

# Unique Ingredients

	What is it	Benefits	Sub.	Brands
<b>Aminos</b>	Braggs OR Coconut. Salty soy-free version of soy sauce	Amino acids are the building blocks for our protein.	<i>Organice Soy Sauce</i>	Braggs Liquid Aminos, Coconut
<b>Black Salt</b>	Also known as “Kala Namak”. It gives food eggs like taste.	It’s considered a cooling spice. Laxative and digestive aid.	<i>Sea salt</i>	
<b>Lucmuma Powder</b>	Dried fruit. Sweetens, creamy taste, tastes like raisins	Anti inflammation & promotes tissue regeneration	<i>None</i>	Navitas, Ojio
<b>Mesquite Powder</b>	Seed pod. Sweet, nutty/cinnamon-mocha taste.	Helps balances blood sugar levels.	<i>Carob powder</i>	Navitas, Ojio
<b>Maca Powder</b>	Root vegetable. Superfood, malty taste.	Enhances energy, stamina, memory. Helps balance hormones.	<i>None</i>	Navitas, Ojio
<b>Miso</b>	Fermented bean and rice paste. Full flavor salty taste.	Restores probiotics to the intestines. Good B12 source. Helps fight cancer.	<i>None</i>	Miso Master, South River Miso, Eden
<b>Tamari</b>	It’s the “original” soy sauce. High quality soy sauce.	Benefits are much like Miso. Aids in the digestion.	<i>Organic Soy Sauce</i>	Miso Master, Nama Shoyu, Eden Foods
<b>Apple Cider Vinegar</b>	Or Coconut Vinegar. Raw, unpasteurized, unfiltered.	Kills some bad bacteria, help with weight loss, lower blood sugar levels	<i>Lemon, lime juice</i>	Braggs, Eden, Coconut Secret, Ojio
<b>Dulse Flakes</b>	Red mineral packed seaweed. Salty fishy taste	Helps new cell growth. Valuable minerals like iron, omega 3 & 6, B12	<i>Nori, kelp flakes</i>	Eden Foods, Maine Coast
<b>Nutritional Yeast</b>	Cheesy flavor (great cheese substitute)	Building compounds for the body to use, B Vitamins and more.	<i>None</i>	Braggs, Red Star, Bob’s Red Mill