

WHOLE30 ADDITIVES GUIDE

COMPLIANT

Acacia or Agave Inulin
Acetic Acid
Alpha Tocopherol
Ascorbic Acid
Beta-Carotene
Calcium Carbonate
Calcium Chloride
Citric Acid, Sodium Citrate
Ferrous Gluconate
Gums
Inulin
Lactic Acid
Natural Flavors
Niacin
Pectin
Potassium Chloride
Potato Starch
Riboflavin
Salt
Sodium Nitrate (Nitrite)
Sunflower Lecithin
Zinc Gluconate

NON-COMPLIANT

Carrageenan
Corn Starch
Monosodium Glutamate
(MSG)
Soy Lecithin
Sulfites (sulfur dioxide,
sodium bisulfite,
potassium metabisulfite)