



UCARI

● ● ● It's all about you

Personal UCARI Intolerance Test
for **Sample Patient**

Your test revealed **22 severe sensitivities** and **123 moderate sensitivities** that may be causing you some symptoms. All other **1065 reactions** appear to be normal.

UNDERSTANDING YOUR RESULTS

is easy - yes, really!

Let's learn more about your intolerance levels.
Understanding your results is the important part. So what do the colors mean?



Avoid for a minimum of 30 Days

SEVERE SENSITIVITY

These are the food items that our testing shows you have a sensitivity to.



Eat in Moderation

MILD SENSITIVITY

These are the food items that our testing shows you could potentially have a sensitivity to.



Safe to Consume

NORMAL SENSITIVITY

These are the food items that our testing shows you may not have a sensitivity to.

Now let's get to the detailed breakdown...



SEVERE SENSITIVITY

Avoid for 30 Days



MODERATE SENSITIVITY

Eat in Moderation



NORMAL SENSITIVITY

Safe to Consume

Ale



Ale is a type of beer brewed via the process of warm fermentation with *Saccharomyces cerevisiae* yeast at relatively high temperatures. Ale yeast produces more esters and phenols during fermentation, resulting in a full bodied flavor with fruity undertones. There are many ale varieties, the most common include pale ale, brown ale, golden ale, Belgian ale, stout and more. These ale types vary in color from light golden to deep brown, and flavor from refreshing and crisp to hoppy and bitter. Average alcohol content in ale is usually between 3% to 6% alcohol by volume (ABV). Nutritional content also varies by ale type - depending on exact ingredients it may contain micronutrients like potassium, magnesium, phosphorus, selenium and B vitamins.

Goat milk yogurt



Goat milk yogurt is a fermented dairy product made from cultured goat's milk. It has a creamy texture and sour taste with a hint of sweetness. Yogurt can be enjoyed as a snack, it can also be added to smoothies, granola, sauces, pancakes and various baked goods. It's an excellent source of calcium and contains vitamin A, potassium, iron and other micronutrients. Goat's milk yogurt is high in saturated fat and contains modest amounts of monounsaturated fats, plenty of protein and all 9 essential amino acids your body needs. Yogurt is typically fermented using starter cultures which contain colonies of probiotic bacteria beneficial for digestive health and immune system function. It's also lower in lactose content than other dairy products and may be better tolerated by individuals with lactose intolerance.

Our Recommendation on Goat milk yogurt

When eliminating goat milk yogurt from the diet, consider the following alternatives:

cottage cheese, ricotta cheese, swiss cheese, sesame, bean (red), beans (white), almond, sunflower seeds, spinach

Margarine



Margarine is a butter-like product made from refined vegetable oils and water, sometimes blended with animal fats. Its taste and consistency are similar with butter, it is commonly used as a butter substitute in various dishes and recipes. Depending on exact ingredients, margarine may contain vitamin A and small amounts of other micronutrients. It is a good source of healthy monounsaturated fats and may contain saturated fats.

Our Recommendation on Margarine

When eliminating margarine from the diet, consider the following alternatives:

avocado, macadamia, pecan nut, grapeseed oil, hazelnut oil, olive oil, peanut oil, sunflower oil, vegetable oil

Monterey Jack cheese



Monterey Jack, sometimes called Jack, is a type of semi-hard cheese made from cow's milk originating in the United States. It has a creamy texture and mild, buttery flavor. This cheese is a delicious addition to soups, baked dishes, pasta, toasted sandwiches and baked goods. Monterey Jack is a good source of calcium, it also contains vitamin A, vitamin B12, magnesium and various other micronutrients. It is high in saturated fat and contains healthy monounsaturated fatty acids, plenty of protein and all 9 essential amino acids. This cheese contains much lower levels of lactose than other dairy products and may be better tolerated by individuals with lactose intolerance.

Our Recommendation on Monterey Jack cheese

When eliminating monterey jack cheese from the diet, consider the following alternatives:
gouda cheese, swiss cheese, quinoa, sesame, bean (red), beans (white), sunflower seeds, kale, spinach

Wheat Germ oil



Wheat germ oil is also very high in vitamin E, and has the highest content of vitamin E of any food that has not undergone prior preparation or vitamin fortification. As a cooking oil, wheat germ oil is strongly flavored, expensive and easily perishable. Wheat germ oil is a rich source of vitamin B6 and folic acid of the Vitamin B complex, magnesium, potassium and phosphorus and many other essential nutrients, and is a healthy addition to your diet.

Our Recommendation on Wheat Germ oil

When eliminating wheat germ oil from the diet, consider the following alternatives:
olive oil, sesame oil, sunflower oil, walnut oil

Halibut



Halibut is a type of large flatfish related to flounder, native to north Pacific and north Atlantic regions. It has flaky white meat with delicate, but dense, texture and sweet, mild flavor, commonly served grilled, pan fried and baked. A 3 ounce serving of cooked halibut will provide approximately 30% of recommended daily niacin intake, 57% selenium, plenty of vitamin B12 and B6, phosphorus, magnesium, potassium and other micronutrients. Halibut is a great source of protein and all 9 essential amino acids. It contains healthy monounsaturated, polyunsaturated and omega-3 fats. As a larger fish species, halibut contains moderate levels of mercury compared to smaller fish like herring or sardines. Therefore, it should be enjoyed in moderation.

Our Recommendation on Halibut

When eliminating halibut from the diet, consider the following alternatives:
barley, buckwheat, couscous, spelt, peas, beef, lamb, veal, soy milk, brazil nuts, sunflower seeds, flaxseed oil, blue mussel, herring, oyster, shrimp

Herring red



The upper part of the body is dark blue green, or steel blue, and the snout is blackish blue; the sides and belly are silvery. The lower jaw protrudes slightly beyond the upper. Herring fish is loaded with ample amounts of nutrients. It provides minerals such as calcium, phosphorus and magnesium which help to maintain the bone or teeth health. It is rich in Omega-3 fatty acids which help to maintain the function of brains. It can be smoked, salted and pickled; it can even be served on bread.

Our Recommendation on Herring red

When eliminating herring red from the diet, consider the following alternatives:
peas

Salmon (Wild)



Salmon is high in protein and omega-3 fatty acids that provide well documented benefits for the heart and brain. Wild salmon is a great choice and farmed salmon is a good alternative. Salmon is the most sought-after fish; cherished for its delicious, omega-3 rich pink meat. This medium size oily fish lives in the pacific waters extending from Pacific coasts of Asia and North America and Atlantic coasts of Europe and North America. All species of salmons are rich source of vitamin-A, vitamin-D and long chain omega-3 fatty acids. Salmon is an excellent source of protein; 100 g provide 19.93 g (36% of RDI). Its protein profile encompasses all the essential amino acids in a healthy ratios. Salmon is one of the finest sources of some B-complex vitamins such as niacin (provides 53% RDI/100 g), pyridoxine and riboflavin. 100 g of salmon holds 526 IU of vitamin D; about 131% of daily recommended intake. Salmon may be pan roasted, shallow fried, broiled, foil baked, and grilled in the preparation of variety of mouth-watering menus. Just ensure it should be cooked until the meat is opaque and flakes off easily.

Our Recommendation on Salmon (Wild)

When eliminating salmon (wild) from the diet, consider the following alternatives:
carp, caviar, cod, eel, herring, swordfish

Fennel



Fennel is an aromatic culinary herb from the carrot family originating in the Mediterranean region. It has a mild sweet flavor resembling licorice and aniseed. Fennel bulb and leaves are commonly used in salads, dips, roasted vegetable dishes, soups and stews, while dried fennel seeds are used as a flavoring in various recipes. This herb is very nutritious and contains many vitamins and minerals. Fresh fennel is a good source of vitamin C and potassium, fennel seeds have higher manganese content. This herb also rich in polyphenols, antioxidants protective against inflammation and oxidative stress. In various cultures fennel has a long history as a medicinal herb used for digestive issues, infant colic, coughs, low energy and more. Research has shown that fennel may be beneficial for breastfeeding support, irritable bowel syndrome, cardiovascular health, brain function and weight loss, as well as protective against bacterial infections and certain types of cancer.

Our Recommendation on Fennel

When eliminating fennel from the diet, consider the following alternatives:
blackberries, cherries, grapefruit, guava, oranges, papaya, pineapple, raspberries, peas, caraway, blue mussel, clams

Ammonium dihydrogenorthophosphate



Ammonium dihydrogen phosphate, also known as monoammonium phosphate is a chemical compound with the chemical formula(H_2PO_4^-). ADP is a major ingredient of agricultural fertilizers and some fire extinguishers. It also has significant uses in optics and electronics.

E160b - Annatto, Bixin, Norbixin



Bixin and Norbixin Annatto pigment is obtained from the seeds of *Bixa orellana*, a bush grown in Central and South America. Annatto has been used as a food coloring for centuries and contains the source for both Bixin and Norbixin pigments. Bixin is extracted from the seed coating and is oil soluble.

E304 6-Palmitoyl-L-Ascorbic Acid



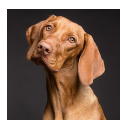
Ascorbyl palmitate is an antioxidant. It is used as a chemical preservative food additive and as an antioxidant in pharmaceuticals

E507 – Hydrochloric Acid



Hydrochloric acid is critical for the proper breakdown of food and the assimilation of nutrients in the stomach. It can be found in foods like leafy vegetables, sea salt, apple cider vinegar, lemons, and black olives.

Dog dander



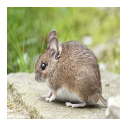
Dogs are domesticated canine mammals in the family Canidae. They're widely kept as pets for companionship and protection, as well as used for police assistance and aiding disabled people. Many breeds have been developed over time.

Guinea pig hair



Guinea pigs are a domesticated rodent species in the family Caviidae. They're larger in size than many other rodent species, with stout bodies, short legs and no tail. Guinea pigs are typically kept as pets or for laboratory research.

Mouse hair



A mouse, plural mice, is a small rodent in the family Muridae. Mice have pointed noses, large ears, fur color varying from white to brown and gray, and long, hairless tails.

ruthenium



Ruthenium compounds can be used in solar cells, which turn light energy into electrical energy. Ruthenium is one of the most effective hardeners for platinum and palladium and is alloyed with these metals to make electrical contacts for severe wear resistance. It is used in some jewelry as an alloy with platinum.

Lycopodium (Clubmoss)



Lycopodium clavatum (common club moss, stag's-horn clubmoss, running clubmoss, or ground pine) is the most widespread species in the genus *Lycopodium* in the clubmoss family. They are flowerless, vascular, terrestrial or epiphytic plants, with widely branched, erect, prostrate or creeping stems, with small, simple, needle-like or scale-like leaves that cover the stem and branches thickly. The leaves contain a single, unbranched vascular strand and are microphylls by definition. The kidney-shaped or reniform spore-cases contain spores of one kind only and are borne on the upper surface of the leaf blade of specialized leaves

Osmol timber SM



Osmo finishes are based on natural oils and waxes. The oil penetrates into the wood surface, protecting the wood from deep within. The waxes form an elastic, micro porous surface which protects the wood from moisture and abrasion. The wood remains naturally beautiful, protected and durable.

