

# Palm Oil Free Shopping Guide

## BABY PRODUCTS

Bepanthen	antiseptic cream
Curash	medicated anti-rash family powder
Eco Store	baby nappy balm protection
Farex	baby rice and cereals
Green Monkey	organic baby food
Heinz	summer drink
Heinz Little Kids	6 rice bars – banana and honey, 12 bread sticks – cheesy, cheesymite
Heinz Nurture 3	toddler milk drink
Johnson's	baby bedtime oil, baby powder, mineral oil
Karicare	steriliser tablets
Lansinol	
Little Genie	baby wipes, natural bamboo baby wipes
Milton	anti-bacterial tablets
Only Organic	baby food, first cereal
Precious	biodegradable wipes, flushable wipes
Select	baby wipes scented refill, travel baby wipes, unscented baby wipes
Ungvita	Vitamin A ointment
UV Tripleguard	Colourtech Kids sun spray
Vaseline	jelly
Wattie's	baby food jars, cans
Wattie's Create	All
Wattie's For Baby	All
Wattie's Kids Simply	All
Wattie's Little Kids	All cans
Wattie's Organic	All jars
Wiggles	toddler wipes
Woodward's	original gripe water



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**BAKING SUPPLIES**

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All	food colours and essences
Angas Park	dried diced apricots, figs, prunes, soft and juicy apricots
Bakels	pettinice almond flavoured icing, white icing
Blackwood Lane	marzipan, rainbow chocolate chips, sugar crystals
Cadbury Bournville	cocoa
Champion	high-grade white flour, self-raising white flour, wholemeal wheat flour
Chelsea	caster sugar, dark cane sugar, demerara sugar, golden syrup, icing sugar, soft brown sugar, treacle, white sugar
Cinderella	dates
Davis	gelatine
Dollar Sweets	Bright, chocettes, hundreds and thousands
Edmonds	baking powder, baking soda, corn flour, high-grade flour, instant dry yeast, natural wheat bran, self-raising flour, standard flour, wholemeal flour
Equal	tablets, refills, sachets
Hansells	cream of tartar
Healtheries	fine ground flaxseed, fine-ground gluten flour, ground rice flour, natural bran flakes
Homebrand	brown sugar, cocoa, dried apricots, glace cherries, high-grade flour, icing sugar, mixed fruit, self-raising flour, sultanas, white sugar, wholemeal flour, corn flour
Joyline	silver cachous, hundreds and thousands, mini flavoured decorations
Nestlé	baking cocoa, choc bit (milk, dark, white), rich dark cooking chocolate
Ocean Spray	craisins
Patak's	Coat and Cook Lime & Coriander, Tikka
Queen	glucose syrup, vanilla bean dusting sugar, vanilla bean paste, writing icing
Select	golden syrup
Signature Range	cocoa powder, Splenda, low calorie sweetener (powder)
Sucaryl	liquid and tablets

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**BAKING SUPPLIES CONTINUED...**

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Sunbeam	fruit flakes, fruit on the go - fruit salad, Tropicana
Sun-Maid	raisins
Sunsweet	dried apricots, prunes, prunes (ones)
Tasti	figs, glace cherries, mixed peel, ready to eat apricots
Weight Watchers	sweetener

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**BISCUITS**

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Arnotts	Kohi Classics shortbread, snack right sultana
Griffin's	butter shortbread, cookie bear party time wafers, Vitalife wellgrain range
Homebrand	vanilla crème, strawberry crème, chocolate crème
Loacker	Gran Pasticceria noir orange
Select	cookies
Tuckers	Natural Gourmet - dessert crackers

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**BREADS, ROLLS, OTHER BREAD PRODUCTS**

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Abe's Real Food Company	baby bagels natural
Bazaar	All
Bürgen	All
Country Life Bakery	
Country Split	All
Danny's	real pita bread
Delphi Souvlaki Pitta	All
Dovedale	Rice Chea Gluten-free, rye-linseed bread
Flinders	
Freshzone	Check labels for type of oil used
Freya's	All
Giannis	pita bread
Golden crumpets	
Helga's	
Homebrand	wheat meal bread, white bread
La Famiglia	
Leaning Tower	
MacKenzie High Country	
Marx	All
Mighty Soft	
Molenberg	All
Nature's Fresh	
Pane Toscano	classic ciabatta, focaccia bread
Patak's	chapattis, naan, pappadoms
Quality Bakers	All
Signature Range	bread, pita bread
Sunny Crust	white sandwich bread, wholemeal bread
Tip Top Super Soft	malted wholemeal, white, wholegrain, wholemeal & grains
Vogel's	All
Wonder White	

