

AVOID HERBS

Acrylamide	Cola Nut	Kava-kava	Rosemary	Wild carrot
Alfalfa	Comfrey	Keishi-bukuryo	Sage	Wild yam
Aloe \emptyset eat	Dandelion	Kola nut	Siberian ginseng	Willow bark
Angelica	Dong Quai	Lavender	Snakeroot	
Arstolochia	Ephedra sinica	Licorice	Soy lecithin	
Bearberry	Fenugreek	Lobelia	St. John's Wort	
Black Cohosh	Flaxseed	Ma Huang	Star anise	
Cacao	Forskolin	Maca	Star fruit	
Chaparral	Ginger	Magnolia Officinalis	Stephania Tetrandra	
Chillies	Gingko Biloba	Melaleuca	Stevia	
Chocolate	Ginseng	Noni	Tomato	
Chrysanthemum	Hawthorne	Potato	Tribulus Terrestris	
Clover	Horse chestnut	Queen Anne's lace	Uva Ursi	
Cola Nut	Horseradish	Red clover	Valerian	

☉ NEUTRAL PROTEIN 0.6 GRAMS/KG ☉ PLANT BASED ALKALINE DIET ☉ LOW SALT 1200 MG SODIUM

☉ WATER