



Fellowship of the First Resurrection Dietary Law Help Guidelines <https://firstresurrectionfellowship.com/>

Clean Meat

Antelope
Beef
Buffalo
Deer
Goat
Hart
Lamb
Mountain Sheep
Ox

Clean Fowl

Chicken
Grouse
Pigeon
Pheasant
Partridge
Quail
Songbirds
Turkey

Clean Fish

Albacore
Anchovies
Bluebill Sunfish
Bluefish
Bowfin
Buffalo Fish
Butterfish
Carp

Chubs
Cod
Crappies
Flounder
Freshwater Mullet
Groupers
Grunts
Haddock
Hake
Halibut
Herring
Kingfish
Mackerel
Mullet
Pike
Pilchards (sardines)
Red Snapper
Redish
Salmon
Sea Bass
Smelt
Striped Bass
Trout
Tuna
White Fish**
Yellow Perch

Other Meat

Locust after his kind
Beetle after his kind

Grasshopper after his kind
Ref. Leviticus 11:22

Whatsoever is sold in the shambles, that eat, asking no question for conscience sake: For the earth is the Lord's, and the fulness thereof. 1 Corinthians 10:25-26 (KJV)

*Dove & Duck, Leviticus 11:18, please read and decide for yourself. See Pg 11

**The SPECIES called WHITE FISH is clean, but a variety of fish flesh is sold under the commercial designation of "white fish" and may include such unclean species as shark.

Unclean Ingredients to look for in Packaged Food

Animal Shortening
Gelatin
Lard
Vitamin D3 derived from live sheep
L-Cysteinecan
Isinglass
Tallow
Porcine
Carmine



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Cochineal

Popular Brands Baking Goods, Condiments, Sauces, Seasonings & Sweeteners with Unclean Items

- Kraft Foods JELLO **Pork Unclean**
- **Note:** All Kroger products containing gelatin (source is pork)
- McCormick **Bag Gravy, Chili Sauces & Mixes (Source Pork/Processing)** Individual Seasonings bearing a cRc Kosher Symbol Clean
- Sara Lee **Beuler's Pie Crust (Aldi's)**

Beverages

- Anheuser-Busch Budweiser Chelada (Source **Clam Broth Unclean**)
- Bud Light Clamato Chelada (Source **Clam Broth Unclean**)
- Minute Maid **Juices To Go Ruby Red Grapefruit Drink (Source Pork Processing Unclean)**
- Jugos Del Valle **Strawberry Banana Juice (Source Pork/Processing)**
- Jugos Del Valle **Strawberry Juice Nectar (Source Pork/Processing**

Unclean)

- Dr Pepper/ Seven Up, Inc. Brand **Cream Soda Castoreum (Source From Beavers Unclean)**
- Guinness Beer **Beers contain an ingredient (Isinglass) from catfish Catfish Unclean**
- Minute Maid – **100% Pink Grapefruit Juice (Source Cochineal Unclean)**
- Ocean Spray Juice **White Cranberry Peach (Source Canthaxanthin Unclean) All Other Drinks Non-Animal Clean**

Breads

- Bimbo Bakeries USA Breads (without L-cysteine and have Kosher symbol) **Vegetable Clean**
- (Sara Lee Brand/Bimbo Bakeries) **Betterway Bread (Source Mono-dyg., Beef/Pork, Unclean)**
- (Sara Lee Brand/Bimbo Bakeries) **Holsum Bread (Source Mono-dyg., Beef/Pork, Unclean)**
- (Sara Lee Brand/Bimbo Bakeries) **Pillsbury Breads (Source Mono-dyg., Beef/Pork, Unclean)**
- (Sara Lee Brand/Bimbo Bakeries)

