

500 Standard List

List subject to change

GREEN VEGETABLES

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Leeks
Lettuce
Olives
OKRA
Parsley
Rocket
Shallots
Snow Peas
Wombok

OTHER VEGETABLES

Avocado
B/Beans W.Worths Org
Baked Beans (Heinz)
Baked Beans SPC
Beetroot
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Choko
Corn
Cucumber
Eggplant
Fennel
Gherkins (bottle)
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Silverbeet/Spinach
Swede
Sweet Potato
Tomato
Turnip
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Ham
Kangaroo
Lamb
Pork
Turkey

SEEDS

Linseed/oil/meal
Pumpkin
Sesame
Sunflower
Chia

FRUIT

Apples

Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honey Dew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarine
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rockmelon
Watermelon

OILS / FATS

Avocado oil
Coconut oil
Ghee
Grape Seed Oil
Macadamia oil
Olive Oil
Rice Bran Oil
Sesame oil
Sunflower (Crisco)

SEAFOOD

Calamari
Fish (white)
Salmon
Sardine in oil
Shellfish (All)
Tuna

BERRIES Fresh & Frozen

Blackberry
Blueberry
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds/meal
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

Beer
Bourbon
Brandy
Gin
Kahlua
Rum
Tia Maria
Vodka
Whiskey
Wine Red
Wine White/champagne

OTHER DRINKS

Caro
Ecco
Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
Jarra Hot chocolate
L LOYDS Org Prune juice
Milo
Ovaltine
Ribeena
Rooibos Tea
Sprite-Lemonade
Schweppes Lemonade
Soda Water
Tonic water
Tea (black)

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea

BISCUITS

Arnott Orange
Arnott Delta Cream
Crackers Snaps
Crackers Premium
Jatz original
Milk Arrowroot
Sakata plain
Sao
Vita Weat original

HERBS/dried & fresh

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary
SAUCES
AYAM Oyster
B.B.Q Eta
B.B.Q. Master Foods
Hoi Sin
Horseradish
Mayo. Praise Traditional
Mayonnaise Kraft

Soy sauce (ALL)
Sweet Chilli Fountain
Tomato HEINZ big red
Tomato Paste Leggo's
Tomato paste Select
Tomato Sauce Fountain
Worcester sauce

DRIED VEGETABLES

Chick Peas
Coconut
Dried Beans
Lentils
Split Peas

STOCK

Beef Stock (Magi)
Beef Stock (Massel)
Bonox
Chicken Stock (Magi)
Chicken Stock (Massel)
Miso
Massel Gravy mix
Vegetable Stock (Massel)

SUGARS/ Sweeteners

Agave
Golden Syrup
Honey
Manuka Honey
Maple Syrup
Palm Sugar
Stevia
Sugar Brown
Sugar Raw
Sugar White
Xylitol

OTHER MILKS

Coconut milk
Oat milk
Rice Milk (So-Natural)
Rice Milk (Australia's Own)
Rice Milk (Rice Dream)
Soy Milk So-Good
Soy Milk So Natural
Bon Soy

FLOUR / GRAINS

Cornflour [wheat free]
Pasta (Durham wheat)
Rice Brown (ALL)
Rice White (ALL)
Rice noodles
White Flour (plain & S.R.)
Wholemeal Flour (ALL)

HERB-SPICE-CONDIMENT

All spice
Baking Powder
Bay Leaf
Bi Carb Soda
Baking Powder
Cajun Spices

500 Standard List - continued

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Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Guar Gum
Homus
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black and white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Herbemare Vege Original
Salt Himalayan
Salt Rock Salt
Tabouli
Tarragon
Thyme
Trocomare Vege Salt
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider
Xanthan gum

SOY PRODUCTS

Tofu
Tempey
SPREADS
Cottees Blackberry Jam
Cottees Marmalade
Nutella
St Dalfours strawberry
St Dalfours wild blueberry
Vegemite

BREAKFAST CEREALS

CRUNCHOLA Apple and
Blueberry
FREE AND LOW Muesli
GOOD MORNING Millet Puffs
Lecithin
LOWAN Rice Porridge
Polenta

DAIRY

Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Fetta Cheese (goat)
Goats Cheese
Goats Milk
Icecream (Peter's Vanilla)

Icecream soy
Margarine (Flora)
Margarine (Nuttalex)
Milk A2
Milk Carnation
Milk Full Cream
Milk Skim
Sheep Cheese
Sheep Yoghurt
Zymil (lactose free milk)

Supermarket BREADS

Corn Thins
Healthy Soft Sorj wrap
Rice Thins
White
Wholemeal
Mountain Rice
King Henry Rye
Pumpernickel 100% Rye

Health Shop BREADS

Ancient Grain Tigris Spelt
Ancient Grain Devonport Rye
ESSENE sprouted bread
Organic Kamut (SOL)
Paine DE Campagne (SOL)
Naturis organic spelt
Lifestyle Ancient Grain
Flinders Sourdough bread

CHOCOLATE / SWEETS

Cocoa (Cadbury)
Chocolate (Darrell Lea)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Chocolate (SWEET WILLIAM)
Liquorice

GLUTEN FREE

BASCO bread mix
BASCO chicken & veg soup
BASCO Chocolate Cake
Basco Date loaf
BASCO Pancake mix
Coles GF Spaghetti
Fantastic Chicken Noodles
Fantastic Original crackers
Freedom free frm gluten wraps
Go Natural Fruit & Nut bar
ORGRAN Buckwheat Flour
ORGRAN custard powder
ORGRAN Gravy Mix
ORGRAN No Egg
ORGRAN Rice Pasta
ORGRAN Rice-Corn Pasta
ORGRAN spaghetti Tom Sauce
SAN REMO Glut Free Pasta
MOORE'S GF.yeast free bread
Country Life Yeast gluten wheat
free
Common Ground buckwheat
sourdough