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**BREAKFAST CEREALS**

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Homebrand	crunchy grain cereal, fruity Rings, honey poppas, tropical muesli, wheat biscuits
Hubbards	Honey Bee good cereal, Inspirations cereal, Outward Bound chunky multigrain energy cereal, simply muesli
Kelloggs	all bran, cocoa pops, cornflakes, Crispix cocoa, Crispix, crunchy nut cornflakes, honey, rice bubbles, special k
Nicola's Organic	
Sanitarium	honey puffs, puffed wheat, rice bubbles ricies, Skippy cornflakes, weetbix – crisp honey, oat bran, original
Select	muesli
Signature Range	wheat biscuits
Uncle Toby's	oat crisp honey, plus muesli

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**CAT FOOD**

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Chef	
Fancy Feast Royale small tins	gourmet gold, Purina small tins, and
Heinz Gourmet	cat/kitten
Heinz Gourmet	pouches - tuna red meat, salmon in jelly
Homebrand	cat food
Optimum Waltham	
Purina	cat chow, kitten chow, One Adult, One natural blends, healthful life cat chow, party mix cat treats
Rival	
Whiskas	canned, cravers, dry, milk, temptations treats
Select Pouches	chicken, deep-sea delight with mackerel in sauce, prawn & gravy, rock lobster & seafood bisque, turkey & giblets in gravy
Select	chicken, chicken giblet, chicken with salmon fillet, red snapper*, salmon fillet, tender beef morsels, tender tuna*, tuna with prawn*, turkey, vegetable & egg
Tasti Dinner	original, chicken & fish, chicken & rice

\*see [www.forestandbird.org.nz/what-we-do/publications/-best-fish-guide](http://www.forestandbird.org.nz/what-we-do/publications/-best-fish-guide)

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**CLEANING PRODUCTS**

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Down to Earth	laundry concentrate powder, dishwashing liquid
Greenwoods	washing soda crystals
Green Works	cleaning products range
Next Generation	all products in range

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**CONFECTIONERY**

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Annie's	all fruit bars
Go Nutz	all
Patagonia	chocolate
RJs	all liquorice
Scarborough Fair	adore milk chocolate, Sinless dark chocolate, Sublime fruit and nut
Trade Aid	fair Trade dark chocolate 70% cocoa, orange, mint, almond
Whittaker's	chocolate

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**CONFECTIONARY (FROZEN)**

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Gourmet Ice Cream Co.	All
Juicies	All
Killinchy Gold	All
Kiwi Crush	All
Kohu Road	ice cream
Minoo	gelato – chocolate, coffee
Movenpick	All
NZ Natural	All
Rush Munro's	ice cream range
Signature Range	indulgent range

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**CRISPS, CHIPS, CRACKERS, MEXICAN BREADS, POPCORN**

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Abe's	bagel bites, bagel crisps
Always Fresh	rosemary & sea salt
Arnott's	Cruskits - corn
Ceres Organics	savoury rice chips – gluten-free, sea salt, tamari soy
Copper Kettle	lime and black pepper, sea salt, woodfire bbq, sea salt and vinegar, chicken, honey soy
Dainty	rice crackers – jumbo mix
ETA - Upper Cuts	Crostini – feta & garlic, sea salt with poppy seeds, tomato basil, brie
Freedom Foods	chickpea chips, gluten free wraps
Garden of Eatin'	sesame blues, mini yellow rounds, blue chips, red-hot blues
Gonuts	corn chips – cheese, salsa, popcorn - double butter salted
Healtheries	bbq rice wheels, rice wafers - natural
Jolly Time	popcorn – butter, white & buttery, blast O butter
Light Plus Bluebird	All
Orgran	Crispibites – mini corn crisp bread
Pams	taco shells, taco kits
Perfetto	mini ciabatta Italian flat bread
Pito's Pita Crisps	tangy tomato & red pepper salsa, parmesan & cracked pepper, sour cream & chives
Pop 'n' Good	honey popcorn
Pretzel Pete	gourmet pretzel nuggets - garlic & cheese, habanero, honey mustard, sour cream
Proper Crisps	All
Schultz	pretzels
Solay	multigrain potato crisps – tzatziki, sea salt, sour cream & chives
Tio Pablo	authentic corn tortillas
Tuckers	natural gourmet crackers - oatmeal, caramelised onion, coriander & cracked pepper
Value pack	pretzel range
Vege Chips	multi packs – all flavours