Mother's Bread (Source Mono-dyg., Beef/Pork, Unclean)
All other products that are not certified Kosher & have L-cysteine **Pork Unclean**

http://bimbobakeriesusa.com/our_brands/earthgrains.htm

- Cole Bread **Frozen bread loaves (All Varieties) (Source Enzymes, pork Unclean)**
- Dominick's **Fresh Bake Shop Products (Source Beef/Pork Unclean)**
- Dominick's **French Bread (Source L-Cysteine/Life-Forms Unclean)**
- (Earthgrains Brand) **Jewel Crescent Rolls (Source Mono-digly, Beef/Pork Unclean)**
- (Earthgrains Brand) **Jewel Jumbo Biscuits (Source Mono-digly, Beef/Pork Unclean)**
- (Earthgrains Brand) **Jewel 10ct. Buttermilk Biscuits (Source Tallow, Beef/Pork Unclean)**
- (Earthgrains Brand) **Homestyle Biscuits (Source Tallow, Beef/Pork Unclean)**
- (Jewel/Osco Brand) **Fresh Bake**



Fellowship of the First Resurrection Dietary Law Help Guidelines <https://firstresurrectionfellowship.com/>

- Shop Products (Source Beef/Pork/Veg. Unclean)
 - Jiffy Mix Corn Bread mix (Source Lard, Pork Unclean)
 - (La Mas Raca Brand) Flour Tortillas (Source L-Cysteine Unclean)
 - McDonald's Sesame Seed Buns (Source L-Cysteine Unclean)
 - Pepperidge Farm Garlic Bread w/ Cheese (Source Beef / Pork Unclean) Any of their products that contain Gelatin, Pork Unclean
 - Pillsbury All can refrigerated biscuits (Source Beef / Pork Unclean)
 - Safeway Select 5 Cheese Garlic Toast (Source L-Cysteine Unclean)
 - Safeway Unclean Garlic Cheese Bread (Source L-Cysteine Unclean)
 - White Castle "BUNS" (Source L-Cysteine Unclean)
- Cakes, Cookies & Crackers**
- Best Foods All Entenmann's Products w/o L-Cysteine Clean
 - Products containing (Source L-cysteine Unclean)
 - Clyde's Donuts Donuts - Soybean Oil Non-Pork Clean
 - Donuts - With L-Cysteine (Source L-Cysteine Unclean)
 - Belmont Vanilla Cream Wafers (Source Pork fat Unclean)
 - Dominick's Dominick's Snack Crackers w/o bacon Vegetable Clean All varieties with bacon (Source Pork Unclean)
 - Frito Lay (Grandma's) Brand Chocolate Mini Sandwich Cream Cookies (Source Pork-free (But Cross Contamination, Unclean)
 - Frito Lay (Grandma's) Brand Chocolate Sandwich Cream Cookies, Pork-free (But Cross Contamination, Unclean)
 - Frito Lay (Grandma's) Brand Vanilla Mini Sandwich Cream Cookies, Pork-free (But Cross Contamination, Unclean)
 - Frito Lay (Grandma's) Brand Mini Chocolate Chip Cookies Pork-free (But Cross Contamination, Unclean)
 - Frito Lay (Grandma's) Brand Soft Bakers Chip Cookies Pork-free (But Cross Contamination, Unclean)
 - Interstate Brands Co. Dolly Madison Cupcakes (Source Gelatin, Pork Unclean)
 - Interstate Brands Co. Hostess Cupcakes (Source Gelatin, Pork Unclean)
 - Interstate Brand Co. Hostess SnoBalls (Source Gelatin, Pork Unclean)
 - Interstate Brand Co. Hostess Banana Dreams & Banana Flips (Source Gelatin, Pork Unclean)
 - Kellogg Company Rice Krispies Treats Squares (Source Gelatin, Pork, Unclean)
 - Kellogg Company Special K Protein Snack Bars (Source Gelatin, Pork Unclean)
 - Kellogg Company Fruit Snacks (Source Beef & Pork Unclean)
 - Lofthouse Cookies Co Pink Sugar Cookies (Source Pork Unclean)
 - Nabisco Food Group Any product containing gelatin or L-Cysteine Gelatin, Pork Unclean
 - Otis Spunkmeyer Co Bear Claws



