



HEALTH PROTOCOLS

At a Glance

Use this section as a quick reference of ingredients to avoid per health condition.

ADHD	BRAIN HEALTH	HORMONES (Endocrine Disruptors)	CANCER
<ul style="list-style-type: none">• MSG• BPA• BHA/BHT• Artificial Colors• Natural & Artificial Flavors• Benzoate Preservatives	<ul style="list-style-type: none">• MSG• BPA• Carrageenan• Artificial Sweeteners	<ul style="list-style-type: none">• BHA/BHT• BPA• High Fructose Corn Syrup	<ul style="list-style-type: none">• Artificial Colors• BHA/BHT• Carrageenan• High Fructose Corn Syrup

PRENATAL/ PRENANCY	ECZEMA/ ALLERGIES	WEIGHT
<ul style="list-style-type: none">• MSG• BHA/BHT• BPA• Artificial Colors• Carrageenan• Artificial Sweetners	<ul style="list-style-type: none">• Carrageenan• Artificial Colors• BPA• Natural & Artificial Flavors	<ul style="list-style-type: none">• MSG• BPA• Carrageenan• Artificial Sweeteners

- Kitchen-only ingredients are listed above.
- This is not a comprehensive list; only the ingredients from The Slightly Greener Method are listed in the Health Protocols. Talk to your doctor for more information.