

<b>Drinks</b>	Buckwheat	Thyme	Cranberry
Acai Berry	Corn (Maize)	Vanilla	Goji Berry
Burdock	Gluten (Gliadin)		Grape
Chamomille	Hops	<b>Vegetables/Pulses</b>	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	<b>Nuts/Seeds</b>	Carrot	Orange
Rooibos (Red Bush Tea)	Almond	Cauliflower	Papaya
Rosehip	Brazil Nut	Celery	Peach
Tea	Cashew Nut	Cucumber	Pear
	Chia seed	Haricot Bean	Pineapple
<b>Meat/Poultry</b>	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	
<b>Fish/Shellfish</b>		Peppers (Capsicum)	<b>Other</b>
Cod	<b>Herbs/Spices</b>	Potato	Agave
Crab	Anise Seed	Pumpkin	Aloe Vera
Haddock	Basil	Rocket (Arugula)	Carob
Herring	Chilli Pepper	Soya Bean	Chickpea
Lobster	Cinnamon	Spinach	Cocoa Bean
Mackerel	Clove	String Bean	Cola Nut
Mussel	Coriander	Sweet Potato	Cow's Milk
Oyster	Cumin		Egg White
Plaice	Dill	<b>Fruit</b>	Egg Yolk
Prawn	Garlic	Apple	Goat's Milk
Salmon	Ginger	Apricot	Hemp
Scallop	Juniper	Banana	Seaweed
Shrimp	Mint	Bilberry	Sheep's Milk
Sole	Mustard Seed	Blackberry	Spirulina
Trout	Nutmeg	Blackcurrant	Sugar Cane
Tuna	Paprika	Blueberry	Wheatgrass
	Parsley	Boysenberry	Yeast
<b>Grains</b>	Peppercorn	Cantaloupe	
Barley	Sage	Cherry	