Fellowship of the First Resurrection Dietary Law Help Guidelines <https://firstresurrectionfellowship.com/>

- (Source Pork Unclean)
- Otis Spunkmeyer Co Cinnamon Rolls (Source Pork Unclean)
- Otis Spunkmeyer Co Danish (All Varieties) Source Pork Unclean)
- Pepperidge Farm Cakes (All Varieties) (Source Gelatin, Beef/Pork Unclean)
- Sara Lee Classic French Cheesecake (Source Gelatin, Beef/Pork Unclean)
- Sara Lee Strawberry French Cheesecake (Source Gelatin, Beef/Pork Unclean)
- Sara Lee French Silk Pies (Source Gelatin, Pork Unclean)
- Sara Lee Tropical Coconut Cream Pies (Source Gelatin, Pork Unclean)
- Sara Lee Tangy Lemon Meringue Pies (Source Gelatin, Pork Unclean)
- Sara Lee Banana Cake (Source Pork Unclean)
- Sara Lee Carrot Cake (Source Pork Unclean)
- (Source Additives/ingredients Unclean)
- Brach's Candy All Products (Source Containing Gelatin Pork Unclean)
- Cadbury-Adams (A Subsidiary of Kraft) Trident Layers (All Varieties) (Source Pork Ingredients Unclean)
- Cadbury-Adams (A Subsidiary of Kraft) Trident Splash (All Varieties) (Source Pork Ingredients Unclean)
- Cadbury-Adams All Gum products containing Gelatin Pork Ingredients Unclean
- Callard & Bowser-Suchard, Inc. Altoid Mints/Gums (Source Pork Unclean)
- Farley's & Sather's Amazin' Fruit Gummi Bears (Source Gelatin, Pork Unclean)
- Farley's & Sather's Heide Gummi Bears (Source Gelatin, Pork Unclean)
- Unclean **All Products with Gelatin/Carmine** Pork Unclean
- Ferrara Pan All Gummy Candies (Source Gelatin, Pork Unclean)
- Frito Lay Brand Doritos Blazin'
- Buffalo Ranch (Source Porcine(Pork) Enzymes Unclean)
- Frito Lay Brand Grandma's Rich'N Chewy Chocolate Chip Cookies (Source Pork Unclean)
- General Mills Buggles (All) Nat. Flavor (Sourced from pork Pork Unclean)
- Hershey's All Candies with Gelatin (Source Pork Unclean)
- Hershey's Amazin' Fruit (All Varieties) (Source Gelatin, Pork Unclean)
- Hershey's Good N' Fruity & Good N' Plenty (Source Carmine/Cochineal Unclean)
- Hershey's Jolly Rancher Gummes (Source Gelatin, Pork Unclean)
- Hershey's Jolly Rancher Hard Candies (Source Artificial/natural Unclean)
- Jay's Oke-Doke Cheese Popcorn (Source Enzyme, Pork Unclean)
- Just Born Peeps Marshmallow Candy (Source Gelatin, Pork Unclean)
- Kraft Planters Dry Roasted Peanuts (Source Gelatin, Pork Unclean)

Candy, Chewing Gum & Chips

- Bubble Yum Bubble Gum



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- Nabisco Planters Cheese Balls (Source Gelatin, Pork/Beef Unclean)
- Nabisco Planters Cheese Curls (Source Gelatin, Pork/Beef Unclean)
- Nabisco Crème Savers Candies (all varieties) Flav. Agents, (Source Pork Unclean)
- Nestle (Wonka) Pixy Stix & Spree Candy (Source Carmine Unclean)
- Nestle (Wonka) Gummy Sweetarts (Source Gelatin, Pork/Beef Unclean)
All Candies containing Carmine and/or Gelatin Pork/Insect Unclean
- Spangler Candy Marshmallow Peanuts (Source Gelatin, Pork Unclean)
- Van-Melle Mentos Candy & Chewing Gum (all varieties) (Source Gelatin, Beef, Cochineal Unclean)
- Vitner Company White Cheddar Popcorn (Source Enzymes, Pork Unclean)
- Vitner Company Cheese Twist (Source Enzymes, Pork Unclean)