Avocado oil



Avocado oil is a fat extracted from avocado pulp. It has a mild taste and neutral flavor great for various cooking uses. Avocado oil is high in monounsaturated fats, particularly oleic acid, a healthy omega-9 fat. It is a rich source of antioxidants, especially lutein which is beneficial for eye health. It's also a good source of vitamin E and is relatively low in omega-6 fats. Research shows that avocado oil is beneficial for arthritis symptoms, nutrient absorption, cardiovascular health and has potent anti-inflammatory properties.

Potassium sorbate



It's widely used as a preservative in foods, drinks, and personal care products.

Zinc gluconicum



Zinc gluconate supplements may also help heal acne lesions and prevent recurrence of acne. Zinc may act by regulating the activity of oil glands in the skin or by reducing inflammation.

Cherry soda



Cherry soda is a cherry flavored carbonated soft drink. Most cherry soda varieties do not contain actual cherry juice. The ingredients typically include natural and artificial flavors, preservatives, emulsifiers, artificial colors and sweeteners such as sugar, high fructose corn syrup or sugar substitutes. As a highly processed beverage, cherry soda does not have any nutritional value.

Cranberry Juice



Cranberry juice is a fruit beverage made from cranberries. Commercially cranberry juice is extracted via a multi-step process, filtered and then pasteurized in order to extend shelf life. Available varieties include 100% pure cranberry juice and cranberry juice cocktail or blend which may also contain other fruit juice concentrates and flavors. Pure cranberry juice is very tart, therefore sweeteners are commonly added to improve taste. This juice is an excellent source of vitamin C and contains vitamin E, vitamin K, manganese, calcium, potassium and other micronutrients. Many cranberry juice varieties are fortified with additional vitamin C to enhance nutritional value.

Tea Hibiscus Flower



Hibiscus tea is an herbal tea brewed from the flowers of tropical Hibiscus sabdariffa plant. It's a delicious caffeine free alternative to black or green tea with a tangy berry flavor and vibrant red color resembling cranberry juice. Hibiscus tea is rich in antioxidants beneficial for inflammation and oxidative stress. In fact, this tea outranks green tea in the overall antioxidant content. It's also a good source of vitamin C and iron, plus it contains small amounts of other vitamins and minerals.

Tea Jasmine



Jasmine tea is a tea scented with jasmine flowers. The most common variety is jasmine green tea, although jasmine white tea, jasmine oolong and jasmine black tea also exist. This tea has a subtly sweet floral flavor profile which can vary depending on which tea is used as its base and how its processed. It contains moderate levels of caffeine, about one third of a coffee cup. Jasmine tea is a rich source of antioxidants beneficial for inflammation and oxidative stress, particularly epigallocatechin gallate (EGCG), quercetin, kaempferol and myricetin. It also contains small amounts of vitamins and minerals, including B vitamins and manganese.

White Rum



Rum is a distilled alcoholic beverage made from fermented molasses or sugar cane originating in the West Indies. White rum is usually filtered after aging to remove any color, which results in a light-bodied, sweet taste. Its alcohol content varies from 38% to as much as 80% alcohol by volume (ABV). White rum is best served in various mixed drinks, including such popular cocktails as the Daiquiri and Mojito. Because it's a distilled drink, white rum does not contain any nutrients, all the calories are from alcohol.

Milk chocolate



Milk chocolate is a type of chocolate made with cocoa butter and 10-50% cocoa liquor. It has a creamy, "melt in your mouth" texture and sweet, velvety taste. Milk chocolate can be enjoyed as a delicious treat, or used to make candy, cookies, ice cream and various desserts. It's typically made with cow's milk, although there are vegan varieties that use other types of plant based milk. Overall, milk chocolate contains lower amounts of nutrients and higher sugar content than dark chocolate, especially varieties with lower cocoa content. Still, it's a good source of various micronutrients including vitamin B12, manganese, magnesium, phosphorus and calcium. Milk chocolate contains high amounts of saturated fat and healthy monounsaturated fats. However, most of saturated fat in milk chocolate comes from stearic acid which does not raise cholesterol. It contains antioxidants, particularly polyphenols beneficial for inflammation and oxidative stress. It also helps to boost mood and reduce depression and anxiety symptoms because it contains tryptophan, an essential amino acid needed for the production of neurotransmitter serotonin.

Butter



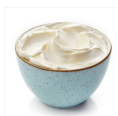
Butter is the creamy solid fat derived from cow milk. It has a mild, sweet taste great for sandwiches, baking, cooking and pan frying. Butter is very high in saturated fat - just 1 tablespoon will provide approximately 36% of the recommended daily intake. It contains healthy monounsaturated fatty acids and small amounts of polyunsaturated fatty acids. It's also a good source of vitamin A. There is conflicting research on the role of saturated fats and butter in connection with increased risk of heart disease and high cholesterol. Still, since butter is a high calorie, high fat food it's best to consume it in moderation as a part of a healthy, balanced diet.

Cheddar cheese



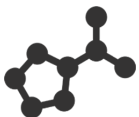
Cheddar cheese is a type of hard cheese made from cow's milk originating in England. It has a distinct sharp flavor and dense, crumbly texture. Cheddar cheese is highly versatile - it can be used as a topping on pastas and casseroles, melted in sauce and dips, or served as an appetizer. This cheese is a good source of calcium, it also contains phosphorus, vitamin A and zinc. It is very high in saturated fat and contains healthy monounsaturated fatty acids, plenty of protein and all 9 essential amino acids your body needs. Cheddar cheese contains much lower levels of lactose than cow's milk and may be better tolerated by individuals with lactose intolerance.

Sour Cream Cheese



Sour cream cheese is a type of cheese made from sour cream. It has a soft, spreadable texture and mild, slightly salty flavor. This cheese is highly versatile - it can be used as a spread on toast, bagels and crackers, added to soups, dips, pasta sauces and baked dishes, or used to make cheesecakes and desserts. Cream cheese is a good source of vitamin A and calcium, it also contains B vitamins, magnesium and other micronutrients. It is high in saturated fat and contains healthy monounsaturated fatty acids, plenty of protein and all 9 essential amino acids. Cream cheese contains lower levels of lactose than other dairy products and may be better tolerated by individuals with lactose intolerance.

E 322 Lecithin S (Soy)



Lecithin is a generic term to designate any group of yellow-brownish fatty substances occurring in animal and plant tissues which are amphiphilic – they attract both water and fatty substances, and are used for smoothing food textures, emulsifying, homogenizing liquid mixtures, and repelling sticking materials.

E 338 Orthophosphoric Acid



Another term for phosphoric acid. It is normally encountered as a colorless syrup of 85% concentration in water. The pure compound is a colorless solid.

Apple Jazz



Jazz apples have a distinct sweet taste and juicy texture with bright orange-red skin. They are great for baking and desserts since they do not lose their shape and taste during cooking. They are also good for snacking, salads, smoothies, apple sauce and more. This variety is rich in polyphenols, a type of antioxidants, especially in the apple skin. Jazz apples are low in calories and high in fiber, vitamin A, vitamin C and potassium. It's a great nutrient dense choice for weight loss, digestive, cardiovascular and immune health support.

Blueberries



Blueberries are small dark purple fruits with sweet taste and mild flavor. They are widely consumed in many ways - as a snack, in jams, smoothies, salads and baked dishes. Blueberries are one of the best sources of anthocyanins, a type of flavonoids present in red, blue and purple fruits and vegetables. One cup serving will provide 24% of your recommended daily vitamin C intake, 36% vitamin K and 25% manganese. Blueberries are low in calories and high in fiber - a great nutrient dense food for digestive health, blood sugar control and weight loss.

Boysenberries



A boysenberry is a juicy and large berry and originates from California. It has a tangy and tart taste and can be found in sauces, jellies, jams, syrups, desserts, and smoothies. It is a cross-breed of a European blackberry, raspberry, American dewberry and loganberry. One medium-sized banana will provide 25% of your recommended daily intake of vitamin K, 32% Manganese and 35% vitamin C. Boysenberries are a healthy source of fiber and iron. Studies show that boysenberries help with brain health, digestion, blood pressure regulation, lung health, immunity, and more.

Figs



Figs are medium sized fruits with green or purple skin and soft white-red flesh with tiny seeds. Due to their honey-like sweetness figs are often enjoyed raw, with or without skin. They can also be eaten dried, grilled, baked, in jams, desserts and various dishes. A 3.5 ounce or 100 gram serving of 2 medium sized figs will provide 12% of your recommended daily fiber intake. They also contain vitamin K, vitamin B6, potassium, manganese and other vitamins and minerals. Figs are low in calories and high in fiber - a great nutrient dense food choice for digestive health, especially constipation symptoms.

Lemon



Lemons are citrus fruits with bright yellow skin and juicy tart flesh originating in Asia. They can be consumed raw, used in juices, salads, desserts, drinks and various dishes. One lemon will provide approximately 139% of your recommended daily vitamin C intake, vitamin B6, copper and potassium. Lemons are low in calories and high in fiber - a great nutrient dense choice for digestive health, immune system support, blood sugar control and weight loss. They also contain high levels of antioxidants, including polyphenols which help lower oxidative stress and inflammation.

Passion fruit



Passion fruit is a small tropical fruit with hard purple skin and yellow flesh with black edible seeds. Due to its sweet juicy flavor it can be enjoyed raw, in drinks, smoothies, desserts and condiments. One half cup serving will provide approximately 30% of your recommended daily intake of vitamin A, 59% vitamin C and 49% fiber. It's also a good source of riboflavin, niacin, iron, magnesium and potassium. It also contains high levels of antioxidants, including polyphenols which help lower oxidative stress and inflammation. Passion fruit is a great nutrient dense choice for digestive health, heart health, blood sugar control and weight loss.

Pomegranate



Pomegranates have tiny, edible seeds (arils) with a translucent, brilliant red pulp that has a sparkling sweet-tart flavor, originated in Middle east. Their seeds and juice can be used in salads, soups, jellies, sauces and cakes. One cup of arils will provide approximately 36% recommended daily vitamin K intake, and 30% vitamin C, and 16% Folate. Research shows that pomegranates boost immunity, relieve stress, lower blood pressure, and lower risk of heart disease.

Strawberries



Strawberries are small heart shaped fruits with bright red skin and many small seeds on the outside. Their intense sweet flavor makes them one of the most widely consumed fruits. Strawberries can be enjoyed fresh, frozen, in smoothies, jams, desserts, salads and drinks. One cup serving will provide 149% of your recommended daily vitamin C intake, 29% manganese, folate, potassium, magnesium and more. Strawberries are low in calories and high in fiber - a great nutrient dense choice for digestive health, blood sugar control and weight loss. They contain high levels of antioxidants, including polyphenols which help lower oxidative stress and inflammation. These fruits are also a good source of anthocyanins, a type of flavonoids present in red, blue and purple fruits and vegetables. Studies have shown that strawberries may be protective against certain types of cancer and beneficial for heart disease.

