

NO GMO Wallet Card

Cut out the card below for a quick reference guide you can keep in your wallet.
You may want to laminate or tape for lasting use. Fold on dotted line.

Corn and/or soy are the most common GMO foods, over 85% of America's crops are GMO. One or both of these ingredients, in some form, are in almost all packaged goods, and even breads. Unless it says Organic or Non-GMO on the label, there is a high probability that it contains GMO's if it is one of these foods, or if any of these ingredients are included:

Alfalfa, Amino Acids, Ascorbic Acid, Aspartame (also Called Aminosweet, Nutrasweet, Equal Spoonful, Canderel, Benevia, E951 (U.K. & European Code), Baking Powder, Canola Oil (Rapeseed Oil), Caramel Color, Cellulose, Citric Acid, Cobalamin (Vitamin B12), Colorose, Condensed Milk, Confectioners Sugar, Corn, Corn Flour, Corn Gluten, Corn Masa, Cornmeal, Corn Starch, Corn Syrup, Cottonseed Oil, Cyclodextrin, Cystein, Dextrin, Dextrose, Diacetyl, Diglyceride, Erythritol, Equal, Food Starch, Flavorings ("natural" & "artificial"), Fructose (Any Form), Glucose, Glutamate, Glutamic Acid, Glycerides, Glycerin, Glycerol, Glycerol Monooleate, Glycine, Hemicellulose, High Fructose Corn Syrup (HFCS), Hydrogenated Starch, Hydrolyzed Vegetable Protein...

.....
...Inositol, Inverse Syrup, Inversol, Invert Sugar, Isoflavones, Lactic Acid, Lecithin, Leucine, Lysine, Malitol, Malt, Malt Syrup, Malt Extract, Maltodextrins, Maltose, Mannitol, Methylcellulose, Milk Powder, Milo Starch, Modified Food Starch, Modified Starch, Molasses, Monosodium Glutamate (MSG), Nutrasweet, Oleic Acid, Phenylalanine, Phytic Acid, Protein Isolate, Shoyu, Sodium Ascorbate, Sodium Citrate, Sorbitol, Soy, Soy Flour, Soy Isoflavones, Soy Isolates, Soy Lecithin, Soy Milk, Soy Oil, Soy Protein, Soy Sauce, Squash (yellow & zucchini), Starch, Stearic Acid, Sucrose, Sugar (Unless Specified As Cane Sugar), Sugar from Sugar Beets, Tamari, Tempeh, Teriyaki Marinade, Textured Vegetable Protein (TVP), Threonine, Tocopherols (Vitamin E), Tofu, Trehalose, Triglyceride, Vegetable Fat & Margarines (made with Soy, Corn, Cottonseed, and/or Canola), Vegetable Oil, Vitamins (B12, C & E), Whey, Xanthan Gum, Yeast Products.

**LOOK FOR: Certified Organic (will also be non-GMO), and/or Non-GMO Project labels
With ♥ from SEJUICED
www.sejuicebar.com**