

AVOID OTHER OTC MEDICATIONS CHEMICALS

* PLANT BASED ALKALINE DIET * NEUTRAL PROTEIN 0.5 GRAMS/KG * LOW SALT 1200 MG SODIUM * WATER

3-benzylidene-camphor	Cosmetics phenoxyethanol	Ketoconazole	Phenacetin
4-Methylbenzylidene sunscn	Cosmetics with cod liver oil	Kidney avoid	Phenol nonylphenol
Acacia fiber	Cottonseed oil caution	Kiss my face toothpaste	Phenosulfothiazine red dye
Acetaminophen	Crab	Kombucha	Phenoxyethanol
Acetylsalicylic acid	Cranberry pills	L-arginine	Phthalates
Acrylamide	Cream	L-canavanine	Phytates phytic acid
ADA azodicarbonamide	Cream cheese	L-carnitine	Phytoestrogens i.e. soy
Advil	Cream of tartar	L'oreal HiP High Intensity	Pioglitazone (wait)
Afinitor® Everolimus	Creamsicle	Lactitol	Plastic
Aflatoxin	Creatine supplements	Laundry powder	Plastic wrap
Aging (NMN)	Crème fraîche	Lax-a-Day	Plexicon PLX5568
Air fresheners phthalates	Crest toothpaste	Laxatives	Polychlorinated biphenyls
Alcohol	Crisco	LaxLyte	Polycyclic arom hydrocarbon
Alcohol aerosol	Cyclamate	Lead	Polyester
Alcohol methanol	Cyclic AMP	Lecithin (soy)	Polyethylene glycol
Aldomet	Daptacel vaccine	Lectin	Pregnancy
Aleve	DCA Dichloroacetate in tap	Limonene→ formaldehyde	Premarin
Algae	DDD	Lindane (insecticide)	Prempro
Alkylphenols	DDE insecticide residue	Linseed oil	Prep lyte
Aluminum	DDT	Liquid aminos	Processed foods
Amalgam	DEHP PVC plasticizer	Lithium	Progesterone (& creams)
Amino Acid L-arginine	Detergents	Liver toxic	PUFA Polyunsaturated fatty
Amino Acid L-canavanine	Dichloroacetate DCA	Lysergic Acid LSD	Purelax
Amino Acid L-carnitine	Dichlorodiphenyldichloroet	LytePrep	PureVia
Amiodarone	Dieldrin insecticide	Macrogol	PVC polyvinyl chloride
Ammonia	Diethyl phthalate	Magnesium	Ractopamine
Anabolic steroids	Diethylstilbestrol	Margarine	Rapadura
Anti-inflammatory medication	Diflucan	Mederma scar cream	Rapamune
Antifreeze	Doxidan	Menaquinone with soy	Rapamycin
Apple hard cider	DPA Diphenylamine	Mercury	Red dye
Arabitol	DPT Diphenylthiazole	Metalloestrogens	Red yeast rice
Aragonite all natural clay	Dry cleaned clothing	Methanol	Remifemin
Arginine	Dryer sheets	Methanol alcoholic drinks	Restore toothpaste
Arsenic	Dulcolax	Methionine	Resveratrol
Artificial sweetener	E-Z-Em Fortrans	Methoxychlor (insecticide)	Reversin
Aspartame (NutraSweet)	Ecstasy	Methyldopa	Revlon ColorStay Bronzer for the
Aspirin	Eels	Methylisothiazolinone DNA	Rolly toothpaste brush
Assugrin	Endocrine disruptors	Methylparabens	Roscovitine
Atrazine weed killer	Endosulfan (insecticide)	Microwaved foods	Roundup®
Azodicarbonamide ADA	Equal	Migraine	S-adenosylmethionine
Baking soda taken regularly	Erythritol	MiraLAX	SAME
Bathroom spray	Erythrosine FD C Red 3	MIT Methylisothiazolinone	Scar oil
BGH bovine growth hormone	Estrace	MK-7 with soy	Scent fragrance
BHA Butylated Hydroxyanisole	Estrogen	Motrin	Seliciclib
BHT Butylated hydroxytoluene	Estrogen BCP/pill/patch	Movicol	Shampoo with formaldehyde
Bio-oil®	Estrogen disruptors	MoviPrep	Shampoo with
Birth control pills	Estrogenic shampoo	MSG (monosodium glutamate)	Shampoo with methylparabens
Bisacodyl	Ethanol	MSM (methylsulfonylmethane)	Shampoo with parabens
Bisphenol A (BPA) plastic	Ethylene glycol	Multiple vitamins	Shampoo with phthalates
Black seed oil	Eugenol (oil cloves)	Nail chemicals polish removers	Shampoo with sodium lauryl