Cornflakes



Cornflakes is made up of toasting flakes of corn. One cup of cornflakes will provide approximately 37% recommended daily iron intake and 15% of vitamin A. Research shows that cornflakes can be beneficial for heart disease, weight loss and lung health.

Green spelt



Green Spelt is grain and can be cooked like rice. One cup of cooked spelt will provide approximately 106% recommended daily manganese intake, 29% of phosphorous and 25% of vitamin B3. Research shows that green spelt can be beneficial for maintaining a healthier weight, improves digestion, lower risk of strokes, and heart attacks.

Parboiled rice



Parboiled rice, also known as converted rice, is a partially precooked rice that has been common in Asian and African countries for a number of years. Parboiling happens when you soak, steam, and dry rice while it's still in its inedible outer husk. This turns the rice inside a slightly yellow hue. Parboiling rice makes it easier to remove the husk of the rice before eating it. The process also improves the texture of the rice, making it fluffier and less sticky when you cook it than regular white rice. Notably, parboiled rice has significantly more thiamine and niacin than white rice. On the other hand, some minerals, including magnesium and zinc, are slightly lower in parboiled rice, compared to regular white and brown rice. Both parboiled and white rice are sometimes enriched with iron, thiamine, niacin, and folate, which reduces some of these nutrient differences when compared to brown rice.

Pita Bread



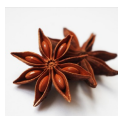
Pita or pitta (British English), is a family of yeast-leavened round flatbreads baked from wheat flour, common in the Mediterranean, Middle East, and neighboring areas. It includes the widely known version with an interior pocket, also known as Arabic bread, Syrian bread, and other names, as well as pocketless versions such as the Greek pita, used to wrap souvlaki.

Rye grain



Rye bread is a type of bread made with various proportions of flour from rye grain. It can be light or dark in color, depending on the type of flour used and the addition of coloring agents, and is typically denser than bread made from wheat flour. It is higher in fiber than white bread and is darker in color and stronger in flavor.

Star anise



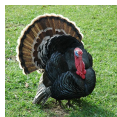
Star anise is a healing herb with a sweet taste, native to Northeast Vietnam and southwest China. One tablespoon of a star anise seed will provide approximately 14% recommended daily iron intake and 3% of calcium. Research shows that consuming star anise can be beneficial for heart health, improves digestion, fights against bacteria, cold and flu treatment

Lentils (Red)



Lentils are small, lens-shaped seeds, commonly referred to as pulses. They are one of the ancient cultivated crops which probably originated in the Central Asia and Turkey. Green lentils have a stronger earthy flavor than the red lentils. Green lentils, when cooked, remain firm, and will not disintegrate with longer cooking times, while red lentils disintegrate with prolonged cooking. Green lentils are more costly than red lentils. Unlike other large size beans, lentils compose a relatively less amount of dietary fiber which makes them easier for digestion. Lentils carry proportionately more B-complex of vitamins than some beans and peas. At 479 µg or 120 % of daily recommended values of folates, they indeed are the highest folate-containing legumes. Additionally, they compose very good levels of many B-complex vitamins such as pyridoxine-42%, thiamin-76%, pantothenic acid-43%, riboflavin-16%, and niacin-16% of daily recommended values. They are also a good source of potassium; 677 mg (14%) per 100 g. Lentils are used to prepare nutritious soups; they are also used in salads and main dishes. Boiled, mashed lentils are often used to make croquettes.

Turkey



Turkey meat is a staple in many regions worldwide. Its meat is typically darker than chicken, with a mild, sweet flavor and denser texture. Turkey is commonly served roasted, fried, stewed, in turkey burgers or cold cuts. A 100 gram or 3.5 ounce serving of cooked turkey breast meat will provide approximately 37% of recommended daily niacin intake, 28% vitamin B6, 46% selenium, phosphorus, zinc, iron and other vitamins and minerals. Turkey breast is generally leaner and milder in flavor than dark meat which is higher in healthy mono- and polyunsaturated fats. It is an excellent source of protein and all 9 essential amino acids. It's also much lower in fat when compared with beef, particularly saturated fat. Overall, turkey meat is a healthy, nutrient dense protein source beneficial for muscle growth and weight loss.

Cashew Milk



Cashew Milk made from whole cashews and water with a nutty flavor and creamy texture. Cashew Milk loaded with vitamins, minerals, healthy fats, and other beneficial plant compounds. One cup of almond milk will provide approximately 20% recommended daily magnesium intake, 10% of iron and 5% of potassium. Research shows consuming cashew milk may be beneficial for blood clotting, boost immunity and improve heart, eye, and skin health.

Coconut milk



Coconut milk is a plant-based milk produced from coconut flesh. It has a creamy texture and mild, sweet flavor. It's often used as a substitute for cow's milk by those intolerant or allergic to dairy, or leading a plant-based lifestyle. Coconut milk is very low in protein and does not contain all 9 essential amino acids compared to cow's milk. It's naturally high in saturated fat and contains moderate amounts of monounsaturated fats. There are two main types of coconut milk - canned whole coconut milk used in cooking and packaged coconut milk which is more diluted, commonly used with coffee and cereal. Canned coconut milk is usually less processed with fewer additives, while packaged coconut milk may contain emulsifiers, thickeners and sweeteners to improve texture and flavor, as well as fortified with added vitamins and minerals such as calcium, vitamin A, B12 and D. Canned coconut milk is naturally more nutritious, it's a good source of manganese, iron, magnesium, copper and other minerals.

Flaxseed



Flaxseed is one of the oldest crops grown in the world, treasured for its nutritional and health benefits. These small brown seeds have a crunchy texture and nutty flavor, great for breakfast dishes, baked goods and various other recipes. One tablespoon serving of ground flaxseeds will provide approximately 9% of your daily recommended manganese intake, plus various other vitamins and minerals. Flaxseeds are high in fiber and protein - a great nutrient dense food choice for digestion and blood sugar control. They are loaded with healthy omega-3 fats, particularly alpha-linolenic acid (ALA) beneficial for cardiovascular health. Flaxseeds also a rich source of lignans - polyphenols with antioxidant properties that may be protective against certain cancers.

Black cumin oil



Black cumin oil is a small flowering shrub with purple or white-tinged flowers that grows in Eastern Europe, the Middle East, and western Asia. It is used in cooking to add flavor to breads, curries, and pickles. Black cumin oil may be beneficial for reducing blood pressure, reducing high cholesterol and reducing pain and cramps.

Corn Oil



Corn oil is a fat produced from corn through an extensive extraction process. It has a mild, neutral flavor fit for various cooking uses. Corn oil mainly consists of polyunsaturated fats - linoleic acid, a type of omega-6 fat, and monounsaturated fats - oleic acid, a healthy omega-9 fat. It's also a good source of vitamin E. Corn oil contains a higher ratio of omega-6 fats than olive or avocado oil. Research has shown that consuming too much omega-6 while not getting enough omega-3 fats may increase the risk of inflammatory conditions and chronic diseases. The majority of corn oil produced worldwide is genetically modified to increase resistance to herbicides and insects. Although GMO corn oil is considered to be safe for consumption, there is not enough data on its long term health effects.

Crayfish



Crayfish, also known as crawfish, is a species of freshwater crustaceans related to lobster, commonly found in various regions worldwide. It's a popular delicacy known for its mild, sweet flavor and meaty texture. Crayfish is typically consumed steamed, grilled, or boiled. A 3 ounce serving of cooked crayfish will provide approximately 30% of recommended daily vitamin B12 intake, 45% selenium, copper, manganese, phosphorus and other micronutrients. It's a great source of protein and all 9 essential amino acids. It also contains healthy omega-3 fats. Overall, crayfish is a healthy, nutrient dense protein source. It contains low levels of mercury compared to large fish like tuna or swordfish, making it a safer seafood choice for pregnant women and children.

Hake



Hake is a medium-size fish related to cod and haddock, native to north Pacific and north Atlantic regions. It has flaky light colored meat with tender texture and sweet, mild flavor, commonly served grilled, pan fried and baked. Cooked hake is especially high in selenium, it's also a good source of B vitamins, phosphorus, magnesium and potassium. Hake is an excellent source of protein and all 9 essential amino acids, but it's relatively low in overall fat content. It contains healthy omega-3 fats, although not as much as other, fattier fish. As a smaller fish species, hake contains lower levels of mercury compared to large fish like tuna or swordfish, making it a safer choice for pregnant women and children.

Red Snapper



Red snapper is a fish species from snapper family related to dog snapper, mangrove snapper and lane snapper, native to the western Atlantic coast and the Gulf of Mexico. It's treasured for its mild, sweet flavor and firm texture, commonly served grilled, baked or pan fried. A 3 ounce serving of cooked red snapper will provide approximately 51% of recommended daily niacin intake, 50% vitamin B12, 59% selenium, vitamin B6, phosphorus, potassium and other micronutrients. This fish is a great source of protein and all 9 essential amino acids. It also contains healthy omega-3 fats. As a larger fish species, red snapper contains higher levels of mercury than smaller fish, therefore it should be consumed in moderation, especially for pregnant women and children.

Salmon (Farmed)



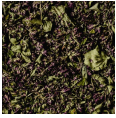
Salmon is the most sought-after fish; cherished for its delicious, omega-3 rich pink meat. This medium size oily fish lives in the pacific waters extending from Pacific coasts of Asia and North America and Atlantic coasts of Europe and North America. All species of salmon are rich source of vitamin-A, vitamin-D and long chain omega-3 fatty acids. Salmon is an excellent source of protein; 100 g provide 19.93 g (36% of RDI). Its protein profile encompasses all the essential amino acids in a healthy ratios. Salmon is one of the finest sources of some B-complex vitamins such as niacin (provides 53% RDI/100 g), pyridoxine and riboflavin. 100 g of salmon holds 526 IU of vitamin D; about 131% of daily recommended intake. Salmon may be pan roasted, shallow fried, broiled, foil baked, and grilled in the preparation of variety of mouth-watering menus. Just ensure it should be cooked until the meat is opaque and flakes off easily.

Cloves (Dry)



Cloves are the flower buds of the clove tree with a sweet and aromatic spice. One tablespoon of cloves will provide approximately 6% recommended daily vitamin C intake, 3% of calcium and 15% magnesium. Research shows that consuming cloves may be beneficial for healthy immune system, improves vision, heart health, and reduce blood pressure.

Marjoram (Dry)



Marjoram is a cold-sensitive perennial herb or undershrub with sweet pine and citrus flavors. In some Middle Eastern countries, marjoram is synonymous with oregano, and there the names sweet marjoram and knotted marjoram are used to distinguish it from other plants of the genus *Origanum*. Fresh marjoram herb contains exceptionally high levels of beta-carotene, vitamin-A, cryptoxanthin, lutein, and zeaxanthin. 100 g of dry marjoram leaves carry 8068 IU or 269% of DRI levels of vitamin-A.

