

# DARUL ULOOM HALAAL COMMITTEE

## HALAAL BROCHURE AS OF 2014

The following is listed into different categories and NOT specific locations as is shown on the original distributed flyer e.g (North, South etc.). It is categorized as shown on the Darul Uloom's website.

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### Ingredients

1. **Baker's Products-** #17 St Croix Road Ext. Barrackpore {685-0783} (March 2015) . All Browning, Mixed essence, Vanilla essence, Almond essence, Aniseed essence, Pepper sauce, Lime pepper, Creole seasoning, Green seasoning and Acetic Acid.

2. **Chief Brand Products-** All products including snacks, essences, spices, soups and condiments are halaal.

3. **Flavor Mate Essences**

4. **Mc Cormick Extracts:**

The following is the status of the mc cormick extracts as at January 2014 :

1. Pure Vanilla Extract –not halaal
2. Baker's Imitation Vanilla – not halaal
3. Cinnamon Extract –not halaal
4. Clear Imitation Vanilla Extract –not halaal
5. Imitation Almond Extract – not halaal
6. Imitation Banana Extract –not halaal
7. Imitation Butter Flavor –halaal
8. Imitation Coconut Extract –not halaal
9. Imitation Hazelnut Flavor –not halaal

10. Imitation Maple Flavor- not halaal
11. Imitation Rum Extract –not halaal
12. Imitation Strawberry Extract – not halaal
13. Imitation Vanilla Butter & Nut Flavor - halaal
14. Premium Imitation Vanilla Extract –not halaal
15. Pure Almond Extract –not halaal
16. Pure Anise Extract –not halaal
17. Pure Coffee Extract –not halaal
18. Pure Lemon Extract –not halaal
19. Pure Mint Extract –not halaal
20. Pure Orange Extract- not halaal

## **5. Ragu Products:**

The following are the RAGU products permissible as at December 2014

### CHUNKY

Super Vegetable Primavera

Garden Combination

Mushroom & Green Pepper

Roasted Red Pepper & Onion

Sundried Tomato & Sweet Basil

Super Vegetable Primavera

Super Chunky Mushroom

Tomato, Garlic & Onion

### OLD WORLD STYLE

Marinara

ROBUSTO

7-Herb Tomato

Chopped Tomato, Olive Oil & Garlic

Roasted Garlic

Sauteed Onion & Garlic

LIGHT

No Sugar Added Tomato Basil

Tomato Basil

ORGANIC

Garden Veggie

PIZZA SAUCE

Homemade Style

Pizza Quick Traditional

PASTA

Old World Style<sup>®</sup> Thin Spaghetti

Old World Style<sup>®</sup> Rotini

Old World Style® Elbows

Old World Style® Spaghetti

## **6. Betty Crocker Frosting:**

The following is a list of Betty Crocker Frostings which are permissible as at October 2014

1. Frosting Mix Homestyle Fluffy White - **not halaal**
2. Frosting Rich and Creamy Cherry- halaal
3. Frosting Rich and Creamy Chocolate- halaal
4. Frosting Rich and Creamy Coconut Pecan- halaal
5. Frosting Rich and Creamy Cream Cheese- halaal
6. Frosting Rich and Creamy Creamy White- halaal
7. Frosting Rich and Creamy Dark Chocolate- halaal
8. Frosting Rich and Creamy Lemon- halaal
9. Frosting Rich and Creamy Milk Chocolate- halaal
10. Frosting Rich and Creamy Rainbow Chip- halaal
11. Frosting Rich and Creamy Triple Chocolate Fudge Chip- halaal
12. Frosting Rich and Creamy Vanilla- halaal
13. Frosting Whipped Butter Cream- halaal
14. Frosting Whipped Chocolate- halaal
15. Frosting Whipped Cream Cheese- halaal
16. Frosting Whipped Fluffy White- halaal
17. Frosting Whipped Milk Chocolate- halaal
18. Frosting Whipped Strawberry Mist- halaal
19. Frosting Whipped Vanilla- halaal
20. Frosting Whipped Whipped Cream- halaal

