

Emulsifiers are widely used food additives that are commonly used to prevent the separation of substances that typically don't mix (e.g., oil and water). They can also interact with other food ingredients to modify textures, viscosity, stickiness, and to extend shelf-life. The Food and Drug Administration (FDA) classifies food additives; food additives classified as emulsifiers can be found [HERE](#). The European Food Emulsifiers Manufacturers Association (EFEMA) also maintains a list of emulsifiers along with their uses and references to toxicity studies, found [HERE](#). For printable-friendly versions, see the list of common emulsifiers [HERE](#) and a more comprehensive list of emulsifiers [HERE](#).

Below is a working list of **Emulsifier-Free foods** identified by members of the Cavernoma community. This is not an exhaustive list, and only represents items submitted thus far. If you find an emulsifier-free product you would like added to the list, it can be submitted [HERE](#).

In general, it is easiest to avoid emulsifiers by eating more whole, unprocessed foods. However, the use of emulsifiers is so pervasive, even common staple foods may have them hiding in their ingredient list. Some general considerations by category:

Bread products: Emulsifier bread seems relatively easy to find, except for bagels. Organic bread products are more likely to be free of emulsifiers. Emulsifiers commonly found in bread or baked goods include: lecithins; sodium, potassium, magnesium and calcium salts of fatty acids (palmitates and stearates); and mono and diacylglycerides of fatty acids (diacylglycerols).

Dairy and non-Dairy Alternatives: Emulsifier-free non-dairy milks and products like cream cheese can be difficult to find as they appear to be limited to a few select brands. Gums, particularly xanthum gum or guar gum, as well as soy lecithin are commonly found in these types of products. Shredded or processed cheeses typically contain emulsifiers such as phosphates, including sodium phosphate and potassium phosphate, as well as tartrates, or citrates. Fresh cheeses (e.g., fresh mozzarella), are more likely to be emulsifier free. Plain yogurt is generally clean, flavored yogurt is more questionable. Standard dairy milk is usually ok, however cream and buttermilk products are more likely to have additives.

Condiments and Sauces: Emulsifiers including polyoxyethylene sorbitan monolaurate (Polysorbate 20), monopalmitate (Polysorbate 40), monostearate (Polysorbate 60), or tristearate (Polysorbate 65), and sodium, potassium, and magnesium salts of fatty acids (such as magnesium stearate) are commonly used in sauces and salad dressings. In most cases, substitutions are available. An inexpensive and simple alternative to store bought dressing is oil and balsamic!

Dips and Spreads: Some spreads, including peanut butter contain mono and diacylglycerides of fatty acids, or lecithin. Natural peanut butters are less likely to contain emulsifiers; however, this is not always the case. Most jams and jellies are generally ok, however every now and then you'll find a sneaky additive so it's best to check.

Desserts: Lecithin is a common emulsifier found in chocolate, although emulsifier-free options can often be found. Various gums, as well as lecithin, are common in ice-creams; however, some common brands have some options without this ingredient. Non-chocolate flavors are more likely to be emulsifier free. Look for brands labeled "natural" or "organic" but still check the ingredient list.

Snacks: With the exception of protein or meal-replacement bars, emulsifier-free snacks appear to be easy to find. This category alone would likely span multiple pages if all of the products were listed. So far, we have been unable to find any emulsifier-free protein bars that are also low in sugar. If you find one please submit!!

Prepared/frozen foods: Several options have been spotted at Trader Joe's if you are lucky enough to have one near-by!

Vitamins and Dietary supplements: Emulsifier-free protein powders of various kinds are readily available (however protein shake mixes are more of a challenge), unlike vitamins and mineral supplements. Most tablet form vitamins and minerals found in local supermarkets or pharmacies contain cellulose and magnesium stearate; several also contain various polysorbates. Some soft-gel capsules are emulsifier free if they can be found. Otherwise, powder or liquid forms are the best option but they typically need to be ordered online or purchased from specialty shops and are often expensive. We are on the lookout for some emulsifier free multivitamin options. If you find one, please let us know!