Sugar, brown (natural)



Brown sugar is a type of unrefined or partially refined sweetener produced from sugar cane or sugar beets. It has a smoky caramel flavor, and color that varies from light brown to dark brown due to the presence of molasses. Brown sugar is commonly added to desserts, baked goods, sauces, marinades and beverages. This sweetener mostly consists of sucrose, a disaccharide consisting of 50% glucose and 50% fructose, and molasses. Brown sugar has a relatively high glycemic index and should be consumed in moderation.

Black radish



Black radish most likely originated from the Eastern Mediterranean and Asia Minor regions and can be almost as pungent as horseradish, which is a close relative. It features rough, black skin and firm, white fleshed inside which is spicy and not as juicy as red-globe or white-icicle radish. The many nutrients found in black radish include high amounts of dietary fiber (A half-cup serving of radishes contains 1 gram of fiber.) and vitamin C, as well as moderate levels of iron, magnesium, potassium, and other key vitamins, such as vitamins B, A, and E. They can then be flavored with green onions and sour cream, used in salads, or served with remoulade sauce. They can used with other vegetables like rutabaga in the preparation of steamed, stir-fried or sauteed recipes, as well as in soups, stews, and omelets and with tofu.

Chard



Chard is seasonal leafy greens grown widely around the Mediterranean region. Chard is a dark leafy green vegetable common in Mediterranean cuisine. Particularly popular in Italian food, it's often featured in pasta dishes, in risotto, and even on pizza. Chard leaves are an excellent source of an antioxidant vitamin, vitamin-C. Its fresh leaves provide about 33% of recommended levels per 100 g. Chard is one of the excellent vegetable sources for vitamin-K; 100 g provides about 700% of recommended intake. It is also a rich source of omega-3 fatty acids, and vitamin-A, flavonoids antioxidants like β -carotene, alpha-carotene, lutein, and zeaxanthin. Carotenes convert into vitamin-A inside the human body. It is also a rich source of minerals like copper, calcium, sodium, potassium, iron, manganese and phosphorus. Chard leaves and stalks can be used raw in salads, or can be cooked, braised or sautéed.

Garlic



Garlic is a plant in the Allium family, a close relative to onions, chives and leeks. Its bulb, the most commonly used part of the plant, is made up of multiple cloves that have a distinctly pungent, spicy flavor. Garlic is extremely popular in various cuisines throughout the world, adding flavor and aroma to soups, pastas, sauces, condiments and many other dishes. Even just one garlic clove will provide a good amount of vitamin C, vitamin B6, selenium and manganese. It's rich in various anti-inflammatory sulfuric compounds which are released when garlic is chewed, crushed or processed. Research has shown that garlic has multiple health benefits for cardiovascular health, bone health, immune system function and longevity.

Okras



Okra, also known as "lady's finger," or "bamia pod" is one of the favorite nutritious vegetables of North-East African origin. The pods usually gathered while they are green, tender, and at the immature stage. The pods compose healthy amounts of vitamin A, and flavonoid antioxidants such as beta-carotene, xanthin, and lutein. It is one of the vegetables with highest levels of these antioxidants. They are also a good source of folates; they provide about 22% of RDA per 100 g. The bamya pods are also an excellent source of antioxidant vitamin, vitamin C, providing about 36% of daily recommended levels. They are rich in the B-complex group of vitamins like niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid. The pods also contain good amounts of vitamin-K. The pods are also a good source of many essential minerals such as iron, calcium, manganese, and magnesium. Okra pods are one of the widely used vegetables in tropical countries. Chopped, or sliced, they can be stewed or fried. The leaves can also be eaten raw in salads.

Pepper (Cayenne)



Fiercely hot and pungent, cayenne pepper is one of the widely used spice items in many cuisines. Cayenne fruits are slender, elongated pods. The Cayenne variety of chili pepper plant is native to the Central American region where it employed as a spicy ingredient in the cuisine for several thousand years. Cayenne contains health benefiting alkaloid compound, capsaicin which gives them a strong spicy pungent character. Fresh cayenne peppers, red or green, are a rich source of vitamin-C. 100 g fresh chillies provide about 76.4 mg or about 127% of RDA of this vitamin. Cayenne chili peppers are perhaps the richest source of vitamin-A among spices. Just 100 g of cayenne has 41,610 IU or astoundingly 1387% of vitamin A. The spice contains very high levels of essential minerals. Even if consumed in small quantities regularly, would provide sufficient levels of iron, copper, zinc, potassium, manganese, magnesium and selenium. 100 g of cayenne peppers provides 2014 mg or 47% of a daily-required amount of potassium. Cayenne peppers are also good in the B-complex group of vitamins such as niacin, pyridoxine (vitamin B-6), riboflavin and thiamin (vitamin B-1). They can be mixed with other vegetables like potato, okra, pumpkin, green beans, etc., along with tomato, garlic, onion, cumin seeds and other spices in many mouth-watering sabzi, stews, and stir-fries.

Pumpkin



Pumpkin is a variety of winter squash native to North America. It's easily recognizable for its spherical shape and bright orange skin, although skin color can also vary from white to blue-green. Pumpkin flesh is sweet and mild, with flavor resembling sweet potato. It can be enjoyed in various recipes, including soups, baked goods, side dishes and desserts. One cup serving of cooked pumpkin will provide as much as 245% of your recommended daily vitamin A intake, as well as plenty of other vitamins and minerals. Pumpkin is low in calories and high in fiber - a good nutrient dense choice for digestion, weight loss and immune system function. It's also a great source of zeaxanthin and lutein, antioxidants beneficial for inflammation and eye health.

Watercress



Watercress is a small green plant from the cruciferous family of vegetables. Its peppery flavor makes watercress a tasty addition to salads, sandwiches and wraps, while cooked watercress is a delicious ingredient in soups, side dishes and stews. 1/2 cup serving of raw watercress will provide approximately 22% of your recommended daily vitamin A intake, 24% vitamin C, 106% vitamin K and small amounts of other vitamins and minerals. Watercress is very low in calories and rich in antioxidants - an excellent nutrient dense choice for weight loss, inflammation and immune system support. Research has also shown that watercress may be beneficial for cardiovascular health, osteoporosis and protective against certain cancers.

White wine vinegar



is vinegar made from white wine. Wine vinegars tend to be milder and less acidic than cider or white distilled vinegar, so they make a great addition to sauces, salad dressing, and marinades.

Ammonium chloride



A large number of personal care products contain ammonium chloride. Ammonium chloride, also under the name sal ammoniac or salmiak, is used as food additive, working as a yeast nutrient in breadmaking and as an acidifier. It is a feed supplement for cattle and an ingredient in nutritive media for yeasts and many microorganisms.

Calcium hydroxide



Traditionally prepared calcium hydroxide is also used in the preparation of various ethnobotanicals such as chewing tobacco, betel nut or coca leaves. The addition of calcium hydroxide ultimately increases the ability of the body to absorb certain compounds within the plant. In the case of corn, it allows for vitamin B3, or niacin, absorption.

Diammonium hydrogen orthophosphate



Diammonium hydrogen phosphate, or DAP, is a water-soluble phosphate used in the fermentation process of wine as a nutrient for the yeast. This additive helps the yeast perform better, enabling it to digest sugars more efficiently.

Disodium hydrogen orthophosphate



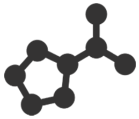
Disodium hydrogen phosphate, more commonly known as disodium sulfate, is used every day in both natural and artificial reactions. Disodium phosphate is particularly known for the benefits it brings the liver. These are valuable for human life, but the benefits from disodium phosphate are not limited to the body.

DL-and L-malic acid



DL-Malic Acid is a sour agent, preservative and pH regulator, the acidity is soft and persistence, acidity is 20% stronger than citric acid. It can be used for all kinds of food, according to production need to use appropriately. While the L-Malic acid is found naturally in apple, grape's pulp and other fruits and vegetables. It is also made by fumaric acid fermentation process. It is easily absorbed by human body, thus it is very important intermediate of human metabolism.

E 141 Chlorophyll Copper Complex



Chlorophyllin copper complex provides a much brighter and more stable green color than pure chlorophyll. It is used as a green dye in a wide range of foods including drinks, ice cream, candy, sauces, pickles and Sage Derby cheese.

E 161b Lutein



Lutein is one of the carotenoids, yellow and orange pigments found in many fruits and vegetables including mangoes, corn, sweet potatoes, carrots, squash, tomatoes and dark, leafy greens such as kale, collards and bok choy.

E 300 L-Ascorbic Acid



L-Ascorbic Acid is found in fruits and vegetables such as oranges, broccoli, leafy greens, grapefruit and peppers, they are a great source of dietary vitamin C. L-ascorbic acid is also found in kakadu plum and hibiscus, which are often used in clean vitamin C beauty products.

E 303, 5,6-Diacetyl-L- Ascorbic Acid



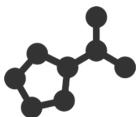
Vitamin C is known by several different names, including ascorbic acid, ascorbate, L-ascorbic acid and L-ascorbate. Oranges, red and green sweet peppers, broccoli, brussels sprouts, kiwifruit, strawberries and grapefruit are good sources.

E 320 Butylated Hydroxyanisole (BHA)



BHA can be found in potato chips, lard, butter, cereal, instant mashed potatoes, preserved meat, beer, baked goods, dry beverage and dessert mixes, chewing gum, and other foods.

E 460 Microcrystalline Cellulose



In food production, the powdered form, which is odorless and tasteless, is used in grated cheese and cheese curds to prevent products caking and sticking together.

E 475 polyglycerol ester of fatty acids



Polyglycerol esters of fatty acids (PGEs) are used in food as an emulsifier. As an emulsifying agent and texture stabilizer, the fats are mainly from plant origin, but also fats of animal origin may be used. The product generally is a mixture of different components. Used in cakes, dairy and imitation dairy products.

E 483 stearyl tartrate



Stearyl can be obtained from cocoa butter and shea, whereas tartaric acid is obtained from bananas, tamarinds and grapes among other fruits.

E 491 monostearate



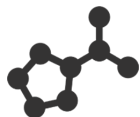
Sorbitan monostearate: From stearic acid and is used in dried yeast. Stearic acid is found in vegetable and animal fats, but commercial production is usually synthetic. Used as an emulsifier, sweetener, thickener, retains moisture, modifying agent.

E 492 sorbitan tristearate



Sorbitan Tristearate is a nonionic surfactant used for a variety of purposes, including as a dispersing agent, emulsifier, and stabilizer, in food and in aerosol sprays. Commonly found in Chocolates, Margarine, and is a Crystal Inhibitor in Palm Olein and Coconut Oil.