- Vitner Company Cheese Crunchy's (Source Enzymes, Pork Unclean)
- Welch's Fruit Snacks (Source Gelatin, Pork Unclean)
- Wrigley Co. All Gums, Life Savers, Gummies (Source Pork - cross contamination Unclean)
- Wrigley Co. Starburst Fruit Chews (Source Pork - cross-contamination Unclean)

Cereals

- Biscuits Leclerc Ltd. (Aldi) Breakfast Cereals The ones with Gelatin/Marshmallow (Source Pork Unclean)
- General Mills Lucky Charms Cereals (Source Gelatin, Pork Unclean)
- Kellogg Co. Most *Cereals (Look for "K" symbol) Gelatin, Beef Clean
- Kellogg Co. Kellogg Fruity Marshmallow Krispies (Source Gelatin, Pork Unclean)
- Kellogg Co. Marshmallow Fruit Loops (Source Gelatin, Pork Unclean)
- Kellogg Co. Snack-Ums Rice

Krispies Treat Krunch (Source Gelatin, Pork Unclean)

- Kellogg Co. Kellogg Smorz Cereal (Source Gelatin, Pork Unclean)
- Kellogg Co. *All Cereals containing marshmallow derivatives Gelatin, Pork Unclean
- Malt O Meal Golden Puffs (Source Gelatin, Fish Unclean) **(Uses whichever fish gelatin available on the open market.)**
- Malt O Meal Marshmallow Mateys Cereal (Source Gelatin, Pork Unclean)
- Malt O Meal Frosted Mini Spooners (Source Gelatin, Pork Unclean)
- Big Bowl Instant Oatmeal: Apple & Cinnamon Flavor (Source Gelatin, Fish Unclean)
- Big Bowl Instant Oatmeal: Maple & Brown Sugar Flavor (Source Gelatin, Fish Unclean)
- Big Bowl Instant Oatmeal: Variety Pack (Source Gelatin, Fish Unclean)

Dairy & Fruit Products

- Baker's & Chef's (Sam's Club)



Fellowship of the First Resurrection Dietary Law Help Guidelines <https://firstresurrectionfellowship.com/>

- White American Cheese 120ct/slices (Source Porcine Enzymes Unclean)
- Baskin-Robbins (ALL) Products Certified Kosher (one exception) Pink Bubble Gum & Rocky Road Ice Cream (Source Gelatin (Pork Unclean))
- Best Foods Fat Free Butter (Source Gelatin, Beef/Pork Unclean)
- Best Foods Light Butter (Source Gelatin, Beef/Pork Unclean)
- Best Foods Sweet Cream & Calcium Butter (Source Gelatin, Beef/Pork Unclean)
- Borden Foods Cheese Singles (Source Gelatin, Pork/Cross cont. Unclean)
- Crystal Farms Process cheeses (Source Beef and Pork Unclean)
- Crystal Farms Cheese Loaf singles (Source Beef and Pork Unclean)
- Crystal Farms Hot Pepper cheeses (Source Beef and Pork Unclean)
- Dannon All Yogurt Products with Gelatin or Cochineal Gelatin, Pork Unclean
- Dean Foods (Morning Star Foods Div.) Dips (All Varieties) (Source Gelatin, Pork Unclean)
- Dole Foods, Inc. Fruit N' Gel Bowls with Cochineal (Source Cochineal Unclean)
- Dole Foods, Inc. Jar Fruit (Source Cochineal Unclean)
- Edy's Dreamery's Galactic Chocolate Swirl (Source Gelatin, Pork Unclean)
- Edy's Rocky Road (Source Gelatin, Pork Unclean)
- Yoplait Frozen Smoothies (Source Gelatin, Pork Unclean)
- Great Lakes Cheese Aldi brand: Processed Cheese Singles/Spreads (Source Enzymes, pork/calf Unclean)
- Horizon Organic Parmesan Cheese (Source Rennet, Beef/Pork Unclean)
- Kraft Foods Kraft Singles Flav. (Source Enzymes, Beef/Pork Unclean)
- Kraft Velveeta Flav. (Source Enzymes, Beef/Pork Unclean)
- Kroger Company Cheese Singles & Cheeses with gelatin (Source Gelatin, Pork Unclean)
- Land O' Lakes, Inc. Processed American Cheeses (Source Enzymes, Beef/Pork/Microbial Unclean)
- Unilever Breyers, Good Humor, Klondyke & Pop (Source Gelatin, Pork/ Insect Unclean)