## **PERMISSIBLE CHEESES**

### **\* CRYSTAL FARMS:**

a) CHUNK CHEESE

b) SHREDDED CHEESE

c) NATURAL STRING & SNACK CHEESE

d) CREAM CHEESE

e) SPECIALITY CHEESES

**\* MILKANA CHEESE**

**\* ALL SORRENTO CHEESES**

**\* KRAFT NATURAL SWISS CHEESE**

**\* KRAFT GRATED PARMESAN (IF NO LIPASE IS IN INGREDIENT LISTING)**

**\* THE FOLLOWING BELGIOIOSO CHEESES:**

a) CREAMYGORG

b) CRESCENZA- STRACCHINO

c) FRESH MOZZARELLA:

WATER- PACKED, BURRATA, CURD AND THERMOFORM

d) MASCARPONE

e) TIRAMISU MASCARPONE AND CREMA DI MASCARPONE

f) RICOTTA CON LATTE

g) VEGETARIAN PARMESAN

**\* ALL GALAXY CHEESES WITHOUT ANIMAL ENZYMES.**

**\* CRYSTAL FARMS PROCESSED CHEESE**

**\* The following SARGENTO:**

a) ROMANO

b) PROVOLONE

c) ASIAGO

d) JARLSBERG

e) SARGENTO CHEESE DIPS

\* **ODYSSEY FETA CHEESE**

\* **SCHREIBER CHEESES**

\* **KRAFT:**

a) MACARONI & CHEESE

b) CRAFT SINGLES

c) SHARP & EXTRA SHARP CHEDDAR CHEESE

d) KRAFT DELI DELUXE

\* **OPEN COUNTRY**

\* **MAINLAND CHEDDAR**

\* **ANCHOR**

## **Caterers**

**1. Anisa's Patisseries** (482-1987) #52 Kanhai Trace Aranguetz, San Juan. (June 2014) Caters for pies, samosas and Indian delicacies.

**2. Deli Delights Ltd. Caterers** (663-3908) #26 Rattan St. Bamboo Sett. # 2 Valsayn. (Feb. 2014) Caters for pies, samosas and burger patties.

**3. Dolly's Roti Shop** (473-3303) Southern Main Rd, Enterprise. (Sep 2013) Caterers for roti skins, retail and wholesale.

**4. Jameela and Fazeela Catering and Asma's Roti** (674-3344) Evelyn Trace, El Socorro Rd, San Juan (Jan 2014) Take out roti skins, chicken, beef, goat, roti etc. Caters Indian delicacies and sweets

**5. Khan's Homemade Sweet & Savoury** (674-6660) #3 Calcutta Street, San Juan. (June 2014) Caters Indian Delicacies, sweets and desserts.

**6. Nazra's Homemade** (669-0953) Mary Allen Street, Kelly Village Caroni. (Sep 2014) Caters finger foods, fast foods, pizza, burger patties, sweets, cakes, etc.

**7. Quality Caterers** (780-9780) #159 Union Rd. Marabella. (Jan 2014) Caters meals for all occasions.

**8. Sweetie Pie** (675-2967) #52 Moulah Trace, Aranguez Main Road. (Feb. 2015) Caters finger foods, indian delicacies, sweets, cakes, etc.

**9. The Weekend Caterer** (672-9573) Ferose Ali Crescent, Brianna Ave, Off Munroe Rd. Cunupia. (May 2014) Caters meals for all occasions, Indian delicacies and desserts.

**10. Zeena Catering Service** (673-7274) #2 Singh's Ave, Calcutta Rd. #2 Freeport. (Oct. 2013) Caters meals for all occasions.