E 495 sorbitan monopalmitate



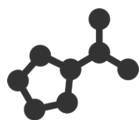
Besides emulsification, sorbitan monopalmitate can also act as a stabilizer, and a thickener for food. Sorbitan monopalmitate is permitted in bakery products, toppings and coatings, marmalade, fat emulsions, milk and cream analogues, beverage whiteners, liquid tea concentrates and liquid fruit and herbal infusion concentrates, edible ices, emulsified sauces, dietary food supplements, chewing gum, and dietetic foods

E 535 sodium ferrocyanide



Table salt is a mixture because it contains at least three substances. Salt contains NaCl molecules, as well as sodium ferrocyanide ($\text{Na}_4\text{Fe}(\text{CN})_6$), and either potassium iodide (KI), sodium iodide (NaI), or sodium iodate (NaIO_3).

E 558 bentonite montmorillonite



Bentonite montmorillonite is used to slow the progress of water through soil or rocks, Used in drilling muds to give the water greater viscosity, Nanoclays are the most commonly used commercial additive for the preparation of nanocomposites, accounting for nearly 80% of the volume used, Used as an absorbent to purify and decolor liquids, Used as a filler in paper and rubber, Used as a base for cosmetics and medicines



E 559 kaolinite clays



Kaolin clay, which has also been referred to as white clay or China clay, is primarily made up of the mineral kaolinite. It is used in the manufacturing of toothpaste, cosmetics and skin products.



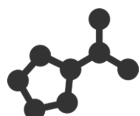
E 566 Natrolite- phonolite



Natural natrolite-phonolite in animal and poultry nutrition contributes slowing the rate of passage of food mass through the digestive tract, and thereby increases the impact of digestive juices on them. The usage of natural zeolite increases the ability of animals to use the nutrients of the diet.



E 765 Narasin



Narasin is a polyether antibiotic produced by the fermentation of a strain of *Streptomyces aureofaciens*. Narasin is authorized as a coccidiostat feed additive for the control of *Eimeria* infection in chickens for fattening. For food control purposes narasin can be selected as a marker residue and skin/fat as the target tissue. It can be toxic to horses and dogs at extremely low concentrations.



E 773 Semduramicin Sodium



Semduramicin sodium is a carboxylic acid ionophore for management of chicken coccidiosis (parasitic disease)



E100 - Curcumin



Curcumin is a bright yellow chemical produced by plants of the *Curcuma longa* species. It is the principal curcuminoid of turmeric, a member of the ginger family, Zingiberaceae. It is sold as a herbal supplement, cosmetics ingredient, food flavoring, and food coloring.



E104 – Quinoline Yellow



Typical applications for quinoline yellow include beverages, confectionery, meat, bakery, dairy fats and oil, seafood, snacks, dry mixes and seasonings, fruit preparation, convenient food, flavors, cosmetics and pharmaceuticals.

E215 – Natriumethyl-p-hydroxybenzoate



It is an additive with a preservative and bactericidal function used in various fields including the cosmetic one and used to counteract bacteria, fungi, yeasts and molds.

E216 – Propyl-p-Hydroxybenzoate



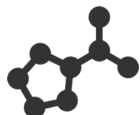
It is also used similarly as a food additive and as an anti-fungal preservation agent.

E219 – Sodium-Methyl-p-Hydroxybenzoate



Sodium methyl p-hydroxybenzoate is a food additive which is used as the food preservative. Sodium Methyl p-hydroxybenzoate can be found in margarine, pickled cucumbers, fruit products, pickles, sauces, deserts, soft drinks, processed fish, pineapple juice and table olives.

E230 - Biphenyl, Diphenyl



Biphenyl is an organic compound that forms colorless crystals. It is used as an antifungal synthetic preservative in food products, particularly citrus fruits to prevent the growth of penicillium mold. Oranges, grapefruits, lemons contain this to preserve the fruit inside.

E281 - Sodium Propionate



Sodium propionate is an organic sodium salt comprising equal numbers of sodium and propionate ions. It has a role as an antifungal drug and a food preservative.

E336 - potassium tartrates



Potassium tartrate is widely used in food, medicine, chemical industry, light industry, etc. Potassium tartrate used as beer foaming agent in food industry, food, sour agent, taste masking agent, etc. Tartaric acid potassium acid is 1.3 times of citric acid, especially suitable for grape juice acidity agent.

E420 - Sorbitol, Sorbitol Syrup



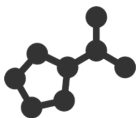
Found in diet foods (including diet drinks and ice cream), mints, cough syrups, and sugar-free chewing gum.

E450 - Diphosphates



Diphosphates are used as emulsifiers, stabilisers, acidity regulators, raising agents, sequestrants, and water retention agents in food processing.

E552 - Calcium Silicate



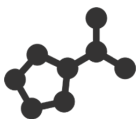
Calcium Silicate is a white free-flowing powder, used as an anticaking agent in food preparation, including table salt and as an antacid.

E957 - Thaumatin



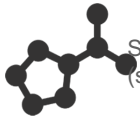
Thaumatococcus is a protein which is isolated from the katemfe fruit. The fruit contains 1-3 black seeds surrounded by a gel, and capped with a membranous sac, the aril, which contains the sweet material.

Pentasodium triphosphate



Pentasodium triphosphate is most commonly used in the making of detergents. However, it is also used as a food preservative for animal feeds, seafood, and meats.

Potassium dihydrogenorthophosphate



Some food items with varying levels of potassium phosphate include avocados, apples, dates, figs, lettuce, parsley, pumpkins, seaweeds (sea moss, bladder wrack), sweet almonds, spelt and walnuts.

Salicylic acid



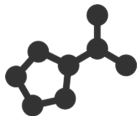
Salicylic acid uses for skin and hair include reducing acne blemishes, preventing blackheads and whiteheads from causing breakouts, exfoliating the skin, reducing inflammation and uneven skin tone, and decreasing dandruff. Fruits such as apricots, blackberries, blueberries, cantaloupe, dates, guava and raisins contain substantial amounts of salicylic acid. Vegetables rich in salicylates include alfalfa, broccoli, cucumber, fava beans, spinach and sweet potato.

Sodium dihydrogen orthophosphate



In cosmetics and personal care products, the Sodium Phosphate ingredients are used in the formulation of bath products, colognes, dentifrices, mouthwashes, hair conditioners, hair dyes and colors, permanent waves, shampoos, makeup and skin care products

Sulfaguanidine

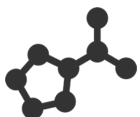


Sulfaguanidine a sulfonamide antibacterial used in treatment of gastrointestinal infections, especially bacillary dysentery, administered orally.

6-phytase



E 233 Thiabendazole



Thiabendazole is a commonly used food preservative that is widely applied in various fruits and vegetables to slow down putridity caused by fungi. It's registered for use as a preplanting dust treatment to potato seed-pieces, sweet potato seed pieces, soybean, and wheat.

Canary feathers



Canary is a small bird from the finch family native to the Canary Islands. Canaries have long been domesticated and bred as cage birds. They are popular for their colorful yellow-green plumage and melodious singing.

Deer skin



Deer or true deer are hoofed ruminant mammals in the family Cervidae. The deer family includes the white-tailed deer, red deer, reindeer, moose, elk and caribou.

Ferret fur



Ferret is a domesticated species of polecat, a small carnivorous mammal with long tail, short legs and brown, black or white fur. Ferrets belong to the Mustelidae family which also includes weasels, minks and wolverines.

Paper Wasp hive



A paper wasp is a flying stinging insect in the family Vespidae. Closely related to bees and ants, paper wasps have smooth yellow-and-black striped bodies and thin waists. They construct their nests from plant material combined with saliva which results in a paper-like appearance.

Linden grass



Linden tree (*Tilia* spp.) is a large deciduous tree species in the family Malvaceae native to the temperate regions of Northern Hemisphere. Other common names include basswood, lime tree or lime bush, although this tree is not closely related to the lime fruit tree, which is a species of citrus.

Plantain grass



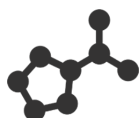
Plantain (*Plantago major*), also known as broadleaf plantain, white man's foot or greater plantain, is a perennial flowering plant species in the family Plantaginaceae. It is native to Europe and certain parts of Asia, but has been introduced to many other regions worldwide.

Nickel nitrate



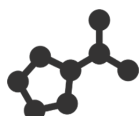
Nickel nitrate is the inorganic compound $\text{Ni}(\text{NO}_3)_2$ or any hydrate thereof. The anhydrous form is not commonly encountered, thus "nickel nitrate" usually refers to nickel(II) nitrate hexahydrate.

Nickel-II-chloride



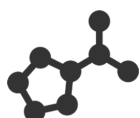
Nickel (II) chloride (or just nickel chloride), is the chemical compound NiCl_2 . The anhydrous salt is yellow, but the more familiar hydrate $\text{NiCl}_2 \cdot 6\text{H}_2\text{O}$ is green. Nickel (II) chloride, in various forms, is the most important source of nickel for chemical synthesis.

Osmium chloride



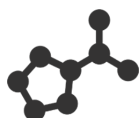
Osmium(III) Chloride (Osmium Trichloride) is an excellent water soluble crystalline Osmium source for uses compatible with chlorides. Chloride compounds can conduct electricity when fused or dissolved in water. Chloride materials can be decomposed by electrolysis to chlorine gas and the metal.

Tetramethyl-tin



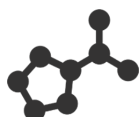
Tetramethyl tin (TMT) has been used by the photovoltaics industry to prepare transparent conductive oxide films on glass.

Vanadium oxide



Dairy products tend to contain anywhere from 5–30 ng/g of vanadium. ¹⁷ That said, milk is the best source of vanadium. Cheese and butter are not as high in vanadium.

amalgam



Amalgam is a liquid mercury and metal alloy mixture used in dentistry to fill cavities caused by tooth decay.

Copper



Copper is a soft, red-brown metal that occurs naturally in earth's crust, extracted from minerals chalcopyrite and bornite. It is an essential nutrient in the human body, supporting healthy bones, nerves, blood vessels, immune function and iron absorption. Copper is widely used in production of electronics, wiring and construction materials, as well as in a variety of other industrial applications.

gallium



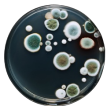
Gallium a compound used in microwave and infrared circuits, semiconductors and blue and violet LEDs, according to Chemistry Explained. Gallium arsenide can produce laser light directly from electricity and is used in solar panels.

Tobacco leaves



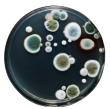
Tobacco contains the highly addictive stimulant alkaloid nicotine as well as harmala alkaloids. Dried tobacco leaves are mainly used for smoking in cigarettes and cigars, as well as pipes and shishas. They can also be consumed as snuff, chewing tobacco, dipping tobacco and snus.

Alternaria alternata



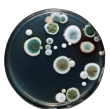
Alternaria alternata is a fungus which has been recorded causing leaf spot and other diseases on over 380 host species of plant. It is an opportunistic pathogen on numerous hosts causing leaf spots, rots and blights on many plant parts. It can also cause upper respiratory tract infections and asthma in humans with compromised immunity.