BABY & INFANT ITEMS:

- (Ross Products Division) Similac Alimentum Advance (Source Enzymes, Pork Unclean)
- (Ross Products Division) Similac Lactose Free (Source Enzymes, Pork Unclean)
- Bristol-Meyer Pregestimil Hypoallergenic (Source Enzymes, Pork Unclean)
- Gerber Products Dinners & Meat Items in jars (Source Beef/Pork Unclean) *Note: Look for the OU kosher symbol
- Mead Johnson Nutramigen hypoallergenic formula (Source Enzyme, pork Unclean)
- Nestle Carnation Good Start Supreme (Source Enzyme, Pork Unclean)

Meats & Frozen Entrees



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- Armour/Eckrich **Eckrich Smoke Sausage (ALL Varieties) (Source Produced Same Equipment w/Pork Unclean)**
- Cameco (Aldi's) **Lunchmate Lunch Meats (Source Pork/Pork processing Unclean)**
- Chef Boyardee **Cheese Pizza Makers Kit (Source Enzymes (Pork/Beef) Unclean)**
- Con Agra (Banquet) **Butterball Skinless Beef Hot dogs (Source Pork casing Unclean)**
- Con Agra (Banquet) **Butterball Turkey Hot dogs (Source Pork casing Unclean)**
- Con Agra (Banquet) (Aldi) **Kirkwood Pot Pies (All Varieties) (Source Lard Unclean)**
- Con Agra (Banquet) **Marie Callender's Beef Pot Pie (Source Gelatin, Pork Unclean)**
- Con Agra (Banquet) **Fresh Turkey Bratwurst (Source Pork casing Unclean)**
- Con Agra (Banquet) **Fresh Hot Italian Turkey Sausage (Source Pork casing Unclean)**
- Con Agra (Banquet) **Sweet Italian Turkey Sausage (Source Pork casing Unclean)**
- DiGiorno Pizza **Spicy Chicken Supreme (Source L-Cysteine/Duck Unclean)**
- Eckrich **Smoked Beef Sausage (all varieties) (Source Pork casing Unclean)**
- Eckrich **Kielbasa Turkey Sausage Pork casing Unclean**
- Farmland **Beef Franks (Source Cross Contamination Unclean)**
- Farmland **Black Angus Beef Smoke (Source Sausage Cross Contamination Unclean)**
- Farmland **All of their products (Beef Hot Dogs, Turkey Bacon, etc.) Cross Contamination Unclean, Made on the same equipment with their pork products.**
- Freschetta **Cheese Pizza (Source L-Cysteine/Duck Unclean)**
- Freschetta **Brick Oven Cheese Pizzas (Source L-Cysteine/Duck Unclean)**
- General Mills **Totino's/Jenos Products (Source Pork Unclean)**
- Hormel Foods Corp. **Spam & Oven Roasted Turkey Spam (Source Pork Unclean)**
- Hormel/Jennie-O **Sausage Links (Source Pork Unclean)**
- Hormel/Jennie-O **Lean Hot Italian Turkey Sausage (Source Casing (Pork) Unclean Lean)**
- Hormel/Jennie-O **Turkey Bratwurst (Source Casing (Pork) Unclean)**
- Johnsonville Products **All products produced on same equipment Pork, Cross-contamination Unclean**
- Nestle **Stouffer's Noodles Romanoff (Source Gelatin, Pork Unclean)**
- Nestle **Stouffer's Meals with Cheese (Source Enzymes, Beef/Pork Unclean)**
- Nestle **Stouffer's (All Other Meals) (Source Pork Derivatives Unclean)**
- Nestle **Hot, Lean & Croissant Pockets (Source Pork Derivatives Unclean)**
- Nestle **Pizza Mini's (Source Pork Derivatives Unclean)**
- Oscar **Lunchables (All varieties) Cheese, (Source Pork Unclean)**
- Red Baron **All Pizzas (Source Pork Processing Unclean)**