**11. (NEW) Superlishus** (739-3152) #13 Isaac St. Couva. (Dec 2014) Caters for all chicken, beef, lamb, meals etc.

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## Fast Food

The Following are those outlets which are **APPROVED** to partake from by the D.U.H.C  
(Darul Uloom Halaal Committee)

### 1.KFC-

The D.U.H.C has approved the following branches-

- Cunupia (Monroe Road Junction)
- St James (Next to the St James Masjid)
- Piarco (Airport)
- San Juan (Croisee)
- Gulf View ( Opposite Gulf City Shopping Complex)
- Princes Town (Main Road)
- El Dorado (Eastern Main Road)

The following items are halaal to consume at these outlets:

- All Chicken Pieces and nuggets.
- All Chicken Sandwiches
- Fries/Sweet Potato Fries.
- Corn on the Cob
- Mashed Potato WITHOUT Gravy.
- Cole Slaw.
- All Condiments.
- Biscuits.
- Fish and fish Sandwiches.
- Popcorn Chicken.

KFC regularly introduces new items for a short period. These will be reviewed as they become available and the info posted here on the website and sent to the smart phone app.

**2. Church's Fried Chicken-** All outlets throughout Trinidad & Tobago serve halaal products. Please note that in two outlets there is a breakfast menu that is not approved by us. These are: Port of Spain and Tobago.



The following items are halaal to consume:

- All chicken pieces
- All chicken Sandwiches
- Fries
- Chicken Tenders
- Mashed Potato WITHOUT Gravy
- Cole Slaw
- All Condiments
- Honey Biscuits
- Fish and Fish Sandwiches
- Corn Nuggets
- Apple Pie

Church's regularly introduces new items for a short period. These will be reviewed as they become available and the info posted here on the website and sent to the smart phone app.

**3. Royal Castle-** The following outlets sell halaal products:

1. Piarco Airport
2. Cumuto (Gas Station)
3. Arima- Dial
4. Arima- Ridgewood Plaza
5. Endeavour Medford Gas Station
6. Rio Claro

The following items are halaal to consume:

- All Chicken Pieces
- All Chicken Sandwiches
- Fries
- Veggie Burgers
- Cole Slaw
- All Condiments
- Fish and Fish Sandwiches
- Potato Salad
- Green Salad

**4. Mc Donald's-** The four Mc Donald's outlets serve halaal products (Jan 2015). All the halaal products are identifiable by a blue logo with the word "halaal" written within it.

The five outlets are:

1. West Mall
2. Grand Bazaar
3. Cipriani Boulevard, P.O.S
4. Gulf View, San Fernando
5. Gulf City Food Court (opening soon)

The following items are halaal to consume:

- All Chicken Pieces
- All Beef Burgers
- Fries
- Desserts
- All Condiments
- Fish and Fish Sandwiches
- Apple Pie
- Ice Cream
- Cold and Hot Drinks

Mc Donald's regularly introduces new items for a short period. These will be reviewed as they become available and the info posted here on the website and sent to the smart phone app.

**5. Popeye's-** The following outlets sell halaal products:

1. Grand Bazaar Food Court
2. Trincity Food Court
3. Movie Towne- Port of Spain

The following products are halaal for consumption:

- All Fried Chicken Pieces
- All Chicken Sandwiches
- Fries

- Chicken Strips
- Cole Slaw
- All Condiments
- Fish and Fish Sandwiches
- Biscuits
- Mashed Potato
- Vegetable Rice
- Salads

**6. Burger King-** ONLY the fried chicken on the bone are halaal at these outlets:

1. Gulf City
2. Princes Town
3. Gasparillo
4. Price Plaza
5. Tunapuna
6. Chaguanas
7. Curepe
8. Maraval

**7. Pizza Boys-** The following items are halaal at all outlets:

- Vegetable Pizzas
- Chicken Pizzas
- Chicken Sandwiches
- Fries
- Fish Sandwiches

