioca Starch	Vitamin E Acetate
Sodium Citrate	Tara Gum	Waxy Maize
Sodium Erythrobate	Taro	Whey
Sodium Hexametaphosphate	Tarro	Whey Protein Concentrate
Sodium Lactate	Tarrow Root	Whey Protein Isolate
Sodium Lauryl Sulfate	Tartaric Acid	White Vinegar
Wines	Xylitol	Yogurt (plain, unflavored)
Wine Vinegars (& Balsamic)	Yam Flour	Zinc Oxide
Wild Rice	Yeast	Zinc Sulfate
Xanthan Gum		