Aspergillus sydowii



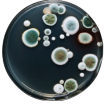
Aspergillus sydowii is a pathogenic fungus that causes several diseases in humans. In nature, it is typically found in soil, on seeds and on decomposing organic matter.

Aspergillus wentii



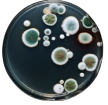
Aspergillus wentii is an asexual, filamentous, endosymbiotic fungus belonging to the mold genus, Aspergillus. It is a common soil fungus with a cosmopolitan distribution, although it is primarily found in subtropical regions. Found on a variety of organic materials, Aspergillus wentii is known to colonize corn, cereals, moist grains, peanuts and other ground nut crops. It is also used in the manufacture of biodiesel from lipids and is known for its ability to produce enzymes used in the food industry.

Beauveria bassiana



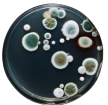
Beauveria bassiana is a fungus that grows naturally in soils throughout the world and acts as a parasite on various arthropod species, causing white muscardine disease; it thus belongs to the entomopathogenic fungi. It is being used as a biological insecticide to control a number of pests such as termites, thrips, whiteflies, aphids and different beetles. Its use in the control of bedbugs and malaria-transmitting mosquitos is under investigation.

Chrysosporium see



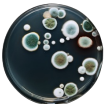
Chrysosporium is a keratinophilic filamentous fungus commonly isolated from soil, plant material, dung, and birds. It lives on remains of hairs and feathers in soil. It lives on remains of hairs and feathers in soil.

Cladosporium sphaerospermum



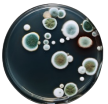
Cladosporium sphaerospermum is a cosmopolitan fungus that inhabits city buildings and the environment and because of its airborne nature it can move rapidly between locations, though the extent of this is lacking in research.

Memnoniella echinata



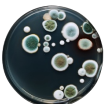
A rapidly-growing fungus that produces a blackish colony with a yellowish-brown to brownish-gray reverse, within five days, when incubated. It is found worldwide and can be isolated from soil, dead plants, paper and textiles.

Penicillium chrysogenum



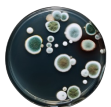
Penicillium chrysogenum is a species of fungus in the genus *Penicillium*. It is common in temperate and subtropical regions and can be found on salted food products, but it is mostly found in indoor environments, especially in damp or water-damaged buildings.

Penicillium aurantiogriseum



Penicillium aurantiogriseum is a plant pathogen infecting asparagus and strawberry. Chemical compounds isolated from *Penicillium aurantiogriseum* include anicequol and auranthine.

Scopulariopsis fusca



Scopulariopsis is a filamentous fungus that inhabits soil, plant material, feathers, and insects. It is distributed worldwide. Several species of Scopulariopsis have teleomorphs which are classified in the genus *Microascus*. While Scopulariopsis is commonly considered as a contaminant, it may cause infections in humans, particularly in immunocompromised patients.

Birch Tree



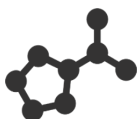
Birch is a thin-leaved hardwood tree in the family Betulaceae, closely related to alders, hazels and hornbeams. This tree species is native to temperate regions of Europe, Asia and North America.

Acetone



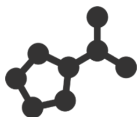
Acetone is a chemical used to make products like nail polish remover and paint remover. It is a colourless, highly volatile and flammable liquid with a characteristic pungent odour.

Citric acid



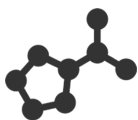
Citric Acid is a natural organic acid present abundantly in citrus fruits such as limes and lemons. It is also a raw material manufactured specifically for industrial purposes and used in a wide variety of products, including food and beverages, pharmaceutical preparations, detergents, bath products, skincare, haircare, and many other cosmetics. Citric Acid also has known skincare benefits. It belongs to the AHA family of acids, which supports skin exfoliation to reveal a fresh and firmer complexion. It is also an antioxidant used in anti-aging applications.

Formic acid



Formic Acid is a colorless liquid. In cosmetics and personal care products, Formic Acid is used in the formulation of face, neck, and other skin care products, foot powders and sprays, and hair care products.

Linalyl acetate



Linalyl Acetate is a synthetic aroma ingredient with strong lavender and bergamot notes at room temperature. Same as linalool, it is largely used in personal care, cosmetics, laundry care and home care applications.

L-tartaric acid



Tartaric acid has the properties of a great antioxidant. It is widely used in skin care products for the wellness and treatment of skin related problems. It peels the old skin and helps in generating a new fine layer of skin cells from the internal layers.

Maleic anhydride



Personal care products consuming maleic anhydride include hair sprays, adhesives and polishes.

Potassium diformate



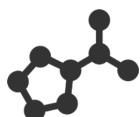
Potassium diformate is currently authorized as preservative for raw fish for feed use in all animal species. It is for use as an acidifier for swine feed at an inclusion rate ranging from 6 to 12 kg per ton of feed, not to exceed 1.2% of the total diet. Ensure the animals have an adequate supply of water available.

Sodium pyrophosphoricum



Sodium acid pyrophosphate, often abbreviated as SAPP is an edible phosphoric salt available as a white crystalline powder in the market. In food and beverage industry, sodium acid pyrophosphate is mostly used as a leavening agent in self-rising and baked goods and as a quality improver for meat and fish processing.

Stearic acid



Stearic acid is used most often to thicken and retain the shape of soaps (indirectly, through saponification of triglycerides composed of stearic acid esters), and it is also used in shampoos, shaving creams, and detergents.

Environmental | Animals

Budgie (Parakeet) feathers	Cat hair	Chicken feathers	chinchilla hair
Cow hide	Dove feathers	Duck feathers	Finch feather
Fox fur	Gerbil hair	Goat hair	Goose hair
Hamster hair	Horse dander	Mink skin	Parrot feather
Pig skin	Rabbit hair	Rat hair	Reindeer hair
Sheep (Wool)	Turkey Feather	Weevil eggs	Yellow wasp hive

Environmental | Dust Mites

Blomia tropicalis	Dermatophagoides microceras	Tyrophagus putrescentiae
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Environmental | Grasses

Bahia grass	Birch grass	Blue Oats grass	Bluegrass
Canary grass	Cocksfoot grass	Dogtooth grass	Honey grass
Meadow fescue	Mugwort grass	Pasture grass	Ragweed (Ambrosia genuine)
Redtop grass	Rush grass	Ryegrass	Woolly Cupgrass

Environmental | Heavy Metal Salts

Aluminium fluoride	Ammonium tetrachloroaurathydrat	Barium carbonate	Barium chlorate
Barium chloride	Barium fluorite	Barium oxide	Bismuth III chloride
Chromium chloride-II	Chromium III chloride	Chromium III oxide	Chromium VI oxide
Cobalt-II-chloride	Copper-chromite	Copper-cyanide	Gallium-III-chloride
Gold-1-cyanide	Indium-III-chloride	Iron-III-chloride	Manganese-II chloride
Mercury Chloride	Mercury iodide	Mercury Oxide	Molybdenum chloride V
Nickel chloride	Nickel oxide	Nickel sulfat	Niobium-V-chloride
Omnium-III-chloride	Paladium-II-chloride	Platinum IV chloride	Platinumid
Potassium chlorate	Rhodium III chloride	Ruthenium III chloride	Silver chloride
Silver chromate	Tetrabutyl tin	Tetrachloro-gold	Tetraethyl-tin
Tetraphenyl-tin	Tin-(II)-chloride	Titanium-IV-chloride	Tungsten IV-chloride
Zinc bromide	Zinc chromite	Zinc-cyanide	Zinc-nitrate
Zinc-oxide	Zinc-sulfate	Zirconium chloride	

Environmental | Heavy Metals and Minerals

Bismuth	Boron	Bromine	Cadmium
Chrome	Cobalt	Iron	Lanthanum
Manganese	Molybdenum	nickel	Niobium
osmium	palladium	Platinum	rhenium
rhodium	thallium	Tin	Titanium
Tungsten	Zinc		

Environmental | Miscellaneous

Cotton

Environmental | Molds and Fungus

<i>Absidia corymbifera</i>	<i>Acremonium kiliense</i>	<i>Acremonium murorum</i>	<i>Acremonium strictum</i>
<i>Aspergillus fumigatus</i>	<i>Aspergillus niger</i>	<i>Aspergillus ochraceus</i>	<i>Aspergillus penicillioides</i>
<i>Aspergillus restrictus</i>	<i>Aspergillus tamarii</i>	<i>Aspergillus terreus</i>	<i>Aspergillus ustus</i>
<i>Aspergillus versicolor</i>	<i>Aureobasidium pullulans</i>	<i>Botrytis cinerea</i>	<i>Byssochlamys nivea</i>
<i>Cadosporium herbarum</i>	<i>Chaetomium globosum</i>	<i>Chrysonilia crassa</i>	<i>Chrysonilia sitophila</i>
<i>Cladosporium cladosporioides</i>	<i>Cladosporium herbarum</i>	<i>Curvularia geniculata</i>	<i>Doratomyces see</i>
<i>Emericella nidulans</i>	<i>Engyodontium album</i>	<i>Epicoccum nigrum</i>	<i>Eurotium amstelodami</i>
<i>Eurotium chevalieri</i>	<i>Eurotium herbariorum</i>	<i>Eurotium rubrum</i>	<i>Fusarium culmorum</i>
<i>Fusarium oxysporum</i>	<i>Fusarium solani</i>	<i>Geomyces pannorum</i>	<i>Gliocladium roseum</i>
<i>Mucor hiemalis</i>	<i>Mucor plumbeus</i>	<i>Mucor rascemosus</i>	<i>Oidiodendron griseum</i>
<i>Paecilomyces variotii</i>	<i>Penicillium brevicompactum</i>	<i>Penicillium citrinum</i>	<i>Penicillium commune</i>
<i>Penicillium corylophilum</i>	<i>Penicillium digitatum</i>	<i>Penicillium expansum</i>	<i>Penicillium funiculosum</i>
<i>Penicillium glabrum</i>	<i>Penicillium griseofulvum</i>	<i>Penicillium olsonii</i>	<i>Penicillium purpurogenum</i>
<i>Penicillium roquefortii</i>	<i>Penicillium variable</i>	<i>Phialophora fastigiata</i>	<i>Phoma glomerata</i>
<i>Phoma macrostoma</i>	<i>Rhizopus stolonifer</i>	<i>Rhodotorula</i>	<i>Scopulariopsis</i>
<i>Stachybotrys chartarum</i>	<i>Stemphylium botryosum</i>	<i>Syncephalastrum racemosum</i>	<i>Trichoderma harzianum</i>
<i>Trichoderma viride</i>	<i>Trichothecium roseum</i>	<i>Ulocladium chartarum</i>	<i>Verticillium lecanii</i>
<i>Verticillium luteoalbum</i>	<i>Wallemia sebi</i>	Yeasts	