***Please ensure that there is no contamination of your items with non- halaal items sold at the outlets.***

**8. Jap's Fried Chicken Ltd.**

- a) Arima (691-5884) (Oct 2014)
- b) San Juan (638-5844)
- c) St. James (628-5884)
- f) Sangre Grande, Foster Rd. (691-5277)

g) Sangre Grande, Andre St.

h) Valencia (374-5829)

(NEW) i) Tabaquite Rd. Rio Claro (644-1903)

j) #151 Mon Batille Rd. Mayaro.

k) Gulf City, Food Court.

l) St. Helena (374-5875)

*Dine in and take out chicken, fries and sides.*

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### Chinese

- **Guangzhou City Chinese Restaurant (formerly Su- Wei) (672-9378)**  
Corner Kenneth St. & Main Rd. Montrose (July 2014) Dine in or take out - Chinese Cuisine.
- **Hap Hing Chinese Restaurant (653-9729) #149 Southern Main Rd. Marabella.** (Nov 2014) Dine in or take out - Chinese Cuisine.
- **Hing Fu Restaurant (671-8881) #116B Caroni Savannah Rd. Charlieville.** (Oct 2014) Dine in or take out - Chinese Cuisine.
- **Hong Xing Chinese Restaurant (319-1566) Manahambre Rd. Princes Town** (Sep 2014) Dine in or take out - Chinese Cuisine.
- **New Kwai Yuan Restaurant (638-8014) #21 El Socorro Road, San Juan** (May 2014) Dine in or take out - Chinese Cuisine.

- **Wing Chong Chinese Restaurant** (671-2043) #53 Southern Main Rd. Montrose. (Oct 2014) Dine in or take out - Chinese Cuisine.
  
  - **Wing Hua Chinese Restaurant** (665-4639) Caroni Savannah Rd. Charlieville. (Apr. 2015) Dine in or take out - Chinese Cuisine.
  
  - **Young Ho Lee's Chinese Restaurant**
    - # 31 Independence Ave. San Fernando. (653-9987) (Jan 2015) Dine in or take out - Chinese Cuisine.
    - Corner Ward Lane and El Socorro Rd. San Juan. (Jan 2015) (674-1537)
  
  - **One Hing Chinese Restaurant**
    - 253 Warrenville Main Road Cunupia, (March 2015) (739-9604)
    - Dine in or take out - Chinese Cuisine.
  
  - **Best Fortune House**
    - (693 2888) Corner Marshall Trace and Monroe Road.
    - Dine in or take out - Chinese Cuisine.
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## **Snacks**

1. **ASA Enterprises Ltd. (Oh Snacks)** (679-7651 Ramkisoan Trace, Mc. Bean Couva. (Jan 2014) All health snacks and products.

2. **Bakery Treatz** (672-9625) #75 Rodney Rd. Endeavour, Chaguanas. (July 2014)  
All bakery products, cakes etc.

3. **Maxim's Bakery** (499-2098) #135 S.M.R Marabella. (May 2014) All bakery products.

4. **The Bread Bin** (665-4479) High Street, Princess Town. (Feb 2015) All bakery products, cakes etc.

5. **SnowBiz** - Serves a variety of smoothies, shaved ice, cakes, sweets, delicacies and sno blended chillers. All items are halaal. Present Locations:

- Trincity mall
- Siparia
- Barataria
- Toco
- Gulf City

6. **Rituals and Donut Boys** – some products are halaal at all outlets. The following items are halaal to consume at these outlets:

- Donuts
- Coffees, teas and hot drinks
- Smoothies
- Cookies and snacks

**7. Cinnabon and Aunty Anne's** – Some products are halaal at all outlets. These are:

- West Mall
- Trincity Mall
- Gulf City Mall

**The following items are halaal to consume:**

- All Cinnamon Rolls
- Cinnamon Sticks
- Smoothies
- Coffees and Teas
- Drinks
- Pretzels

**8. KC Confectionary** – All products including candies, marshmallows and biscuits are halaal.

**9. Nut Kings/Seasame Foods** – Mission Road Freeport, all products- nuts, channa, popcorn etc are halaal.

**10. Kiss Baking Company Ltd** – Gaston Street, Chaguanas. All products are halaal except cakes with alcohol and fondant icing.