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- Tony's Pizza Co. **Tony's Pizza** (All varieties) (Source L-cysteine Unclean)
 - Trader Joe's **Most Sausage** contains pork casings **Pork Unclean**
 - Tyson **Aldi Brand Kirkwood Turkey Bacon** (Source **Pork Unclean**)
 - Vienna Beef Store Brand: **Vienna Beef (JUMBO) Franks/Polish** (Source **Casing, Pork Unclean**)
 - Vlasic Foods International **Swanson Pot Pies (All varieties)** (Source **Lard, Pork Unclean**)
 - Vlasic Foods International **Great Starts Breakfast Entrée** (Source **Pork Unclean**)
 - Vlasic Foods International **Swanson Frozen Entrée Meals** (Source **Beef/Pork Unclean**)
 - White Castle **Frozen Hamburgers & Cheese Burgers Buns**, (Source **L-Cysteine Unclean**)
- Pasta, Rice, Sauces & Soups**
- Campbell Soup Company **Franco American Pasta** (Source **Enzy., Beef/Pork Unclean**)
 - Campbell Soup Company **Prego Pasta Sauces** (Source **Enzy., Beef/Pork Unclean**)
 - General Mills **Chicken Helper** (Source **Pork processing Unclean**)
 - General Mills **Hamburger Helper** (Source **Pork processing Unclean**)
 - General Mills **Tuna Helper** (Source **Pork processing Unclean**)
 - Glory Foods **Seasoned Blackeye Peas** (Source **Pork Fat Unclean**) [*All Can Products & Products with Pork Pork Fat Unclean*]
 - Kraft Foods **Kraft Macaroni & Cheese Flavor** (Source **Enzy., Pork Unclean**)
 - Lipton **All Products Containing** (Source **Gelatin Gelatin, Pork Unclean**)
 - Maruchan **Ramen Noodles** (Source **Shrimp processing Unclean**)
 - Nissin **Top Ramen Noodles** (Source **Shrimp processing Unclean**)
 - Pepsico **Rice & Roni Creamy Four Cheese** (Source **Beef/Pork & Shellfish Unclean**)
 - Pepsico **Rice & Roni Parmesan Chicken** (Source **Beef/Pork & Shellfish Unclean**)
 - Pepsico **Rice & Roni Country Cheddar** (Source **Beef/Pork & Shellfish Unclean**)
 - Pepsico **Pasta Roni Chicken Quesadilla** (Source **Beef/Pork & Shellfish Unclean**)
 - Ragu **Pasta Sauces with Cheese** (Source **Pork Unclean**)
 - Ragu **Pasta Sauces with Sausage** (Source **Pork Unclean**)
 - *Note: Brothers and Sisters Ragu makes over 30 Varieties of Pasta Sauces, Please READ the LABELS, If it Contains CHEESE it is from (Pork).