Natural Flavors: Some products list "natural flavors" as an ingredient. By law, companies do not have to list/specify what chemicals are used for flavoring and this category MAY contain emulsifiers. Ongoing attempts are being made to contact manufacturers to ask about "natural flavor" ingredients.

Final note about the list: Since our community is spread out across the U.S. attempts were made to provide links to the manufacturer of the products rather than links to specific stores. Many of the products are available at stores such as Target, but other items, such as those from Aldi's or Trader Joe's may be more regional. In cases where a manufacturer page could not be found, or stores themselves did not list nutritional information, alternative links are provided.

Emulsifier Free Food Products

Category	Type	Images	Link
Bread Products			
Bagels			
Alvarado St. Bakery Breads	All types		https://www.alvaradostreetbakery.com/products/Bagels
Whole Foods Bakery	All types (these are the ones available in the bakery, the Whole Foods 365 brand bagels are not clean)		https://www.wholefoodsmarket.com/product/bakery-bagel-sesame-seed-6ct-b08pwx1jhb
Dave's Killer Bagels	All types		https://www.daveskillerbread.com/epic-everything-bagels

Against the Grain Bagels	All types		http://againstthegraingourmet.com/ourproducts
Bread			
Alvarado St. Bakery Breads	All except sprouted wheat barley		https://www.alvaradostreetbakery.com/products/breads
Arnold Organic non GMO breads	All Organic types		https://arnoldbread.com/breads#tid-96
Dave's Killer Bread	All bread, rolls, bagels, English muffins		https://www.daveskillerbread.com/products

Heidelberg bread/rolls	All types		https://heidelbergbread.com/bread-store/
Food for Life Ezekiel Breads	All Ezekiel types		https://www.foodforlife.com/products/breads
Food for Life Genesis sprouted whole grain and seed			https://www.foodforlife.com/products/breads
Food for Life 7-sprouted grains Cinnamon Raisin			https://www.foodforlife.com/products/breads
Simply nature (Aldi brand)	Oat so health; Organic white		<p>Ingredients not listed on Aldi website; https://www.fooducate.com/product/Simply-Nature-Oat-So-Healthy-Bread-Honey-Oat/5D2DFF4C-AC2A-2AA1-4861-BB6925D3D326</p>
Rolls			

Trader Joe's			https://www.fooducate.com/product/Trader-Joe-s-Aloha-Rolls-Sweet-Pull-Apart/5A52DCD4-9C47-6879-4D55-93EE6D48629C
Dave's Killer Bread	All types		https://www.daveskillerbread.com/burger-buns-done-right
Against the Grains Rolls	All types, including baguettes		http://againstthegraingourmet.com/ourproducts
English Muffins			
Food for Life Ezekiel English muffins	All Ezekiel types		https://www.foodforlife.com/products/breads
Trader Joe's English muffins	Classic (white), Whole wheat, Multigrain		https://www.fooducate.com/product/Trader-Joe-s-Classic-English-Muffins/EF77B618-89BD-11E0-86F7-1231380C180E

Dave's Killer Bread	All types		https://www.daveskillerbread.com/killer-classic-muffins
Pocket Breads			
Against the Grains pita bread			http://againstthegraingourmet.com/ourproducts
Food for life Ezekiel whole grain pocket bread			https://www.foodforlife.com/products/breads
Food for life 7 grain pocket bread			https://www.foodforlife.com/products/breads

365 by Whole Foods Market	Organic Pita Pockets, Whole Wheat		https://www.wholefoodsmarket.com/product/365-by-whole-foods-market-organic-pita-pockets-whole-wheat-4-pitas-9-oz-b07fwjg6fc
Middle East Bakery inc.	Small White Pita White, 10 each		https://www.wholefoodsmarket.com/product/middle-east-bakery-inc-flat-white-bread-white-b0789n18fy
Tortillas			
Food for Life Ezekiel tortillas	All Ezekiel types		https://www.foodforlife.com/products/breads
Food for Life Sprouted corn			https://www.foodforlife.com/products/breads
Good and Gather (Target brand) flour tortillas			https://www.target.com/p/organic-10-34-flour-tortillas-15oz-6ct-good-38-gather-8482/-/A-78656119#lnk=sametab