Environmental | Plants and Trees

Alder Tree	Ash Tree	Atriplex	Beech
Buckeye Tree	Chenopodium (Goosefoot)	Chestnut	Common Nettle
Hickory tree	Marguerite daisy	Pepper tree	Ribwort Plantain
Virginia's Oak	Walnut Tree		

Environmental | Wood Preservatives

Basileum (woodworm)	Dibenzofuran	Dinitrocresol	Dinitrophenol arsenic trioxide-Influenzaoro-Na
Pentachlorophenol	Xydal	Xydon	Xydoz

Food | Beverages

Absinthe	Apple cider	Apple juice	Bailey's Irish cream
Beer	Brandy	Champagne	Cherry juice
Cocoa (with cream and sugar)	Cocoa (with milk)	Coconut water	Coffee - Bean
Coffee - Black	Coffee - Espresso	Coffee (with cream and sugar)	Coffee (with sugar)
Cognac	Cola	Corn Silk Tea	Dark Rum
Fennel tea	Gin	Ginger Beer	Grape juice
Grape soda	Green tea	Hot Cocoa	Kombucha
Lemon soda	Lime soda	Liqueur	Malt coffee
Mango Juice	Marsala Wine	Orange Juice	Orange soda
Pear cider	Peppermint tea	Pineapple Juice	Pomegranate Juice
Red wine	Rose	Sangria	Soda (clear)
Stout	Tea (with sugar and cream)	Tea Black	Tea Chamomile
Tea Earl Grey	Tea Ginseng	Tea Oolong	Tea Rooibos
Tequila	Top fermented dark beer	Vodka	Wheat beer
Whiskey	White wine		

Food | Confections

Chocolate	Chocolate 50% cocoa	Cocoa	Dark Chocolate
Nougat	White chocolate		

Food | Dairy Products

American cheese	Brie	Buttermilk	Camembert
Clarified Butter	Condensed milk	Cottage Cheese	Cream cheese
Crème fraiche	Curd	Curdled Milk	Double cream
Feta cheese	Goat Cheese	Goat's Milk	Gorgonzola
Gouda cheese	Gruyere	Kefir	Long life milk
Milk (sweet)	Mozzarella	Parmigiano-Reggiano	Pepper Jack cheese
Ricotta cheese	Roquefort	Sheep Yogurt	Sheep's Milk
Skim Milk	Sour Cream	Sour Milk	Stilton
Swiss Cheese			

Food | Emulsifiers

E 334 Tartaric Acid	E 339 b Disodium Orthophosphate	E 341c Tricalcium Orthophosphate	E 450 a Trisodium Diphosphate
E 450 c Sodium Polyphosphate	E 450 Sodium Dihydrogen Phosphate	E 621 sodium glutamate	E 622 potassium glutamate
E 623 calcium glutamate			

Food | Flavorings

Apricot flavor	Banana flavor	Cherry flavor	Herbal aroma
Lemon flavor	Orange flavor	Pear aroma	Raspberry flavor
Rum flavoring	Strawberry aroma	Vanilla flavouring	

Food | Food Additives

E 330 Citric Acid	E 414 Acacia Gum
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Food | Fruits

Acacia berry	Apple Braeburn	Apple Fiji	Apple Gala
Apple Golden Delicious	Apple Granny Smith	Apricot	Avocado
Banana	Bilberries	black currant	Blackberries
Buckthorn Berry	Cantaloupe Melon	Cherries	Cranberries
Currant (Red)	Dates	Elderberry	Galia melon
Gooseberry	Gooseberry (Chinese)	Grape (red)	Grape (white)
Grapefruit	Grapefruit Pink	Guava	Honeydew melon
Huckleberry	Jujube	Juniper berry	Kaki fruit
Key Limes	Kiwi	Kumquat	Limes
Lingonberry	Loquat fruit	Lychee	Mandarin
Mango	Mirabelle Plum	Nectarine	Olive (Spanish)
Oranges	Papaya	Peaches	Pears
Persimmon	Pineapple	Plum (black)	Plum (red)
Prune	Quince	Raisins	Raspberries
Rosehip Fruit	Star fruit	Tangerine, Clementine	Watermelon

Food | Fungus

Brewer's Yeast	Truffles (White)
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Food | Grain Products

Amaranth	Baguette	Baker's Yeast	Barley
Barley flour	Basmati Rice	Bread, white bread	Buckwheat
Bulgur	Cornmeal	Couscous	Crisp bread
Foxtail millet	Gluten (gliadin)	Jap. Millet (wheat millet)	Linseed
Millet	Mixed grain bread (wheat and rye)	Noodles	Noodles spelt
Noodles spelt wholegrain	Oat	Oatmeal	Pumpernickel
Quinoa	Rice	Rice groats	Rice wholegrain
Rye	Rye flour	Rye whole grain bread	Sesame
Sourdough	Spelt	Spelt bread	Wheat, whole wheat

Food | Herbs

Lemon balm	Wild Marjoram
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Food | Legumes

Bean (Black)	Bean (Red)	Beans (White)	Common bean
Lentils (Black)	Lentils (Brown)	Lentils (Green)	Lentils (Yellow)
Peas			

Food | Meats and Proteins

Alligator	Beef	Beef (heart)	Beef (kidney)
Beef (liver)	Beef Jerky	Bison	Chicken (egg white)
Chicken (liver)	Chicken egg yolk	Conalbumin	Duck
Duck Eggs	Elk / Moose	Guinea pig	Hare
Horse	Lamb	Lamb (liver)	Mutton
Ovalbumin	Partridge	Pheasant	Pork
Pork (heart)	Pork (kidney)	Pork (liver)	Pork sausages
Rabbit	Snail	Turkey (heart)	Turkey (liver)
Veal	Veal (Liver)	Venison	Whey

Food | Non Dairy

Almond Milk	Coconut milk yogurt	Flax Milk	Greek plain yogurt
Hazelnut Milk	Hemp Milk	Oat Milk	Pea Milk
Peach yogurt	Rice Milk	Soy milk	Strawberry yogurt
Vanilla almond yogurt	Vanilla Yogurt		

Food | Nuts and Seeds

Almond	Brazil nuts	Caraway	Cashew nuts
Coconut	Dry Roasted Peanuts	Fennel seed	Hazelnut
Macadamia	Meridian Fennel	Mustard seeds	Peanut
Pecan nut	Pine nut	Pistachio	Poppy seeds
Pumpkin seeds	Sesame seeds	Soybean	Sunflower seeds
Walnut			

Food | Oils

Coconut oil	Cod-liver oil	Flaxseed Oil	Ghee Oil
Grapeseed Oil	Hazelnut Oil	Hempseed oil	Linseed oil
Olive oil	Organic olive oil	Peanut Oil	Peppermint oil
Pumpkin seed oil	Rapeseed oil	Safflower oil	Sesame oil
Soybean oil	Sunflower oil	Vegetable Oil	Walnut Oil

Food | Seafood

Anchovies	Blue Crab	Blue Mussel	Carp
Caviar	Clams	Cod	Dungeness Crab
Eel	Flatfish	Flounder	Haddock
Herring	Jellyfish	King Crab	Lobster
Mackerel Chub	Mackerel King	Mackerel Spanish	Mussels, common
Octopus	Oyster	Pike	Plaice
Sardines	Scallops	Shrimp	Snow Crab
Sole	Squid (Atlantic)	Squid (Pacific)	Stone Crab
Swordfish	Trout (brown)	Trout (Sea)	Trout Freshwater
Tuna (Albacore)	Tuna (Yellowfin)	Whitebait	

Food | Spices and Herbs

Allspice	Bay leaf	Black pepper	Cayenne pepper (Powder)
Cocoa (Powder)	Coriander	Curry Powder	Dill (Dry)
Fennel seeds (Dry)	Garlic (Powder)	Mace Spice (Dry)	Meridian Fennel (Dry)
Mustard	Parsley	Soy sauce	Thai Ginger
Vanilla Bean	Vanilla Extract (Pure)	Worcester sauce	

Food | Spices, Herbs and Sauces

Basil Pesto	Beef Bouillon	Chicken Broth	Chilli Powder
Fresh Dill	Fresh Parsley	Fresh Rosemary	Horseradish
Vegetable Bouillon			

Food | Sweeteners

Agar-agar	Agave Syrup	Apple Syrup	Aspartame
Cane sugar	Clover Honey	Coarse Sugar	Confection Sugar
Fructose	Granulated Sugar	Lactose	Linden blossom honey
Mannitol Sweetner (Powder)	Maple Syrup	Marzipan	Pear Syrup
Raw Honey	Rock Candy	Saccharin sodium	Sodium Cyclamate
Sorbitol	Vanilla Sugar	Wild Honey	Xylitol

Food | Vegetables

Artichoke	Artichoke (Jerusalem)	Asparagus	Asparagus (White)
Beet (Fodder)	Beet leaves	Beetroot	Bell pepper (green)
Bell pepper (red)	Bell pepper (yellow)	Broccoli	Brussels sprouts
Cabbage	Cabbage (Chinese)	Carrots	Cauliflower
Celery	Chicory Root	Chives	Corn
Cress	Cucumber	Eggplant (American)	Eggplant (Asian)
Eggplant (European)	Endive	Fire beans	Green Peppers
Iceberg lettuce	Kale	Kohlrabi	Lamb's lettuce
Leek	Lima bean	Mung bean sprouts	Onion (Red)
Onion (White)	Onion (Yellow)	Onions (Pearls)	Palm hearts
Parsnip	Pea	Pepper (Chili)	Pickels (Dill)
Pickle (Cucumber)	Porcini mushrooms	Potato (cooked)	Radicchio
Radish	Red cabbage	Red Pepper	Rhubarb
Romain lettuce	Rutabaga	Salsify	Sauerkraut
Savoy Cabbage	Shallots	Shitaki mushrooms	Spinach
Sweet Peppers	Sweet Potato (Batate)	Tomatoes	Turnips
White Button mushrooms	Zucchini		

Food | Vinegars

Apple cider vinegar	Balsamic vinegar	Champagne vinegar	Red wine vinegar
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Nutritional | Additives

Acetylsalicylic acid	Ammonium bicarbonate	Ammonium carbonate	Calcium oxide
Calcium tetrahydro orthophosphate	Chromium oxide	Dicalcium diphosphate	Dipotassium hydrogen orthophosphate
Disodium dihydrogen diphosphate	E 102 Tartrazine	E 110 Sunset Yellow FCF	E 124 Ponceau 4R
E 127 Erythrosine	E 131 Patent Blue V	E 132 Indigotine	E 142 Acid Brilliant Green BS (Lissamine)
E 153 Carbon Black	E 160a Beta-Carotene	E 160b Bixin	E 160c Capsanthin
E 160e Beta-Apo-8'-Carotenal	E 161c Kryptoxanthin	E 161g Canthaxanthin	E 161h Zeaxanthin
E 161i Citranaxanthin	E 161J Astaxanthin	E 172 Iron Oxide Red	E 301 Sodium-L-Ascorbate
E 302 Calcium-L-Ascorbate	E 307 Synthetic Alpha-Tocopherol	E 308 Synthetic Gamma-Tocopherol	E 309 Synthetic Delta-Tocopherol
E 310 Propyl Gallate	E 311 Octyl Gallate	E 312 Dodecyl Gallate	E 321 Butylated Hydroxytoluene (BHT)