Other Products

- AstraZeneca **Prilosec Capsule**, (Source **Pork/Plant Unclean**)
- Bayer Co. **Flintstone Vitamins** (Source **Gelatin, Pork Unclean**)
- Bayer Co. **One-A-Day Men's Health Formula** (Source **Beef/Pork Unclean**)



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- Bayer Co. **One-A-Day Women's Formula** (Source Beef/Pork Unclean)
- Bayer Co. **All Products containing gelatin** (Source Gelatin,Pork Unclean)
- Botanic Health **Apple Cider Vinegar Plus Capsules** (Source Gelatin, Pork Unclean)
- Botanic **All Other Products In Capsule Form** (Source Gelatin, Pork Unclean)
- Bristol Meyers **Theragram Vitamins** (Source Pork Unclean)
- Bristol Meyers **Strawberry N' Cream Drinks** (Source Pork Unclean)
- Citrucel **Citrucel Caplets** (Source Pork Unclean)
- Colgate-Palmolive **Colgate Wisp & Colgate Max Fresh w/Mouthwash Beads** (Source Pork Gelatin Unclean)
- CVS Brand **Ibuprofen** (Source Beef & Pork Unclean)
- GlaxoSmithKline **Beano** (Source Gelatin, various fish Unclean)
- GNC **All GNC Vitamins w/ gelatin coating** (Source Pork Unclean)
- Johnson & Johnson **Benadryl Dye Free Allergy** (Source Gelatin - Pork Unclean)
- Johnson & Johnson **Benadryl Ultra Tabs Allergy** (Source Animal Products Unclean)
- Johnson & Johnson **Benadryl Children's Dye Free Allergy Liquid** (Source Glycerin - Pork Unclean)
- Johnson & Johnson **Zyrtec Liquid Gels** (Source Pork-Gelatin Unclean)
- Johnson & Johnson **Children Zyrtec Chewables** (Source Carmine Unclean)
- Leiner (Sam's Club) **Member's Mark Ibuprofen Liquid Softgels** (Source Gelatin, Pork Unclean)
- (Subsidiary of Johnson) **Tylenol Gel Capsules** (Source Pork Unclean)
- (Subsidiary of Johnson) **Motrin IB Ibuprofen Products Containing Gelatin/Polysorbate 80** (Source Pork Unclean)
- Mead Johnson Co. **Poly-Vi-Sol (Tablets)** (Source Pork Unclean)
- Natural Balance Co. **Colon Clenz Capsules**, (Source Pork Gelatin Unclean)
- Nature Sunshine **Herbosaurus Orchard Lipase**, (Source Pork Unclean)
- Nature Sunshine **Garden Essentials Lipase**, (Source Pork Unclean)
- Nature Sunshine **Soft Shell Capsules** (Source Porcine (Pork Unclean)
- Nature's Bounty **ABC Plus (Tab)** (Source Gelatin - Pork Unclean)
- Nature's Bounty **ABC Plus® Senior (Tab)** (Source Gelatin - Pork Unclean)
- Naturemade **Nature's Vitamins with Gelatin** (Source Pork Unclean)
- Naturpharma **Spring Valley (All Products with Gelatin) Capsules**, (Source Pork Gelatin Unclean)
- Nestle **Original Performance PowerBar: (Wild Berry & Raspberry N' Cream)** (Source Pork Unclean)
- Novartis **Tavist Allergy** (Source Pork Unclean)



