

GREEN VEGETABLES

Asparagus
Beans
Bitter gourd
Bockchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Dandelion
Leeks
Lettuce
OKRA
Olives
Red raddish
Rocket
Shallots
Snow Peas
Sugar snap peas
Wombok

OTHER VEGETABLES

Avocado
Baked Beans (Heinz)
Beetroot
Broccoli
Button Squash
Bell Peppers
Carrot
Cauliflower
Cucumber
Eggplant
Fennel
Gherkins (bottle)
Mushroom all
Onion
Org
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Camel
Chicken
Duck
Ham
Lamb
Pork
Turkey

SEEDS

Chia
Linseed/oil/meal
Pumpkin
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Custard apple
Dates
Dragon fruit
Fig
Grapefruit
Grapes
Honey Dew Melon
Jackfruit
Kiwifruit
Lemon
Limes
Lychee
Mandarine
Mango
Mangosteen
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Persimmon
Pineapple
Plums
Prickly pears (Cactus fruit)
Prunes
Rambutan
Rockmelon
Soursop (Graviola)
Watermelon

Dried fruits

Cranberry
Prune
Raisins

OILS / FATS

Avocado oil
Coconut oil
Ghee
Grape Seed Oil
Macadamia oil
Olive Oil
Rice Bran Oil
Sesame oil
Sunflower ALL
Palm shortening

SEAFOOD

Calamari
Fish (white)
Salmon
Sardine in oil
Shellfish (All)
Tuna

BERRIES Fresh & Frozen

Blackberry
Blueberry
Goji berries
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds/meal
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

Beer
Bourbon
Brandy
Gin
Kahlua
Rum
Tia Maria
Vodka
Whiskey
Wine white/champag
Stout
Wine Red

OTHER DRINKS

Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Drinking Choc Nesquick
Fanta (Orange)
Kombucha
Milk Kefir
Milo
Rooibos Tea
Soda Water
Sprite-Lemonade
Tea (black)
Tonic water
Water kefir

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea
Tulsi tea
White tea

BISCUITS

Oreo
Digestive

HERBS/dried & fresh

Basil
Chives
Coriander
Mint
Oregano
Parsley
Purslane
Rosemary
Saffron
Sage
Tarragon
Thyme

SAUCES

B.B.Q. Eta
B.B.Q. Master Foods
Fish sauce
Hoi Sin
Horseradish
Mayonnaise Kraft
Oyster sauce
Soy sauce (ALL)
Sweet Chilli Fountain
Tomato HEINZ big red
Worcestershire sauce

DRIED VEGETABLES

Black eyed beans
Chick Peas
Coconut
Fava beans
Kidney beans
Lentils
Split Peas

STOCK

Beef Stock (Magi)
Beef Stock (Knorr)
Chicken Stock (Magi)
Chicken Stock (Knorr)
Miso

SUGARS/ Sweeteners

Agave
Blackstrap molasses
Carob molasses
Coconut sugar
Date syrup
Golden Syrup
Grape Molasses
Honey
Manuka Honey
Maple Syrup
Palm Sugar
Pomegranate molasses
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol

OTHER MILKS

Camel Milk
Coconut milk
Oat milk
Rice milk
Soy Milk

FLOUR / GRAINS

Basmati rice
Cornflour [wheat free]
Jasmine Rice
Pasta (Durham wheat)
Rice Brown (ALL)
Rice noodles
Short grain rice
White Flour (plain &S.R)
Wholemeal Flour (ALL)

HERB-SPICE-CONDIMENT

All spice
Baking Powder
Bay Leaf
Bi Carb Soda
Carob
Cajun Spices
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Himalayan
Salt Rock Salt
Tarragon
Thyme
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider
Xanthan gum

SOY PRODUCTS

Tofu
Tempey

SPREADS

Nutella
Vegemite

BREAKFAST CEREALS

Kellog's Honey and nuts
Kellog's's corn flakes
Nature's Path (Corn Flakes)
Nature's Path (Oaty Bites)
Nestle (Cheerios)
Nestle (Fitness)
Nestle (Nesquik)

DAIRY

Buffalo milk
Butter
Camel cheese
Cows Cheese
Cows Yoghurt
Cream
Eggs
Fetta Cheese (goat)
Goats Cheese
Goats Milk
Icecream soy
Margarine (Flora)
Margarine (Nuttalex)
Milk A2
Milk Carnation
Milk Full Cream
Milk Skim
Sheep Cheese
Sheep Yoghurt
Zymil (lactose free milk)

Supermarket BREADS

Corn Thins
Pumpernickel 100% Rye
Rice Thins
White & Wholemeal

CHOCOLATE / SWEETS

Chocolate (Lindt)
Chocolate (Cadbury)
Chocolate (Galaxy)
Chocolate (Nestle)
Cocoa (Cadbury)
Liquorice

GLUTEN FREE

DOVES FARM gluten-free flour
Fantastic Original crackers
Go Natural Fruit & Nut bar
LivWell white sliced bread
ORGRAN Buckwheat Flour
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti Tom Sauce
Rizopia brown rice pasta
Schar Fette Croccanti (bread crackers)

Supermarket CEREALS

Goodness Cereals (all)
Just Right
Rice Bubbles
Rolled Oats
Special K
Sultana Bran
Vita Brits
Weet Bix