Stacy's Organic	All types		http://staceysorganic.com/our-tortillas/
Ula tortillas	Yellow and Blue		https://ulatortilla.com/
365 by Whole Foods Market	Organic Tortillas, Flour & Corn (these are a combination of corn and flour)		https://www.wholefoodsmarket.com/product/365-by-whole-foods-market-organic-tortillas-flour-corn-6-tortillas-105-oz-b07fw7fxx2
Pizza Dough and Pizza Crusts			
Against the Grains Pizza shell			http://againstthegraingourmet.com/gluten-free-breads#12inch
Dairy and non-Dairy Alternatives			

Coffee Creamers			
Malk	All flavors		https://malkorganics.com/
Simple Truth Organic Coffee Creamer	All flavors		https://www.marianos.com/p/simple-truth-organic-vanilla-coffee-creamer/0001111050068?fulfillment=SHIP
Cream Cheese			
Cream Cheese: Miyoko's (vegan)	All flavors		https://miyokos.com/collections/vegan-cream-cheese
Cream Cheese: Nancy's	All types		https://nancsyogurt.com/products/organic-natural-cream-cheese/

Cream Cheese: Sierra Nevada	All types		https://www.sierranevadacheese.com/sierra-cow-products/#Cultured
Ricotta Cheese			
Ricotta Cheese: Whole Foods 365	Whole and part skim varieties		https://products.wholefoodsmarket.com/product/365-by-whole-foods-market-whole-milk-ricotta-cheese-345462
Shredded Cheese			
Tillamook (found at Target)	All shredded cheese varieties		https://www.tillamook.com/products/cheese/all?cut=shredded
Block Cheese			
Tillamook	Farmer's collection and Maker's reserve		https://www.tillamook.com/products/cheese
Cheese Slices			

Tillamook			https://www.tillamook.com/products/cheese
Heavy Cream			
Organic Valley	Heavy Whipping Cream: Pasteurized		https://www.organicvalley.coop/products/cream/cream/heavy-whipping-cream-pasteurized-pint/
Whole foods 365 Everyday value Natural by Nature			https://products.wholefoodsmarket.com/product/natural-by-nature-organic-heavy-cream-1be423; https://products.wholefoodsmarket.com/product/365-by-whole-foods-market-organic-grade-a-heavy-cream-920ee2
Non-Dairy Milks			
Almond milk: Elmhurst	Unsweetened		https://elmhurst1925.com/collections/plant-milks

Almond milk: Malk	Unsweetened original, vanilla		https://malkorganics.com/
Almond milk: Simply Almond	Unsweetened original and vanilla. **note: contains “natural flavors.” The company stated their product was free of gums, but would not provide further info.		Simply Almond Milk
Almond milk: Three Trees	Original, vanilla, black sesame		https://www.threetrees.com/our-nutmilks
Cashew Milk: Malk	All		https://malkorganics.com/

Cashew Milk: Elmhurst	Unsweetened and sweetened		https://elmhurst1925.com/collections/plant-milks
Maple Pecan Milk: Malk	All		https://malkorganics.com/
Oat Milk: Elmhurst	Unsweetened and sweetened		https://elmhurst1925.com/collections/plant-milks

Oat milk: Malk	All		https://malkorganics.com/
Oat and Seed: Three trees			https://www.threetrees.com/our-nutmilks
Soy Milk: Westsoy	Organic unsweetened		http://www.westsoymilk.com/products/organic-unsweetened-plain/
Other non-dairy milk options: Elmhurst, Three Trees	Pecan, Walnut, Pistachio		https://www.threetrees.com/our-nutmilks; https://elmhurst1925.com/collections/plant-milks

Modest Mylk	All (almond, cashew, vanilla nut, cocoa nut, macadamia nut etc.,)		https://modestmylk.com/
Sour Cream			
Nancy's			https://nancysyogurt.com/products/
Daisy Light	Light and Regular		https://www.daisybrand.com/sour-cream/
Straus			https://www.strausfamilycreamery.com/products/organic-sour-cream/
Yogurt			
Nancy's	All types		https://nancysyogurt.com/products/
Sierra Nevada Grazers	All types		https://www.sierranevadacheese.com/sierra-products/#Yogi