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**CRISPS, CHIPS, CRACKERS, MEXICAN BREADS, POPCORN**

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Very Premium	bagelettes - original, garlic, savoury straws - original cheese, poppy seed, parmesan water thins - cheese crisps, parmesan & garlic, feta and olive, poppy & cracked pepper
Weight Watchers	potato bakes – lightly salted, sour cream & chives

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**DAIRY, DIPS, DRESSINGS, SAUCES AND SPREADS**

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Alfa One	aioli dressing, Caesar dressing, creamy blue cheese dressing, creamy smoked paprika dressing, mayonnaise dressing,
Anchor	lite spreadable, reduced fat butter with olive oil
Bean Supreme	ginger and honey marinated tofu
Best Foods	Real mayonnaise, light mayonnaise
Butter	All standard butter
Colman's	mustards
Cotterill and Rouse	balsamic, mango & chilli, Thai coriander & lime
Country Goodness	green onion dip, sour cream & chives dip, sour cream
Delmaine	beef lasagne, carbonara sauce, chicken & cashew tortellini, mista fettuccini, pomodoro sauce, traditional tomato sauce
Edmonds	Balsamic, Caesar, Thousand Island, 100% fat free Italian, 100% fat free French, Ranch, whole egg mayonnaise
ETA	avocado & garlic, aged balsamic with horopito, aioli, balsamic, Caesar, coleslaw French - lite 'n' Free, Italian - lite 'n' Free, mayonnaise, salad dressing - lite 'n' Free, seafood classic, sour cream & chives, thousand island, tangy tomato & basil, tartare classic
Flavourit Dip	smoked salmon & dill
Frescarini	tricoloure fettuccine
Frescarini	carbonara sauce, pomodoro sauce
Fresh 'n Fruity	choc mousse

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**DAIRY, DIPS, DRESSINGS, SAUCES AND SPREADS  
CONTINUED...**

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Genoese	ground fresh basil pesto
Global	classic tartare, spicy seafood
Global Cuisine (Diron)	Mediterranean style cooking, devilled sausages stir through sauce, Tuscany beef casserole sauce, Moroccan lamb casserole sauce, butter chicken stir through sauce, honey garlic marinade, seafood cocktail sauce, Thai yellow curry
Gregg's	sauce - rich red tomato, smoked hickory bbq
Heinz	mayonnaise - traditional, salad cream, Seriously Good mayonnaise, tomato ketchup
Hellman's	Real mayonnaise
Homebrand	bbq sauce, coleslaw, French - fat free, HP sauce Italian - fat free thousand island, tomato sauce
Jellibotz	
Just Hummus	garlic & lemon
Kraft	lite cheese spread
La Bonne Cuisine	cucumber mint & yoghurt dip, original hummus dip, roasted garlic & onion classic dip, sun dried tomato & garlic dip
Lisa's	chunky dip - sun dried tomato basil & ricotta, grilled capsicum hummus, original hummus
Lea & Perrins	hot pepper sauce
Marmite	
Masterfoods	honey mustard, mild American mustard, fine wholegrain mustard, red wine & garlic marinade
Mediterranean	chunky dips - basil pesto, basil & tomato, hummus - roast garlic, original
Nandos	peri peri sauce
Olive Grove	falafel
Patak's	cooking sauces (jar and canned), pastes & pickles
Paul Newman's	Classic, south west, creamy roasted garlic, creamy Caesar, balsamic, ranch, light honey mustard, light Balsamic
Pic's	Really Good peanut butter