**11. Bermudez Biscuit Co. Ltd** – Champ Fleurs, all products are halaal except biscuits containing alcohol.

12. **DQ (Dairy Queen)** – Trincity Mall, all drinks and ice creams.

## **Yogurts**

- **Pascual** – halaal without gelatin as an ingredient.
- **La Yogurt** – halaal without gelatin as an ingredient.
- **Elle and Vire** – halaal without gelatin and carmine as ingredients.
- **Dannon and Activia** – plain only.
- **Dannon Harvest Picks** – peach and mixed berries only.
- **Dannon Oikos Traditional Fat Free Greek Yogurt** – The following flavours are halaal: Black Cherry, Honey, Peach Plain, Vanilla, Apricot Mango, Pineapple, Black Berry, Strawberry Banana, Pomegranate.
- **Dannon Oikos Traditional Greek Yogurt** – The following flavours are halaal: Keylime, Raspberry, Coconut Vanilla, Café Latte, Orange Cream, Banana Cream.
- **Yoplait** – Only Greek 100 calories is halaal. Regular Yoplait and Kosher Yoplait are not halaal.
- **Yoplait Trix** – not halaal
- **Mountain High** – Original Style Plain is Halaal
- **Yo Go Crunch** – all flavours halaal
- **Mt St Benedict's** – all flavours halaal
- **Flavorite** – all flavours are not halaal
- **Fruttis** – halaal without gelatin as an ingredient
- **Stony Field Organic Greek Yogurt** – all flavours are halaal
- **Stony Field Organic Greek Yogurt 0%** - all flavours halaal



- **Stony Field Organic Greek Yogurt 1.5%** - all flavours halaal
- **Fage Total Classic Greek Yogurt** – all flavours halaal
- **Fage Total 2%** - all flavours halaal
- **Fage Total 0%** - all flavour halaal
- **Fage Total Tzatziki Sauce** - halaal

**Yogurtland-** All yogurtland frozen yogurts are halaal as of November 2012.

### 13. **Kemps:**

The following flavours of Kemps ice cream are free from all traces of alcohol and are permissible:

1. KEMPS KEMPS CHOCOLATE 3.90 L
2. KEMPS KEMPS CHOCOLATE SWIRL 3.90 L
3. KEMPS KEMPS MINT CHOCOLATE CHIP 3.90 L
4. KEMPS KEMPS BEAR TRACKS ICE CREAM 473 ML
5. KEMPS KEMPS CHOCOLATE ICE CREAM 473 ML
6. KEMPS KEMPS BUTTER PECAN ICE CREAM 473 ML

### 14. **Frito-Lay:**

The following is the updated list (2014) of products sold by the company called Frito –Lay. Please ignore all previous lists. We consider only these products to be halaal.

**FRITO-LAY®** Almonds Roasted & Salted  
**FRITO-LAY®** Barbecue Flavored Sunflower Seeds  
**FRITO-LAY®** Dill Pickle Flavored Sunflower Seeds  
**FRITO-LAY®** FLAMIN HOT® Flavored Sunflower Seeds  
**FRITO-LAY®** Peanuts Salted In-Shell

FRITO-LAY® Pistachios Salted In-Shell  
FRITO-LAY® Sunflower Kernels  
FRITO-LAY® Sunflower Seeds  
FRITO-LAY® Praline Pecans  
FRITO-LAY® FLAMAS™ Flavored Sunflower Seeds  
FRITO-LAY® Ranch Flavored Sunflower Seeds  
FRITO-LAY® Trail Mix Nut & Fruit Mix