Straus	All Greek and European style yogurts		https://www.strausfamilycreamery.com/product-categories/organic-yogurt/
Condiments/Sauces (Including Dressing and Marinades)			
BBQ Sauce			
Primal Kitchen	Classic, Golden, and Steak Sauce		https://www.primalkitchen.com/
Tessemae's			https://www.tessemaes.com/collections/all/products/organic-bbq-sauce
Dressings/Marinades			
Primal Kitchen Avocado oil Dressing	Balsamic, Greek, Honey Mustard, Italian, Lemon Turmeric		https://www.primalkitchen.com/collections/dressing-and-marinade

Tessemae's	All types		https://www.tessemaes.com/collections/dressings
Simply Nature	Simply nature oil and vinegar		https://www.fooducate.com/product/Simply-Nature-Dressing-Oil-Vinegar/5C4B7207-661A-CC34-4467-A3BB8B829131
Mayonnaise			
Primal Kitchen Avocado oil Mayo	All flavors		https://www.primalkitchen.com/collections/mayo
Good and Gather Organic Mayonnaise			https://www.target.com/p/organic-mayo-15oz-good-38-gather-8482/-/A-54613521
Helman's Organic Mayonnaise			https://www.hellmanns.com/us/en/products/mayonnaise/organic-mayonnaise.html

Tessemae's			https://www.tessemaes.com/collections/condiments/products/mayonnaise
Dips and Spreads			
Hummus			
Ithaca Hummus			https://ithacahummus.com/product-category/hummus/
Trader Joe's Hummus Dip			https://www.fooducate.com/product/Trader-Joe-s-Hummus-Dip/D24F5080-5517-11E0-A55F-1231380C180E
Other			
Trader Joe's Lemon curd			https://www.fooducate.com/product/Trader-Joe-s-Imported-English-Authentic-Lemon-Curd/EFC94C36-4885-11E0-A55F-1231380C180E
Peanut Butter (main brands)			
Smuckers	Natural and Organic types (chunky and Creamy)		https://www.smuckers.com/products/peanut-butter/organic?gclid=Cj0KCQjw1PSDBhDbARIsAPeTqrew-s-RuHCuD eETehGF_VG5BhFxpIdwOVJeTGVjs8k3lJxns-PgXBUaAqiUEALw_wcB&gclsrc=aw.ds

Peter Pan Natural	Creamy		https://peterpanpb.com/natural-peanut-butter/natural-just-peanuts-creamy-peanut-butter
Jiff natural	Creamy and Crunchy		https://www.jif.com/products/peanut-butter/natural-crunchy-peanut-butter
Skippy	Natural and No Sugar added varieties; creamy and chunky		https://www.peanutbutter.com/products/natural-peanut-butter-spread?gclid=Cj0KCQjw1PSDBhDbARIsAPeTqrc-Mh0vf9hSkAq7hv_QtA58Ni0u5aLrE4PmBtS1yQTr0qP-aqUogUaAtw_EALw_wcB&gclsrc=aw.ds
Desserts			
Cake Mixes			
Against the Grains Baking mixes	All types	 Baking Mix	http://againstthegraingourmet.com/ourproducts
Chocolate			

Montezuma	(Absolute black at Trader Joe's)		https://www.montezumas.co.uk/bars/absolute-black.html
Theo	All flavors		https://theochocolate.com/sea-salt-dark-chocolate/
Chocolate chips (Nestle)	Semi-Sweet and Dark Chocolate “simply delicious” varieties		https://www.walmart.com/ip/Nestle-Toll-House-Simply-Delicious-Semi-Sweet-Chocolate-Morsels-10-Oz/260726458
Chocolate chips (Good and Gather)	Semi-Sweet and Dark Chocolate Mini chips and Mega chunks - organic only		https://www.target.com/c/baking-chips-cocoa-staples-pantry-grocery/good-gather/-/N-5xt12Zyfzqk?Nao=0
Trader Joe's	Raspberry and 72% cacao dark chocolate		https://www.fooducate.com/product/Trader-Joe-s-Dark-Chocolate-Baton-Raspberry/5670735F-D831-AC2A-4F91-845D9F700AA5

