

Drinks	Buckwheat	Thyme	Cranberry
Acai Berry	Corn (Maize)	Vanilla	Goji Berry
Burdock	Gluten (Gliadin)		Grape
Chamomille	Hops	Vegetables/Pulses	Grapefruit
Coffee	Millet	Asparagus	Honeydew
Dandelion	Oat	Aubergine (Eggplant)	Kiwi
Elderberry	Quinoa	Avocado	Lemon
Elderflower Mix	Rice	Beetroot	Lime
Ginseng (Korean)	Rye	Bok Choy (Pak Choi)	Lychee
Ginseng (Siberian)	Spelt	Broccoli	Mango
Green Tea	Wheat	Brussels Sprouts	Mulberry
Guarana		Cabbage	Olive
Nettle Leaves	Nuts/Seeds	Carrot	Orange
Rooibos (Red Bush Tea)	Almond	Cauliflower	Papaya
Rosehip	Brazil Nut	Celery	Peach
Tea	Cashew Nut	Cucumber	Pear
	Chia seed	Haricot Bean	Pineapple
Meat/Poultry	Coconut	Kale	Plum
Beef	Hazelnut	Kidney Bean	Pomegranate
Chicken	Linseed	Lentils	Raspberry
Duck	Peanut	Lettuce	Rhubarb
Lamb	Rapeseed	Mushroom	Strawberry
Pork	Sesame Seed	Okra	Tomato
Turkey	Sunflower Seed	Onion	Watermelon
	Walnut	Pea	
		Peppers (Capsicum)	
Fish/Shellfish	Herbs/Spices	Potato	Other
Cod	Anise Seed	Pumpkin	Agave
Crab	Basil	Rocket (Arugula)	Aloe Vera
Haddock	Chilli Pepper	Soya Bean	Carob
Herring	Cinnamon	Spinach	Chickpea
Lobster	Clove	String Bean	Cocoa Bean
Mackerel	Coriander	Sweet Potato	Cola Nut
Mussel	Cumin		Cow's Milk
Oyster	Dill	Fruit	Egg White
Plaice	Garlic	Apple	Egg Yolk
Prawn	Ginger	Apricot	Goat's Milk
Salmon	Juniper	Banana	Hemp
Scallop	Mint	Bilberry	Seaweed
Shrimp	Mustard Seed	Blackberry	Sheep's Milk
Sole	Nutmeg	Blackcurrant	Spirulina
Trout	Paprika	Blueberry	Sugar Cane
Tuna	Parsley	Boysenberry	Wheatgrass
	Peppercorn	Cantaloupe	Yeast
Grains	Sage	Cherry	
Barley			