LAY'S® Classic Potato Chips  
LAY'S® Deli Style Original Potato Chips  
LAY'S® Kettle Cooked HARVEST RANCH® Flavored Potato Chips  
LAY'S® Kettle Cooked Maui Onion Potato Chips  
LAY'S® Kettle Cooked Mesquite BBQ Potato Chips  
LAY'S® Kettle Cooked Original Potato Chips  
LAY'S® Kettle Cooked Reduced Fat Potato Chips  
LAY'S® Kettle Cooked Sea Salt & Cracked Pepper Potato Chips  
LAY'S® Light Original Potato Chips  
LAY'S® Lightly Salted Potato Chips  
LAY'S® SIMPLY NATURAL™ Thick Cut Sea Salted Potato Chips  
LAY'S® Wavy Original Potato Chips  
LAY'S® DIP CREATIONS® Country Ranch Dry Dip Mix  
LAY'S® DIP CREATIONS® Garden Onion Dry Dip Mix  
LAY'S® Kettle Cooked Creamy Mediterranean Herb Flavored Potato Chips  
LAY'S® Kettle Cooked Crinkle Cut Spice Rubbed BBQ Flavored Potato Chips  
LAY'S® Kettle Cooked HARVEST RANCH™ Potato Chips  
LAY'S® Kettle Cooked Jalapeno Potato Chips  
LAY'S® Kettle Cooked Lime & Cracked Pepper Potato Chips  
LAY'S® Kettle Cooked Sea Salt & Vinegar Potato Chips  
LAY'S® Kettle Cooked Sharp Cheddar Potato Chips  
LAY'S® Kettle Cooked Spicy Cayenne & Cheese Flavored Potato Chips

MUNCHIES® Almonds Lime & Chili  
MUNCHIES® Cashews Sweet Chili  
MUNCHIES® Peanuts FLAMIN' HOT®  
MUNCHIES® Peanuts Honey Roasted  
MUNCHIES® Peanuts Salted  
MUNCHIES® Crunchy Coated Peanuts BBQ  
MUNCHIES® Crunchy Coated Peanuts Sweet & Spicy

**NUT HARVEST®** Natural Almonds Lightly Roasted  
NUT HARVEST® Natural Cashews Sea Salted Whole  
NUT HARVEST® Natural Nut & Fruit Mix

**MISS VICKIE'S®** Sea Salt & Cracked Pepper Potato Chips  
MISS VICKIE'S® Simply Sea Salt Potato Chips  
MISS VICKIE'S® Smokehouse BBQ Pepper Potato Chips  
MISS VICKIE'S® Jalapeno Potato Chips  
MISS VICKIE'S® Sea Salt & Vinegar Potato Chips

**RUFFLES®** Light Original Potato Chips  
RUFFLES® SIMPLY NATURAL™ Reduced Fat Sea Salted Potato Chips  
RUFFLES® Original Potato Chips  
RUFFLES® Reduced Fat Original Potato Chips  
RUFFLES® Ultimate The Original Potato Chips

**ROLD GOLD®** Cinnamon Raisin Braided Twists  
ROLD GOLD® Classic Style Braids  
ROLD GOLD® Classic Style Pretzel Thins  
ROLD GOLD® Classic Style Rods  
ROLD GOLD® Classic Style Sticks  
ROLD GOLD® Classic Style Tiny Twists Pretzels  
ROLD GOLD® Hard Sourdough Pretzels  
ROLD GOLD® Honey Wheat Braided Twists  
ROLD GOLD® Chocolate Dipped Twists  
ROLD GOLD® Everything Bagel Pretzel Rings  
SPITZ® Dill Pickle Flavored Sunflower Seeds  
SPITZ® Salted Sunflower Seeds

