

- BENZOIC ACID
- BRAZZEIN
- BROMINATED VEGETABLE OIL (BVO)
- BUTYLATED HYDROXYANISOLE (BHA)
- BUTYLATED HYDROXYTOLUENE (BHT)
- CAMEL COLOURING
- CARRAGEENAN
- CASEIN
- CYCLAMATE
- DATEM (DIACETYL TARTARIC ACID ESTERS OF MONO & DIGLYCERIDES)
- DIACETYL
- DIMETHYLPOLYSILOXANE
- 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

#### **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

#### **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.