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Blackstrap molasses	Everolimus	Naltrexone	Silver amalgam
Bleach	Excedrin	Naproxen	Sirolimus
Bleach cleanser	Fabric softener	Nattokinase	Soap powder
Blue-green algae	Face cream	Natural dentist toothpaste	Sodium bicarbonate frequently
Botanique toothpaste	Famotidine	Natural tea tree toothpaste	Sodium lauryl sulfate
Bottled juices methanol	Fats	Neatsfoot oil	Softlax
Bovine growth hormone	Fire retardants	Nectresse	Solvent
Braggs apple cider vinegar	Flagyl	Neem toothpaste	Sorbitol (maltitol)
Braggs liquid aminos	Flaxseed oil capsules	Neotame	Soy lecithin
Brake fluid	Flounder	Neutrogena body oil	Soy sauce
Brown sugar	Fluconazole	Neutrogena facial cleanser	Spiker water resistant styling
Bud-nip	Fluoride	Niacin	Spirits
Butter	Fontina cheese	Nicotinamide	Spirulina
ButylatedHydroxyanisole BHA	Foods heated in plastic	Nitrites	Spray cleaners
Cadmium	Formaldehyde	Nitrosamine	Statins
Caffeine	Forskolin	Nizoral	Stem cells wait
cAMP	Fragrance	NNM (N-nitrosomorpholine)	Styrofoam containers
Canavanine	Fragrance: BHT endocrine	Non-dairy creamer	Sunflower oil
Canned food ↑ methanol	Fragrance: Diethyl	Non-stick teflon	Sunscreen 4-Methylbenzylidene
Canned soups ↑ methanol	Fragrance: Limonene →	Nonylphenol	Sunscreen benzophenone-3
Canola oil	Fragrance: Octinoxate	Norbu	Table sugar
Carbamazepine (tegretol)	Fragrance: Oxybenzone	NSAIDs	Tacos
Carbon tetrachloride	Fried foods	NuLYTELY	Tagamet
Carnitine	Fructose	Nutribiotic toothpaste	Tagatose sugar
Carrageenan	Galactitol	Nutritional yeast	Tamari
Casein	Ganoderma lucidum	OCL (laxative)	Tanqueray
Chaga mushroom tea powder	GaviLax	Octinoxate sunscreen	Tea tree oils
Chemicals ↑ cough	Gavilyte	Oil canola	Teeth plastic fillings
Chlorella	Gelato	Oil coconut	Teflon
Chloride	Genistein (soy)	Oil cottonseed	Teriyaki sauce
Chlorine comet	Gentamicin	Oil grapeseed	Tesevatinib
Chlorpropham	Germanium	Oil lavender	Testosterone
Chlorpyrifos	Glucosamine	Oil palm	Thymoquinone
Chondroitin	Glycolax	Oil sesame	Tilapia
Chowder with dairy	Glycols polyethylene →	Oil sunflower	Tilefish
Cigarettes cigars chewing	GlycoPrep	Oil tea tree	TMAO Trimethylamine N-oxide
Cimetidine	Glyphosate	Oils	Tobacco
Cleanser with bleach	GMO genetically modified	Oilseeds caution aflatoxin	Tom's toothpaste
ClearLax	GMO seed	Olay daily facial cleaning cloth	Trehalose (mycose)
Clenz-Lyte	Go-Evac	Organic chlorinated pesticides	Triclosan in water supply
Clover honey	GoLYTELY®	Organophosphorus pesticides	TriLyte
Co-Lav	Grapeseed oil	Ospemifene	Tylenol
Coconut ice cream carrageenan	Hair chemicals dye	Osphena™	Vegemite
Coconut oil	Hair gel	Oven cleaners	Vinegar
Colase®	HalfLyte	Oxybenzone	Vitamin B3
Colax	Heating food in microwave	PAH Polycyclic arom	Vitamin K2 with soy
Colchicine	Heptachlor (insecticide)	Palm oil	Vytorin
Colchicum	Herbicides	Paraben (lotion)	Weed killer
Colgate toothpaste	Homocysteine	Paracetamol	Wild yam progesterone cream
Colovage	Hormones	PEG	Windex

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Colyte	HRT Hormones	Peg Lyte	Window cleaners
Comet cleanser	Hydrogenated starch	Pentachlorophenol	Worcestershire sauce
Concentrated sugars	Hydrolyzed wheat protein	Pepcid	Xagave
Constipation	Ibuprofen	Perchlorate	Xanthan
Coral calcium	Imitrex	Perfluorinated Chemicals PFC	Xenoestrogens
Coral white toothpaste	Inflammatory foods	Perfume	Xylitol spray toothpaste
Cordarone (Amiodarone)	Jason Oral comfort	PerioBrite toothpaste	Yeast
Cordyceps (fungi)	Jason PowerSmile	Pesticides	

TO FIND MORE INFORMATION GO TO [FOODS](#) [HERBS](#) [OTC](#)
CHOOSE THE ITEM FROM THE LEFT PULLDOWN MENU