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- Optimum Nutrition **Supplements, Power Bars, etc.** (Source **Pork/Beef Unclean**)
- Proctor & Gamble Crest Toothpaste: **Baking Soda and Peroxide Whitening** (Source **Pork/Beef Unclean**)
- Proctor & Gamble Crest Toothpaste: **Extra Whitening** (Source **Pork/Beef Unclean**)
- Proctor & Gamble Crest Toothpaste: **MultiCare Plus Extra Whitening** (Source **Pork/Beef Unclean**)
- Proctor & Gamble Crest Toothpaste: **Sensitivity Protection** (Source **Pork/Beef Unclean**)
- Proctor & Gamble Crest Toothpaste: **Tarter Protection** (Source **Pork/Beef Unclean**)
- Proctor & Gamble Crest Toothpaste: **Tarter Protection w/ Baking Soda** (Source **Pork/Beef Unclean**)
- All Vick's **Products containing Gelatin or Pork Unclean Glycerin**
- ProLab Nutrition **All Other Products in Capsule Form** (Source **Gelatin, Pork Unclean**)
- Schwabe North America **Metabolic Advantage™ Enzymatic Therapy** (Source **Porcine (Pork Ingredients) Unclean**)
- Sundown Naturals **Kid's Spiderman Multi Gummi Vitamins** (Source **Gelatin Pork Unclean**)
- TAP Pharmaceuticals **Prevacid Capsules** (Source **Gelatin, Pork Unclean**)
- Warner Lambert **Benadryl Allergy Ultra Tabs** (Source **Various Animals Unclean**)
- Whitehall-Robbins **Centrum Vitamins** (Source **Beef/Pork Unclean**)



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[New International Version](#)

the white owl, the desert owl, the osprey,

[New Living Translation](#)

the barn owl, the desert owl, the Egyptian vulture,

[English Standard Version](#)

the barn owl, the tawny owl, the carrion vulture,

[Berean Study Bible](#)

the white owl, the desert owl, the osprey,

[New American Standard Bible](#)

and the white owl and the pelican and the carrion vulture,

[King James Bible](#)

And the swan, and the pelican, and the gier eagle,

[Christian Standard Bible](#)

barn owls, eagle owls, ospreys,

[Holman Christian Standard Bible](#)

the white owl, the desert owl, the osprey,

[International Standard Version](#)

water-hens, pelicans, carrion,

[NET Bible](#)

the white owl, the scops owl, the osprey,

[New Heart English Bible](#)

the white owl, the desert owl, the osprey,

[GOD'S WORD® Translation](#)

barn owls, pelicans, ospreys,

[JPS Tanakh 1917](#)

and the horned owl, and the pelican, and the carrion-vulture;

[New American Standard 1977](#)

and the white owl and the pelican and the carrion vulture,

[Jubilee Bible 2000](#)

the swan, the pelican, the gier eagle,

[King James 2000 Bible](#)

And the white owl, and the pelican, and the carrion vulture,

[American King James Version](#)

And the swan, and the pelican, and the gier eagle,

[American Standard Version](#)

and the horned owl, and the pelican, and the vulture,

[Brenton Septuagint Translation](#)

and the red-bill, and the pelican, and swan,

[Douay-Rheims Bible](#)

And the swan, and the bittern, and the porphyron,

[Darby Bible Translation](#)

and the swan, and the pelican, and the carrion vulture,

[English Revised Version](#)

and the horned owl, and the pelican, and the vulture;

[Webster's Bible Translation](#)

And the swan, and the pelican, and the gier-eagle,

[World English Bible](#)

the white owl, the desert owl, the osprey,

[Young's Literal Translation](#)

and the swan, and the pelican, and the gier eagle

Lexicon

the white owl,

הַתִּנְשֵׁמֶת (hat-tin·še·meṭ)

Article | Noun - feminine singular

[Strong's Hebrew 8580](#): A hard breather, two unclean creatures, a lizard and a bird, the tree-toad and the water-hen

the desert owl,

הַקָּאֵת (haq·qā·'āṭ)

Article | Noun - feminine singular

[Strong's Hebrew 6893](#): (a bird) perhaps pelican

the osprey,

הַרְהָם (hā·rā·hām)

Article | Noun - masculine singular

[Strong's Hebrew 7360](#): A kind of vulture

Referenced <https://biblehub.com/leviticus/11-18.htm>