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**DAIRY, DIPS, DRESSINGS, SAUCES AND SPREADS  
CONTINUED...**

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Sahara	falafel
Salisbury	Smokey bacon flavoured spread, ham and chicken spread
Select	balsamic, barbecue sauce, coleslaw, Caesar, French, Italian - fat free, seafood sauce, mayonnaise - 97% fat free, tartare sauce, Thousand Island, tomato sauce
Signature Range	All fresh pastas, Al Fredo sauce, pomodoro sauce hummus – plain, roasted pumpkin & kumara
SW	Real mayonnaise
Tararua	chocolate mousse lite sour cream, sour cream, roast garlic & onion dip, sour cream & chives dip
Tatua	Mr Cheese
Tuimato	sauce
Wattie's	tomato sauce, tomato ketchup, bbq sauce, steak sauce
Weight Watchers	Caesar, honey mustard, French balsamic, mayonnaise
Whitlock's	tomato chutney sauce
Woolworths	Oriental sweet plum, Portuguese chicken, coconut extract, mustard & herb sauce
Vegemite	

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**DOG FOOD AND PRODUCTS**

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Butch	black label, blue label, white label, economy hound log, wag log
Dermaleen	medicated itch wash
Dine	canned, dry
Dingo	chew bones
Gourmet	classic tender beef , dog range – canned
Homebrand	dog roll, dry dog food
Love 'em	pork liver treats
Pedigree	adult complete nutrition, dentastix, dry, natural, puppy chow
Schmackos	
Purina	Beneful, Beneful prepared meals - roasted chicken, beef stew
Purina One	adult dog
Schmackos	
Tasti	choc drops, Dinks pork snouts, dinner, gourmet liver treats, Jerhigh, Much beef strips, pigs ears, porky bone, porky trotter, puppy bones, rawhide flat bones, chew bones, rawhide twists
Waggin Tail	Brand jerky bits, Brand meat blast pork hide twists

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**FROZEN & CHILLED FOODS**

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Aria Farm	chicken strips
	lamb strips
Birds Eye	corn fritters
Birds Eye	oven bake fish fillets – original, lightly battered, herb & garlic
Birds Eye	tuna cakes
Dakshin's	chicken tikka masala, garlic naan, lamb korma with rice, Thai green chicken curry
Delking	sweet chilli calamari, sweet chilli prawns
Ho Mai	yum cha mini dim sim
Homebrand	frozen potato chips
Imperial	beef & vegetable dumplings
Independent	fish fingers
Inghams	chicken cordon bleu, chicken fillets - original, garlic, lemon, chicken kiev, frozen chicken – plain, flame grilled, chicken burger, tempura chicken nuggets, tenders – original
Irvines - Super Snack	fish pie, lasagne bake, spaghetti Bolognese, butter chicken, mac n cheese, beef casserole
Leaning Tower	Pizza Pronto - microwave chicken bbq, Hawaiian
McCain	Purely potato sweet potato cubes, potato chunks, mini roasters - sea salt & garlic, Italian herbs
McCain	Shredded hash browns, original crunchy potato fries, beer batter thin & crispy crunchy potato fries, original crunchy potato wedges, hot banditos crunchy potato wedges, superfries
McCain Healthy Choice	apricot chicken
McCain	fettuccini carbonara microwave meal
Sealord	Dory-lite lemon & dill, Hoki-light mild Thai chilli, Simply Natural dory & hoki fillets, Tempura prawns
Select	French fries, crinkle cut chips, chunky steakhouse chips, supreme crunch chips, straight cut chips, light supreme crunch chips, mashed potato
Soyworks	Herb & Cajun vegetarian sausages, vegetarian mince, vegetarian balls, organic tofu, marinated tofu

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**FROZEN & CHILLED FOODS CONTINUED...**

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Signature Range	garden stir-fry, oriental stir-fry vegetables with oyster sauce, Thai stir-fry vegetables with green curry sauce
Signature Range	spaghetti bolognese microwave meal
Signature Range	mixed chicken portions - baked
Talley's	stir-fry vegetables
Tegel	battered chicken drums – pieces, breast fillets – basted, breasts – tandoori, chargrill chicken steak, chicken bites, crumbed chicken nuggets, frozen chicken - plain, grilled chicken breast strips, sweet chilli lime breast, tempura battered chicken nuggets, zoo animal chicken nuggets
Uncle Chang's	beef & black bean sauce, chicken & hot pepper sauce, home-style chicken, meal for one – sweet & sour pork, roast pork & meal to go – sweet & sour pork
Wattie's Wok creations	stir fry – Chinese, Hong Kong, Malaysian style, Vietnamese
Wattie's	Golden Heart - mashed potato with roasted garlic chives & black pepper, home-style, pom poms, original medallions, hash brown buttons, tri browns, jacket wedges, crunchy wedges original, kumara chips skin on, potato roasters - rosemary & garlic, duchess potatoes, Golden Heart chunky cut chips, shoestring fries, super oven chips, crispy crinkle cut chips
Wattie's	smoked fish pie microwave meal, mild chicken curry, chicken chow mien, mac & cheese. curried Sausage, sweet & sour pork
Wattie's Big Eat	chicken schnitzel
Wattie's Home-style	roast beef
Wattie's Steamfresh	chicken & cashew noodles, salmon linguine
Weight Watchers	spaghetti & meatballs, beef burgundy, chicken fettuccini, beef hotpot