**STACY'S®** SIMPLY NAKED™ Pita Chips

**TOSTITOS®** BAKED! SCOOPS!® Tortilla Chips  
TOSTITOS® DIP CREATIONS® Freshly Made Guacamole Dry Dip Mix  
TOSTITOS® Multigrain SCOOPS!® Tortilla Chips  
TOSTITOS® SIMPLY NATURAL™ Blue Corn Restaurant Style Tortilla Chips  
TOSTITOS® SIMPLY NATURAL™ Yellow Corn Restaurant Style Tortilla Chips  
TOSTITOS® SCOOPS!® Tortilla Chips

**CHESTER'S®** Butter Artificially Flavored Puffcorn Snacks  
CHESTER'S® Cheese Flavored Puffcorn Snacks  
CHESTER'S® FLAMIN' HOT® Flavored Puffcorn Snacks

**CRACKER JACK®** Original Caramel Coated Popcorn & Peanuts

**GRANDMA'S®** Chocolate Sandwich Creme Cookies  
GRANDMA'S® Homestyle Chocolate Chip Cookies  
GRANDMA'S® Homestyle Cinnamon Roll Cookies  
GRANDMA'S® Homestyle Fudge Chocolate Chip Cookies  
GRANDMA'S® Homestyle Lemon Pie Cookies  
GRANDMA'S® Homestyle Oatmeal Raisin Cookies  
GRANDMA'S® Homestyle Peanut Butter Cookies  
GRANDMA'S® Homestyle Special Recipe Cinnamon Twist Cookies  
GRANDMA'S® Homestyle Special Recipe Ginger & White Chocolate Chip Cookies  
GRANDMA'S® Homestyle Special Recipe Pumpkin Spice Cookies  
GRANDMA'S® Mini Chocolate Sandwich Crème Cookies  
GRANDMA'S® Mini Fudge Chocolate Chip Cookies  
GRANDMA'S® Peanut Butter Sandwich Crème Cookies  
GRANDMA'S® Soft Bakes Chip Chocolate Cookie  
GRANDMA'S® Vanilla Creme Mini Cookie Bites  
GRANDMA'S® Vanilla Sandwich Crème Cookies

**(NEW) M's Oven Creations**

(782-4837) #107 Munroe Road, Corner Raghbir St. (Nov 2014) All bakery products, cakes etc

**(NEW) Stationary Frenzy and Coffee Corner** (482-9745) 57 El Socorro Main Rd. (Opp. Honey Bee) (Dec 2014) All espresso, milk shakes, desserts and drinks.

**The following are the halaal flavours of Pringles as at November 2014**

1. Light Sour Cream Potato Chips
2. Light and Regular Barbecue Potato Chips
3. Sour Cream & Onion Potato Chips
4. Honey Mustard Potato Chips
5. Loaded Baked Potato Chips
6. Barbecue Potato Chips

7. Cheddar Cheese Potato Chips
8. Reduced Fat and Regular Sour Cream & Onion Potato Chips
9. Extreme Torchin Tamale Potato Chips
10. Pizza Flavored Potato Chips
11. Restaurant Cravers Mexica Potato Chips
12. Light Original Potato Chips
13. Original Potato Chips
14. Cheese and Onion Potato Chips
15. Hot and Spicy Potato Chips

(NEW) **Fresh Start Juices** (637-4902) #25 Senior St. Via. Manning St, Diego  
Martin (nov 2014) All juices, drinks, cordials and syrups

(NEW) **JJ. Bakery** (357-3530) #1 Kanhai Rd. North Ext. Barrackpore. (Feb 2014)  
All bakery products.

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## **Herr's**

The following is a list of HERR's products which are halaal to consume at this time (2014). Please note that information may change with time.

### **Potato Chips**

BBQ

BABY BACK RIBS

CHEDDAR & SOUR CREAM

CREAMY DILL PICKLE

FIREMAN'S BBQ CHICKEN

HONEY BBQ

HOT SAUCE

KANSAS CITY PRIME STEAK

KETCHUP

LIGHTLY SALTED

NO SALT

OLD BAY

ORIGINAL CRISP 'N TASTY

RED HOT

RIPPLES

SALT & PEPPER

SALT & VINEGAR

SOUR CREAM & ONION.