<p>Trader Joe's organic</p>	<p>Truffle chocolate bar (milk and dark); 73% cacao super dark (with and without almonds)</p>		<p>https://www.fooducate.com/product/Trader-Joe-s-Organic-Milk-Chocolate-Truffle-Bar/40562D4A-342C-11E0-A55F-1231380C180E</p> <p>https://www.fooducate.com/product/Trader-Joe-s-Truffle-Dark-Chocolate-Organic/EB8455BC-169E-11E0-BF92-FEFD45A4D471</p>
<p>Sprouts Farmers Market</p>	<p>All but caramel, organic varieties only</p>		<p>https://shop.sprouts.com/shop/categories/136?tags=sprouts-brand</p>
<p>Theo Chocolate bars</p>			<p>https://theochocolate.com/shop-theo/</p>
<p>Askinosie Chocolate</p>	<p>All dark chocolate and milk chocolate bars</p>		<p>https://askinosie.com/shop-chocolate/chocolate-bars</p>

Cookies			
Annie's Bunny Grahams	Honey, cinnamon. *Gluten free are NOT emulsifier free		https://www.annies.com/products/cookies/
Simply Nature (Aldi's)	Coconut cashew crisps		https://www.fooducate.com/product/Simply-Nature-Cookies-Coconut-Cashew-Crisps/5CC1B8EF-5CE6-B48B-4DBC-8675AA29F25D
Benton's Coconut Macaroons (Plain)	Plain only; chocolate contains emulsifiers		https://www.fooducate.com/product/Benton-s-Coconut-Macaroons/5C3CE866-A8E9-E78F-4EC3-926F1AEA9DF3
Emmy's coconut cookies	All classic and chocolate covered cookies		https://emmysorganics.com/collections/all-products
Ice Cream and Frozen Treats			

Hagen Daas	*Vanilla; chocolate; coffee; cookies and cream;		https://www.haagendazs.us/products/ice-cream
McConnell's	*Cinnamon oatmeal raisin, vanilla bean, sweet , cream, dutchman's chocolate, Turkish coffee, pumpkin pie.		https://mcconnells.com/collections/fine-ice-creams
Straus	NOT Raspberry chocolate, mint or vanilla choc. Chip, cookies and cream, or caramel toffee		https://www.strausfamilycreamery.com/product-categories/organic-ice-cream/
Three Twins	Madagascar vanilla; Vanilla bean; bittersweet chocolate; milk coffee; chocolate malt; sea salted caramel; cookies and cream.		https://products.wholefoodsmarket.com/brand/three-twins-ice-cream
Turkey Hill All Natural	NOT flavors with chocolate chips, or mocha swirl		https://www.turkeyhill.com/frozen/ice-cream/all-natural-recipes

Ice cream bars (Trader Joe's)			https://www.traderjoes.com/home/products/pdp/092373
Chloe's Original Fruit Pops	Dark Chocolate, cold pressed coffee, raspberry, pomegranate, blueberry, strawberry, mango, lime.		https://www.chloesfruit.com/original-fruit-pops?gclid=CjwKCAjwzMeFBhBwEiwAzwS8zOPUZ5psAgMoN6gO0oQ3gC7BoTus_TbqC3rvwBWfYAvG8bkoN8LFKR0CJOMQAvD_BwE
Snacks			
Chips			
Pueblo Lindo (found at Aldi's)	Restaurant Style Tortilla Chips		https://www.fooducate.com/product/Pueblo-Lindo-Restaurant-Style-Tortilla-Triangles-Chips/56195620-87C6-C0D4-4F49-AA6C21737A8A
Plant Snacks	Cassava Root Chips (all types) *Some varieties contain natural flavor		https://plantsnacks.com/collections/all