LAUNDRY Products

Arial
Bleach
Dynamo
Omo
Persil
Tide
Windex

DEODORANTS

Axe
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat
Avene
La Roche

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Shampoo Head & Shoulders
Shampoo Pantene
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Dove
Soap Pears
Talcum Powder
Weleda shampoo

KITCHEN/Cleaning Products

Ajax Spray & Wipe
Domestos
Fairry dish liquid
Insect Spray
Jif
Palmolive Dish Liquid

TOOTHPASTE

Aqua Fresh
Closeup
Colgate (all types)
Crest
Sensodyne
Steradent
VICCO Herbal
Weleda toothpaste

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Copper
Gold
Mercury
Nickel
Silver

COMMON SUPPLEMENTS

Aloe Vera
Amla
Ammodine
Ascorbic acid
Ashwaghandha (withania)
Astragalus
Barley Green
Cat's Claw
Chlorella
Echinacea
Fermented Cod Liver Oil (Green Pasture)
Fish oil Capsules
Ginkgo boliba
Goldenseal
Graape seed extract
Licorice roots
Lugol
Marshmallow root
Nordic Fish Oils
Oil of oregano
Olive Leaf extract
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Plantain
Rehmannia
Rhodiola
Rose Hip Oil
Slippery elm
Spirulina
Sun Worrier protein powder
Wheat grass
plantain,
propolis ,
bee pollen
nutritional yeast

CREAMS AND OINTMENTS

Arnica
Calendula
Chickweed
Comfrey
Papaw ointment
Sorbolene
Thuja

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol
Shisha smoke

CHEMIST PRODUCTS

Advil
Aspro
Nurofen
Paracetamol (Panadol)
Zertec

HEALTH SHOP/ ORGANIC

Barley Grain
Bean Adzuki
Bean Borlotti
Bean Broad
Bean Cannellini
Bean Kidney
Bean Lima
Chickpea Splits
Coconut water
Cous Cous
Cranberries Dried
Flour Amaranth
Flour Arrowroot
Flour BESAN
Flour Brown rice
Flour Buckwheat
Flour Coconut
Flour Kamut
Flour Maize
Flour Rye
Flour Soy
Flour Spelt
Flour Tapioca
Flour White rice
Gogi Berries
Hazelnut Meal
Maca Powder
Millet Grain
Moong Dahl
Nori
Potato Flour
Psyllium
Quinoa Flakes
Rapadura Sugar
Raw Cacao
Red Lentils
Wild Rice

EXTRA ITEMS

Vegetables:

- . Yam
- . Tapioca
- . Daikon radish
- . Amla (Indian gooseberry)

Fruits:

- . Durians
- . Bamboo cane
- . Pomegranates
- . Rock melon
- . Raspberry
- . Blueberries
- . Blackberries
- . Physalis
- . Pomelo

Dried fruits:

- . Barberries
- . Tamarind

Eggs

- Organic eggs

Nuts:

- Peanuts

Herbal teas:

- . Essiac tea
- . Fenugreek tea
- . Hibiscus

Biscuits:

- . Lotus

Flour /grains

- . Egyptian rice
- . Potato starch

Gluten-free:

- . Biona brown rice pasta
- . Annie's natural ketchup

Health shop/ organic:

- . Flour quinoa
- . Mung bean noodles

Sauces:

- . Tamari
- . Mayonnaise Hellmann's
- . Coconut amino

Dried vegetables:

- . Black beans

Stock:

- . Vegetable stock (knorr)
- . Vegetable stock (Maggi)

Other milks:

- . Almond milk
- . Cashew milk
- . Hazelnut milk

Herbs- spices- condiments:

- . Baking Soda
- . Sauerkraut
- . Ketchup Heinz
- . Kimchi

Supermarket Breads:

- . Quinoa thins (cracker)

Dairy:

- . Mozzarella (buffalo)
- . Kashkawal (sheep)

Chocolates/ sweets:

- . Maltesers
- . Jelly beans
- . Marshmallow
- . Chupa chups lollipops
- . Toblerone
- . Toffee

Deodorants:

- . Crystal body deodorant roll
- . Fa
- . Sebamed aluminum-free

Sunscreen:

- . Badgers
- . Kiss my face
- . Lancaster

Bathroom chemicals:

- . Clean & clear shampoo
- . L'Oreal
- . Avalon shampoo
- . Aubrey Organics baby&kids shampoo
- . Acure Organics shampoo
- . Jason Natural
- . Desert Essence
- . Weleda calendula baby shampoo

Kitchen/ Cleaning products:

- . Ecover dish liquid
- . Odex bleach liquid
- . Detol
- . Septol

Cleaning products:

- . Harpic (toilet)

Laundry products:

- . Earth choice laundry liquid
- . Ecover fabric conditioner

Toothpaste:

- . NOW Xyli-white toothpaste gel
- . Weleda children toothpaste
- . Jason Natural
- . Tom's of Maine children fluoride free
- . Earth's best children toothpaste
- . Weleda calendula toothpaste

Creams and ointments:

- . Black salve

Chemist products:

- . Actifed cough & cold
- . Claritine
- . Phenergan
- . Tylenol
- . Calpol

Common supplements:

- . DIM
- . Milk thistle
- . Moringa
- . Turmeric
- . Fish oil (Nordic)
- . Krill oil
- . NAC (N-acetyl-cysteine)
- . L. Carnitine
- . Bentonite clay Great Plains
- . Hawthorne
- . Gotu Kula
- . Kelp
- . Centrum multivitamins