Naturis GF rice loaf

Supermarket CEREALS

Cornflakes
Crunchy Nut
Goodness Cereals (all)
Just Right
Oat Bran
Oat Brits
Rice Bran
Rice Bubbles
Rolled Oats
Special K
Sultana Bran
Vita Brits
Weet Bix

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener Cuddly
Fabric Softener Fluffy
Lux Flakes (laundry)
Nappisan
Omo
Preen
Radiant
Sard Wonder Soaker
Windex
Wool Mix M.Gardner

EARTH CHOICE PRODUCTS

Fabric Softener
Laundry liquid
Multi Purpose spray
Wool Mix
Dish Liquid
Floor-surface

DEODORANTS

Body Choice Natural
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Sunscreen Banana Boat
Sunscreen UV Tripplegard
Coles sensitive 30+
Oleo Sunscreen

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Shampoo Head & Shoulders
Shampoo Pantene
Shampoo (Alchemy)
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Pears

Soap Dove
Talcum Powder

KITCHEN/Cleaning Products

Ajax Spray & Wipe
Domestos
Exit Mould
Insect Spray
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Cleen
Shower Power
Sunlight Dish Liquid

TOOTHPASTE

Colgate (all types)
Grants Herbal
McLeans (all types)
RED SEAL Herbal
Sensodyne
Steradent
VICCO Herbal

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Gold
Mercury
Silver

COMMON SUPPLEMENTS

Ammodine
Aloe Vera
Chlorella
Fish oil Capsules
Inner Health Plus
Inner Health plus Dairy free
Lugol

500 Standard List - continued

List subject to change

Nordic Fish Oils
Psyllium
Rose Hip Oil
Tissue Salts/celloids
Slippery Elm Powder
Spirulina
Barley Green
Wheat grass
Herbal Fibre blend
ISOwhey Protein Powder

CREAMS AND OINTMENTS

Arnica (Martin & Pleasance)
Calendula (Martin & Pleasance)
Comfrey (Martin & Pleasance)
Chickweed (Greenridge)
Papaw ointment (Lucas)
Thuja (Martin & Pleasance)
Sorbolene

PETRO CHEMICALS

Diesel
Kerosene
Methylated Spirits

Petrol
Engine oil
Cigarette Smoke

CHEMIST PRODUCTS

Aspro
Nurofen
Panadine
Paracetamol Heron
Paracetamol Panadol

HEALTH SHOP/ ORGANIC

Barley Grain
Bean Broad
Bean Kidney
Bean Lima
Bean Adzuki
Bean Borlotti
Bean Cannellini
Carob
Chickpea Splits
Cous Cous
Cranberries Dried
Coconut water

Flour Amaranth
Flour BESAN
Flour Buckwheat
Flour Coconut
Flour Kamut
Flour Maize
Flour Rye
Flour Soy
Flour Spelt
Flour Tapioca
Gogi Berries
Hazelnut Meal
Maca Powder
Millet Grain
Moong Dahl
Nori
Butter Chicken OZGANICS
Thai Green Curry OZGANICS
Quinoa Flakes
Rapadura Sugar
Raw Cacao
Red Lentils
Wild Blueberry
Wild Raspberries

Wild Rice
Potato Flour
Psyllium
Tapioca Flour
Falafel
raw cacao

CELLOIDS

SS69
SP96
S79
PS 29
PP85
PC73
MP 65
IP82
CS 36
CP 57
CF43
Tissue Salts Option

Baby Test

Includes all items on standard 500 list PLUS the following baby items

CREAMS AND POWDERS

AM-O-LIN Baby Cream
JOHNSONS Baby Lotion (pink)
JOHNSONS Baby Powder
CURASH Baby Powder
JOHNSONS Cornstarch Powder
JOHNSONS Nappy Rash Cream
BEPANTHEN Antiseptic Cream
JOHNSONS Baby Sorbolene Cream
QV cream
Heinz Sudocrem
Palmers Cocoa Butter
Palmers Cocoa Butter lotion Vit E

MEDICATIONS

Bonjella
Pentavite
MILTON Antibacterial Tablet
Brauers Collic drops

SHAMPOO AND SOAPS

CEDEL Baby Shampoo (no tears)
JOHNSONS baby shampoo & cond
JOHNSONS baby bedtime bath
JOHNSONS baby bath moisturising
Amolin Baby Bath
Amolin Baby Shampoo

BABY WIPES

CHUBS STACKABLES Baby Wipes
HUGGIES Baby Wipes (green)
Johnson & Johnson baby wipes
PIDGEON Baby Wipes

FORMULAS

S26 Lactose Free
S26 Gold
S26 AR
Karicare De-Lact
Karicare thickened
Karicare Soya
Karicare Gold
Karicare Goat
Heinz Nurture Gold
Heinz Nurture follow on
Nestles NAN
Neo Cate

DISPOSABLE NAPPIES

Huggies
Baby Love
VIP'S
Home Brand

PROCESSED FOODS

Farex original
Heinz Teething Rusks
Heinz Baby's first rice cereal
Arnotts Milk Arrowroot biscuits
Heinz potato, Peas, Broccoli
Heinz sweetcorn & chicken
Golden Circle Pumpkin, Beef, Potato
Golden Circle Creamy tuna & vegies
Golden Circle Fruit salad
Golden Circle Banana custard
Golden Circle Apple & mango
Heinz egg custard
Heinz fruit salad yoghurt desert
Heinz Apple & blackcurrant gel
Heinz Chocolate custard