Crackers			
Trader Joe's Crispbread Norwegian crackers	Seeds and Grains		https://www.fooducate.com/product/Trader-Joe-s-Crispbread-Norwegian-Crackers-Seeds-and-grains/57768178-E535-F322-4029-919A3DD0FBE7
Triscuits			https://www.fooducate.com/product/Triscuit-Crackers-Original/817F2F7A-E10B-11DF-A102-FEFD45A4D471
Simply Nature (Aldi)	Brown Rice Crackers		Ingredients not available on Aldi website https://www.instacart.com/products/20028039-simply-nature-peppercorn-brown-rice-crackers-4-25-oz
Other Snacks			
Simply Nature (Aldi)	White Cheddar Puffs * Contains disodium phosphate		https://www.fooducate.com/product/Simply-Nature-White-Cheddar-Puffs/58F2A0CC-AB55-AB7C-4522-B776CB770925
Savorites Parmesean Crisps (Aldi)	All flavors		Ingredients not available on Aldi website: https://www.fooducate.com/product/Savoritz-Parmesan-Crisps/5CA91CB4-9F32-B20E-4259-BE9938A37905

Trader Joe's Oven-baked Cheese Bites	All flavors		https://www.fooducate.com/product/Trader-Joe-s-Oven-Baked-Cheese-Bites/5DF1BD9D-7705-B014-4FD6-B53C6AB18417
Protein Bars			
Hungry Buddha	All flavors		https://www.amazon.com/stores/Hungry+Buddha/page/2A723A9D-8582-4AFA-8CC4-68AD753D6FA7?ref_=ast_bl_n
LARABAR	LARABAR original and LARABAR protein *note: some contain chocolate		https://www.larabar.com/our-products/larabar-protein
RXBAR	All products (original, layers, kids) *Note: some flavors contain chocolate; contains “natural flavors”, but company verified these are emulsifier free.		https://www.rxbar.com/shop/protein-bars.html
Prepared Foods			
Greek			

<p>Five Cheese Greek Spiral (Trader Joe's)</p>			<p>https://www.fooducate.com/product/Trader-Joe-s-5-Cheese-Greek-Spiral/5599C1BE-8E72-FA3D-48CD-8CB7DB01A7C4</p>
<p>Spanakopita (Trader Joe's)</p>			<p>https://www.fooducate.com/product/Trader-Joe-s-Greek-Spanakopita-Authentic-Spinach-And-Cheese-Pie/56194889-6842-3C7A-4296-80A7C73C1F3C</p>
<p>Asian</p>			
<p>Dumplings (Trader Joe's)</p>	<p>Tai Vegetable Gyoza</p>		<p>https://www.fooducate.com/product/Trader-Joe-s-Thai-Vegetable-Gyoza/B8BA7390-2E0A-11E0-A55F-1231380C180E</p>
<p>Pot Stickers (Trader Joe's)</p>	<p>Chicken Gyoza Potstickers</p>		<p>https://freezermeal frenzy.com/2020/11/trader-joes-chicken-gyoza-potstickers-review/</p>

Pork Shu Mai (Trader Joe's)			https://shopsmart.guide/grocery/review-trader-joes-pork-shu-mai/
Indian			
Aloo Chaat Kati Pouches (Trader Joe's)			https://www.fooducate.com/product/Trader-Joe-s-Aloo-Chaat-Kati-Pouches/15CFB256-63B6-11E2-AD7C-1231381A4CEA
Vegetable Samosas (Trader Joe's)	Mini		https://www.fooducate.com/product/Trader-Joe-s-Samosas-Vegetable-Mini/5B3ADF71-9607-A22B-46F6-81CE05DD8BDE
Mexican			
Sweet Corn Tamales (Cedarlane Foods; at Trader Joe's)			https://www.cedarlanefoods.com/products/sweet-corn-tamale/
Organic Polenta (Trader Joe's)			https://www.fooducate.com/product/Trader-Joe-s-Organic-Polenta/FB636C48-3CF0-11E0-A55F-1231380C180E
Other			

Hashbrowns (Trader Joe's)			https://www.fooducate.com/product/Trader-Joe-s-Hashbrowns/6878F87C-5388-11E0-A55F-1231380C180E
Against the Grains Frozen pizzas	All types	 12 Inch Pizzas	http://againstthegraingourmet.com/ourproducts
Vitamins and Dietary Supplements			
Protein Powders			
It's Just!	Egg white protein powder		https://www.amazon.com/Its-Just-Protein-Non-GMO-Unflavored/dp/B07N8G3Q1H
NOW	Egg white protein powder		
Raw Organic Whey	Whey protein powder		https://www.raworganicwhey.com/

