- Benzoic Acid
- Brazzein
- Brominated Vegetable Oil (BVO)
- Butylated Hydroxyanisole (BHA)
- Butylated Hydroxytoluene (BHT)
- Caramel Colouring
- Carrageenan
- Casein
- Cyclamate
- DATEM (Diacetyl Tartric Acid Esters of Mono & Diglycerides)
- Diacetyl
- Dimethylopolysiloxane
- Disodium Pyrophosphate
- Heptyl Paraben
- HVP (Hydrolyzed Vegetable Protein)
- Hydrogenated (& Partially Hydrogenated) Vegetable Oil
- Interesterified Oils
- Mogrosides
- Monatin
- Mono & Diglycerides
- MSG (Monosodium Glutamate)
- Mycoprotein/Quorn
- Olestra
- Potassium Bromate
- Propyl Gallate
- Propylene Glycol Alginate
- Quinine
- Sodium Acid Pyrophosphate
- Sodium Benzoate
- Sodium Bisulfite
- Sodium Caseinate
- Sodium Nitrate
- Sodium Nitrite
- Sulfites
- Sulfur Dioxide
- TBHQ (Tert-Butylhydroquinone)
- Titanium Dioxide
- Transglutaminase

**Sweeteners**

- Acesulfame-Potassium
- Aspartame
- Corn Syrup
- Dextrose (Corn Sugar, Glucose)
- Fructose
- High-Fructose Corn Syrup
- Hydrogenated Starch Hydrolysate
- Invert Sugar
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Neotame
- Polydextrose
- Refined Sugar
- Saccharin
- Salatrim
- Salt
- Sorbitol
- Sucralose
- Tagatose

**GMO: Canadian & US Crops**

- Corn
- Canola
- Soy
- Sugar Beet

**GMO: Imported**

- Papaya
- Squash
- Milk Products
- Cotton Seed Oil

All products that contain corn starch, corn syrup, or any other product that is derived from a GMO crop should be avoided.

**Vegetable Oils May Be GMO. Always Ask What Is In It Because Often It Is Soy, Corn And/OR Canola.**

**Food Colouring**

- All FD & C Artificial Colourings as well as: Blue 1, Blue 2, Green 3, Orange B, Citrus Red, Red 3, Red 40, Yellow 5, Yellow 4, Yellow 6, Tartrazine