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**MUESLI BARS AND SNACK BARS**

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Envirokidz	crispy rice – chocolate, berry
Florida's Natural	Awesome fruit nuggets
Freedom Foods	muesli breakfast bars
Fruitwise	fruit strips
Ledn Nutrition	gluten free bars
Mother Earth	All
Naked	cashew & coconut, almond & cranberry, macadamia & apricot
Nature Valley	Crunchy - apple crisp, roasted almond, oats & honey
Nice	natural nut bars – almond, extreme apricot, Delicious, extreme almond, extreme peanut
Pams	fruit & nut
Pams	Tandem fruit cereal bars
Rollups	Splitzens, Smoothies
Sunreal	Kids dried apricot mix
Tasti	Milkies, nut bar - fruit & nut

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**POWDERED DRINKS AND SYRUP**

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Aussie Bodies	Energy replacement – Lemon and Orange
Baker Halls	fruit juice, syrup
Barker's	fruit juice, syrup
Buderim Ginger	ginger refresher, lemon lime & bitters (cordial)
Hansells Vita Fresh	All 5x1 litre sachet packs Go sticks orange, raspberry
Healtheries	Naturally Slim – Whole range
Homebrand	All 3x 86g sachets
Roses	lime, blackcurrant, lemon
Schweppes	all squash and cordial
Signature Range	cordial - orange & barley, blackcurrant, lemon barley, lime
Sodastream	
Weight Watchers	lemon & lime

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**STOCK**

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Vegeta	gourmet stock
Campbells	All real stock
Signature Range	All vegetable stock

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**TOILETRIES**

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Dermasoft	liquid soap substitute
Dr Hauschka	birch-arnica body oil, blackthorn body oil, body silk, clarifying toner, cleansing clay mask, cleansing cream, eye contour day balm, eye solace, eyeshadow 01-04, facial steam bath, facial toner, intensive treatment 04 & 05, lavender body oil, lemon body oil, lip balm, lip colour 01-04, moor lavender body oil, neem hair lotion, neem hair oil, neem nail oil pen, neem nail oil, normalising day oil, rhythmic conditioner sensitive, rhythmic night conditioner, rose body oil, rose day cream, rosemary body oil, rosemary leg and arm toner, St. John's wort body oil, toned day cream, translucent face powder compact, translucent face powder loose
Healtheries	Tea tree oil deodorant
Immersion Cosmetics	family skin care range, mineral make up, mascara
Organic Selection	all shampoos
Ria's	natural health soap
Sensodyne	gentle whitening, total care + whitening
Simple	refreshing facial wash gel
Trilogy	aromatic body oil, balancing gel cleanser, botanical body wash, certified organic rosehip oil, clean & balance shampoo, for men 2 shave, for men 3 soothe, gentle moisturising shampoo, hydrating mist toner, intensive lip treatment, purifying masque, smooth shine shampoo
Weleda	All toothpastes

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**OTHER NAMES FOR PALM OIL**

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Cetyl Palmitate and Octyl Palmitate

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Elaeis Guineensis (Taxonomic name for palm oil)

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Hexadecylic or Palmitic Acid

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Hydrated Palm Glycerides

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Palm Oil Kernal

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Palmate

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Palmitate

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Anything with Palmitate at the end

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**LIKELY TO BE PALM OIL**

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Cetearyl Alcohol

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Emulsifier 422 (Glycerol), 430-36, 470-8, 481-483, 493-5

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Glyceryl Stearate

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Sodium Dodecyl Sulphate (SDS or NaDS)

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Sodium Isostearoyl Lactylate

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Sodium Laureth Sulphate

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Sodium Lauryl Sulphates

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Steareth – 2 & Steareth – 20

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Stearic Acid Vegetable Oil