<p>Nutricost</p>	<p>Pea protein Rice protein Murine collagen Whey protein isolate Grass fed why protein concentrate.</p> <p>**The following contain natural flavors: Whey protein concentrate Casein Protein powder Whey protein complex Grass-Fed when protein isolate</p>		<p>https://nutricost.com/collections/protein</p>
<p>Nutricost</p>	<p>Bone Brother powders: Chicken and Beef</p> <p>Beef bone protein + multi collagen – contains natural flavors</p>		<p>https://nutricost.com/collections/protein</p>
<p>Fantastic nutrition</p>	<p>Whey protein powder (unflavored only)</p>		<p>https://fantasticnutrition.us/products/whey-fantastic-whey-protein?gclid=Cj0KCCQjwytOEBhD5ARIsANnRjVgXzAq1cZkrX6MpdSM-BCCmKmDY_Ov9YxzLylQfPTUysH4o0T7ITE0aAhNqEALw_wcB#nutrition-facts_1</p>

Orgain	Collagen peptides (grass-fed, and KETO collagen protein powder)		https://orgain.com/products/grass-fed-pasture-raised-collagen-peptides
Vital proteins	Collagen peptides		https://www.vitalproteins.com/products/collagen-peptides#
Garden of Life	Raw organic FIT high protein (chocolate, *vanilla, *original) * contains vanilla flavors		https://www.gardenoflife.com/catalogsearch/result/?q=raw+organic+fit
Garden of Life	Keto Fit		https://www.gardenoflife.com/keto-fit-weight-loss-shake-chocolate

KOS	Plant based protein powders - all flavors		https://kos.com/collections/vegan-plant-protein-powder
Vitamins			
Vitamin D3 (Nature Made)	Softgels only (1,000 and 2,000 IU)		https://www.naturemade.com/products/vitamin-d3-25-mcg-1000-iu-softgels
Vitamin D3 + Vitamin K2 (Nutricost)	Softgels (contains geletin)		https://nutricost.com/products/nutricost-vitamin-k2-100mcg-vitamin-d3-5000iu-120-softgels?variant=28758323789898&currency=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic
Multivitamin for Men (Nutricost)			https://nutricost.com/collections/vitamins/products/nutricost-multivitamin-for-men-120-capsules

<p>Multivitamin for Women or Men (Ancient Nutrition)</p>	<p>Ancient Multi Women's or Men's once daily and Women's or Men's 40+. Loof for their products with a gelatin capsule. *Fermented varieties are NOT emulsifier free.</p>		<p>https://store.draxe.com/collections/vitamins-minerals/products/ancient-multi-womens</p>
<p>Minerals</p>			
<p>Calcium/Mag: PURE encapsulations</p>	<p>Cal/mag plus cofactors powder</p>		<p>https://www.pureencapsulations.com/media/pdf_upload/Calcium_Mag%20wCofactors.pdf</p>
<p>Calcium/Mag: Coral Legend: Premier Research Labs</p>	<p>Cal/Mag</p>		<p>https://prlabs.com/coral-legend-8oz-powder.html</p>
<p>Calcium (with VitD and Vitamin K): Ancient Nutrients</p>	<p>Gelatin capsule</p>		<p>https://store.draxe.com/collections/vitamins-minerals/products/ancient-nutrients-calcium</p>

Magnesium: PURE encapsulations	Powdered and liquid forms are emulsifier free (magnesium citrate)		https://www.pureencapsulations.com/media/pdf_upload/Magnesium.pdf
Other Supplements			
Wild Harvest Turmeric	Standardized 95% curcuminoids with piperin		https://oregonwildharvest.com/products/turmeric-120ct-capsules
Miscellaneous			
Chewing Gum			
Simply gum	All flavors except sugar-free peppermint		https://www.simplygum.com/collections/gum

