



AVOID

- Processed Soy
- GMO's
- Fats/Oils
 - Canola
 - Corn
 - Cottonseed
 - Palm
 - Peanut
 - Rapeseed (Canola)
 - Safflower
 - Soybean
 - Sunflower
 - Vegetable

Foundation Rules

- Organic Whenever Possible
- 100% Grass-fed animal products
- Wild-caught seafood only

