

Drinks

Acai Berry
 Burdock
 Coffee
 Dandelion
 Ginseng (Korean)
 Ginseng (Siberian)
 Green Tea
 Rooibos (Red Bush Tea)
 Tea

Meat/Poultry

Beef
 Chicken
 Duck
 Goat
 Lamb
 Pork
 Turkey

Fish/Shellfish

Abalone
 Cod
 Crab
 Cuttlefish
 Haddock
 Herring
 Lobster
 Mackerel
 Mussel
 Oyster
 Plaice
 Prawn (Shrimp)
 Salmon
 Scallop
 Sole
 Trout
 Tuna

Grains

Barley
 Buckwheat
 Corn (Maize)
 Gluten (Gliadin)
 Hops

Millet
 Oat
 Rice
 Rye
 Spelt
 Wheat

Nuts/Seeds

Almond
 Brazil Nut
 Cashew Nut
 Coconut
 Hazelnut
 Peanut
 Rapeseed
 Sesame Seed
 Sunflower Seed
 Walnut

Herbs/Spices

Anise Seed
 Basil
 Bayleaf
 Cardamom
 Cassia
 Chilli Pepper
 Cinnamon
 Clove
 Coriander
 Cumin
 Curry Leaves
 Curry Powder
 Dill
 Garlic
 Ginger
 Juniper
 Mint
 Mustard Seed
 Nutmeg
 Paprika
 Parsley
 Peppercorn
 Saffron
 Sage

Thyme
 Vanilla

Vegetables/Pulses

Asparagus
 Aubergine (Eggplant)
 Avocado
 Bean Sprouts
 Beetroot
 Bok Choy (Pak Choi)
 Broccoli
 Brussels Sprouts
 Cabbage
 Carrot
 Cauliflower
 Celery
 Cucumber
 Haricot Bean
 Kale
 Kidney Bean
 Lentils
 Lettuce
 Lotus Root
 Mushroom
 Okra
 Onion
 Pea
 Peppers (Capsicum)
 Potato
 Pumpkin
 Soya Bean
 Spinach
 String Bean
 Sweet Potato
 Turmeric
 Water Chestnut

Fruit

Apple
 Apricot
 Banana
 Bilberry
 Blackberry
 Blackcurrant
 Cantaloupe

Cherry
 Cranberry
 Grape
 Grapefruit
 Honeydew
 Kiwi
 Lemon
 Lime
 Lychee
 Mango
 Mulberry
 Olive
 Orange
 Papaya
 Peach
 Pear
 Pineapple
 Plantain
 Plum
 Pomegranate
 Raspberry
 Rhubarb
 Strawberry
 Tomato
 Watermelon

Other

Agar Agar
 Bamboo
 Carob
 Chickpea
 Cocoa Bean
 Cola Nut
 Cow's Milk
 Egg White
 Egg Yolk
 Goat's Milk
 Hemp
 Jasmine
 Lemongrass
 Seaweed
 Sheep's Milk
 Sugar Cane
 Tamarind
 Yeast