

**Severe Intolerance**

RED CLOVER SEED  
ST JOHNS WORT  
STEVIA LEAF  
VALERIAN

**Moderate Intolerance**

ACAI BERRY  
BARLEY GRASS  
BEE POLLEN  
KAVA KAVA  
LO HAN  
PINE BARK  
REISHI MUSHROOM  
ROOIBOS TEA  
YELLOW DOCK

**Mild Intolerance**

AGAVE  
ASHWAGANDHA  
BLACK WALNUT  
ESSIAC  
FEVERFEW  
GINKO BILOBA  
GRAPE SEED EXTRAC  
MAITAKE MUSHROOM  
MANGOSTEEN  
RED YEAST RICE  
RHODIOLA  
SCHISANDRA BERRY  
VINPOCETINE  
WORMWOOD

**Functional Foods and Medicinal Herbs**

ALOE VERA	ASTRAGALUS	BILLBERRY	CASCARA
CHLORELLA	DANDELION	ECHINACEA	ELDERBERRY
GOJI BERRY	GOLDENSEAL	GURANA SEED	GYMNEMA SYLVEST
HAWTHORN BERRY	HUPERZINE	LUTEIN	MILK THISTLE
MULLEIN LEAF	NONI BERRY	PAU DARCO BARK	RESVERATROL
SENNA	SPIRULINA	WHEAT GRASS	

Herbs: Male/Female

RED indicates a severe intolerance and these items should be avoided for a minimum of 6 months  
 YELLOW indicates a mild intolerance and these foods should be avoided if possible  
 ORANGE indicates a moderate intolerance and these items should be avoided for a minimum of 3-6 months  
 GREEN indicates acceptable foods / no reaction