Nutritional | Additives

E 322 Lecithins	E 324 Ethoxyquin	E 400 Alginic Acid	E 401 Sodium Alginate
E 402 Potassium Alginate	E 403 Ammonium Alginate	E 404 Calcium Alginate	E 406 Agar
E 407 Carrageenan	E 410 Locust Bean Gum	E 411 Tamarind Seed Flour	E 412 Guar Gum
E 413 Tragacanth	E 415 Xanthan Gum	E 418 Gellan Gum	E 420 Sorbitol
E 421 Mannitol	E 422 Glycerol	E 440 Pectins	E 450 b Pentasodium Triphosphate
E 460 Cellulose Powder	E 461 Methylcellulose	E 462 Ethylcellulose	E 463 Hydroxypropylcellulose
E 464 Hydroxypropylmethylcellulose	E 465 methylethylcellulose	E 466 carboxymethylcellulose	E 473 sucrose esters
E 474 sucroglycerides	E 480 stearyl-2-lactic acid	E 481 sodium stearyl lactyl-2-lactate	E 482 calciumstearyl lactyl-2-lactate
E 486 dextrans	E 489 polyglycerol ether	E 490 1,2-propanediol	E 493 sorbitan monolaurate
E 494 sorbitan monooleate	E 496 polyethylene glycol	E 497 polymers of polyoxypropylenpolyoxyethylen	E 499 Cassia gum
E 516 calcium sulfate dihydrate	E 536 potassium ferro-cyanide	E 551 silica	E 551 silicon dioxide
E 552 calcium silicate	E 554 sodium aluminum silicate	E 560 steatite, containing chlorite	E 561 vermiculite
E 562 sepiolite	E 563 sepiolite clay	E 565 lignosulfonates	E 598 synthetic calcium aluminates
E 599 perlite	E 756 Decoquinat	E 757 Monensin Sodium	E 758 Robenidine Hydrochloride
E 763 Lasalocid A Sodium	E 764 Halofuginone	E 764 Halofuginone Hydrobromide	E 766 Salinomycin Sodium
E 770 Maduramicin Ammonium Alpha	E 771 Diclazuril	E 772 Narasin	E 954 Saccharin
E 954 Saccharin Calcium	E 954 Saccharin Sodium	E 959 Neohesperidin Dihydrochalcone	E101 - Riboflavin (Vitamin B1)
E102 - Tartrazine	E120 - Cochineal	E122 - Carmoisine	E123 - Amaranth
E124 - Ponceau 4R, Cochineal Red A	E127 - Erythrosine	E128 - Red 2G	E129 - Allura Red AC
E131 - Blue Patent	E132 - Indigotine	E133 - Brilliant Blue FCF	E140 - Chlorophylls, Chlorophyllins
E142 - Green S	E150a - Plain Caramel	E150b - Caustic Sulfite Caramel	E150c - Ammonia Caramel
E150d - Sulfite Ammonia Caramel	E151 - Brilliant Black BN, Black PN	E153 – Vegetable Carbon	E154 - Brown FK
E155 - Brown HT	E160a - Carotenes (Beta-Carotene)	E160d - Lycopene	E160e - Beta-Apo-8'-Carotenal (C 30)
E161b - Lutein	E161g - Canthaxanthin	E162 - Beetroot Red	E163 - Anthocyanins
E170 - Calcium Carbonate	E171 - Titanium Dioxide	E172 - Iron Oxide, Iron Hydroxide	E173 - Aluminum

Nutritional | Additives

E174 - Silver	E175 - Gold	E180 - Litholrubine Bk	E200 - Sorbic Acid
E210 - Benzoic Acid	E211 - Sodium Benzoate	E212 - Potassium Benzoate	E213 - Calcium Benzoate
E214 - Ethyl P-Hydroxybenzoate	E217 – Sodium-Propyl-p-Hydroxybenzoate	E218 – Methyl-p--Hydroxybenzoate	E220 - Sulfur Dioxide
E221 - Sodium Sulfite	E222 - Sodium Hydrogen Sulfite	E223 - Sodium Metabisulfite	E224 - Potassium Metabisulfite
E226 - Calcium Sulfite	E227 - Calcium Bisulfite	E228 - Potassium Bisulfite	E231 - Orthophenylphenol
E232 - Sodium Orthophenylphenol	E234 - Nisin	E235 - Natamycin	E239 - Hexamethylenetetramine
E242 - Dimethyldicarbonate	E249 - Potassium Nitrite	E251 - Sodium Nitrate	E252 - Potassium Nitrate
E260 - Acetic Acid	E261 - Potassium Acetate	E262 - Sodium Acetates	E263 - Calcium Acetate
E270 - Lactic Acid	E280 - Propionic Acid	E282 - Calcium Propionate	E283 - Potassium Propionate
E284 - Boron Acid	E285 - Sodium Tetraborate (Borax)	E290 - Carbon Dioxide	E296 - Malic Acid
E297 - Fumaric Acid	E300 - Ascorbic Acid	E301 - sodium ascorbate	E302 - calcium ascorbate
E307 - alpha-tocopherol	E308 - gamma-tocopherol	E309 - delta-tocopherol	E310 - propyl gallate
E311 - octyl gallate	E312 - dodecyl gallate	E315 - Isoascorbin acid	E316 - sodium isoascorbate
E320 - butylated hydroxyanisole (BHA)	E3200 - ascorbic acid (L-)	E321 - butylated hydroxytoluene (BHT)	E322 - lecithins
E325 - sodium lactate	E326 - potassium lactate	E327 - calcium lactate	E331 - sodium citrate
E332 - potassium citrate	E333 - Calcium citrates	E334 - L (+)-tartaric acid	E335 - Sodium tartrates
E337 - potassium sodium tartrate	E338 - Phosphoric Acid	E339 - Sodium Phosphates	E340 - Potassium Phosphates
E341 - Calcium Phosphates	E343 - Magnesium Phosphate	E407 - Carrageenan	E410 - Locust Bean Gum
E412 - Guar Gum	E413 - Tragacanth	E415 - Xanthan	E416 - Karaya Gum
E421 - Mannitol	E422 - Glycerol	E440 - Pectins, Amidated Pectin	E451 - Triphosphate
E460 - Cellulose	E466 - (Sodium)Carboxymethylcellulose	E491 - Sorbitan Monostearate	E500 - Sodium Carbonate (Soda)
E501 - Potassium Carbonate (Potash)	E512 – Stannous Chloride	E513 - Sulfuric Acid	E516 - Calcium Sulfate (Gypsum)
E520 - Aluminum Sulphate	E524 - Sodium Hydroxide (caustic soda)	E574 - Gluconic Acid	E620 - Glutamic Acid
E640 - Glycine and its sodium salts	E900 - Dimethylpolysiloxane	E901 - Beeswax	E904 - Shellac
E950 - Acesulfame K	E951 - Aspartame	E952 - Cyclohexansulfamid Acid, Cyclamate	E953 - Isomalt
E965 - Maltitol	E966 - Lactitol	Pentapotassium triphosphate	Phenol

Nutritional | Additives

Potassium hydrogen carbonate	Potassium hydroxide	Quinine	Sodium hydrogen carbonate
Sodium hydroxide	Sodium sesquicarbonate	Sulfuric acid	Tetrasodium diphosphate
Tripotassium Phosphate			

Nutritional | Amino Acids

L-lysine (base)

Nutritional | Enzymes

Alpha-amylase	beta-glucanase	Endo-1 ,4-betaglucanase	Endo-1 ,4-betaxylanase
Endo-1 ,4-beta-xylanase	polygalacturonase	Subtilisin	

Nutritional | Gut Flora

Bacillus subtilis	Enterococcus faecium	Parulis (Staphylococcus aureus)	Saccharomyces cerevisiae
Streptococcus			

Nutritional | Preservatives

4-ethyl parahydroxybenzoate	4-ethyl parahydroxybenzoate-sodium salt	4-propyl parahydroxybenzoate	E 200 Sorbic Acid
E 202 Potassium Sorbate	E 210 Benzoic Acid	E 211 Sodium Benzoate	E 220 Sulfur Dioxide
E 221 Sodium Sulfite	E 223 Sodium Disulphite	E 224 Potassium Disulphite	E 230 Biphenyl
E 249 Potassium Nitrite	E 251 Sodium Nitrate	E 252 Sodium Nitrate	

Nutritional | Vitamins

beta-Carotene	Choline bitartrate	Folic acid	L-Carnitine
Omega-3	Omega-6	P-Aminobenzoic acid	Taurine
Vitamin A	Vitamin B1 (Thiamine)	Vitamin B12	Vitamin B2 (Riboflavin)
Vitamin B3 (Niacinamide)	Vitamin B5 (Panthenol)	Vitamin B6 (Pyridoxine)	Vitamin B7 (Biotin)
Vitamin B9 (Folate)	Vitamin C (L-ascorbate)	Vitamin D2	Vitamin D3
Vitamin E	Vitamin K		

Skin Care | Skin Care additives

Acetic acid	acidum benzoicum	acidum sorbicum	Algae extract
Aloe barbensis	Ammonium formate	Ammoniumpropionate	Argan oil
Beeswax	Bentonite	Benzoic acid	Betaine
Butylated Hydroxyanisole (BHA)	Butylated Hydroxytoluene (BHT)	Calcium acetate	Calcium carbonate
Calcium citrates	Calcium formate	Calcium hydrogen-orthophosphate	Calcium lactate
Calcium propionate	Calcium sorbate	Calcium Sulfate	Coenzyme Q10
Disodium carbonate	DL-malic acid	E202 - Potassium Sorbate	E203 - Calcium Sorbate
Formaldehyde	Fumaric acid	Hexamethylenetetramine	Hydrochloric acid
Kathon-CG (Euxyl)	Lactic acid	L-potassium tartrate	L-sodium tartrates
Magnesium ascorbyl phosphate	Magnesium chloride	Magnesium nitrate	Magnesium sulphate
Malathion	Maleic acid	Maleic acid dimethyl ester	Methacrylic acid
Methacrylic hydroxypropyl	Methylpropionic acid	Orthophosphoric acid	Paraffinum
Potassium acetate	Potassium citrate	Potassium lactate	Potassium propionate
Potassium tartrate	Propanediol	Propionic acid	Sodium
Sodium benzoate	Sodium bisulfite	Sodium citrate	Sodium diacetate
Sodium formate	Sodium lactate	Sodium metabisulfite	Sodium nitrite
Sodium propionate	Sodium sorbate	Sodium sulfurosum	Sorbic acid
Sulphur dioxide	Sulphuric acid	Thiourea	Trimethylolpropanetriacrylate
Trimethylsiloxysilicate	Trisodium orthophosphate	Xanthan Gum	Zinc PCA