**Pretzels**

BITE SIZE SOURDOUGH HARD

CIRCLE H MINI

EXTRA THIN

EXTRA THIN NO SALT

MINI SOURDOUGH HARD PRETZELS

PEANUT BUTTER FILLED

SAN FRANCISCO SOURDOUGH SPECIALS

STIX

WHOLE GRAIN HONEY WHEAT STICKS

WHOLE GRAIN PRETZEL STICKS.

## **Kettle Cooked Potato Chips**

BOARDWALK SALT & VINEGAR

BUFFALO WING RIPPLE

CHEDDAR HORSERADISH

HOT SAUCE RIPPLE

JALAPENO

LATTICE CUT

LOADED BAKED POTATO

MESQUITE BBQ

NATURAL SEA SALT

ORIGINAL

RIPPLE

RUSSET

SOUR CREAM AND ONION.

## **Baked Potato Crisps**

BBQ

CHEDDAR & SOUR CREAM

ORIGINAL BAKED

SALT & VINEGAR

SOUR CREAM AND ONION

## **Potato Stix**

POTATO STIX CANISTER

## **Chocolate Covered Pretzels**

CHOCOLATE COVERED PRETZEL RODS

## **Tortilla Chips**

BITE SIZE DIPPERS

NACHO CHEESE

RESTAURANT STYLE WHITE CORN

## **Cheese Curls**

BAKED

BUFFALO BLUE

CRUNCHY CHEESE STICKS

HONEY

HOT

JALAPENO POPPERS

## **Popcorn**

CHEESE

HOT CHEESE



LIGHT

ORIGINAL

WHITE CHEDDAR

**Snack Friez**

CHEDDAR CHEESE

CHEESY BACON RANCH

HOT, HOT, HOT !

**Corn Chips**

BBQ

CHILLI CHEESE

CORN CHIPS

**Onion Rings**

HOT

ORIGINAL.

**Flavorite Foods Ltd**

All ice creams and lollies are Halal for consumption, including Lite ice cream, Natural flavours (Coconut, Soursop etc.) and frozen yogurt (lollies) **except** Rum and Raisin, Cassata and all Flavorite stirred yogurts (cups).

## **Dairy Bar**

All flavours are Halaal for consumption except Guinness and Rum and Raisin.

## **Dreamy Creamy**

All flavours are Halaal for consumption except Guinness and Rum and Raisin

## **B's Home Made Ice Cream Ltd**

All flavours are Halaal for consumption except Rum and Raisin and Guinness

## **HaagenDaaz**

All flavours are *not* halaal except Strawberry, Chocolate, Coffee and Raspberry Sorbet.

## **Ben and Jerrys**

All flavours are *not* halaal.

## **Blue Bunny**

All flavours are *not* halaal except Chocolate, Chocolate Champion, Frozfruit - no sugar added (Chunky strawberry), sugar free bomb pops, Sweet freedom ice cream bar (Black Raspberry), sweet freedom fudgelites.

## **Munch Kings**

The following flavours are halaal - Coconut, Barbadiane, Sour Sop, Passion fruit, Guava and Pineapple, Coconut and Cherry, Chocolate and Pina Colada.

## **Keebler's Products**

Update on Keebler's Cookies as at April 2014

All Keebler's cookies, wafers and biscuits are permissible to consume except the following:

1. Keebler Simply Made –Chocolate Chip and Butter

2. E L Fudge Double Stuffed
  3. Keebler Danish Wedding Cookies
  4. Keebler Fudge Grahams
  5. Keebler Grahams Bug Bites
  6. Keebler Scooby Doo Graham Sticks
- 

## **Meats**

1. **Abdus-Samad's Meat and Poultry Depot** (715-9923) #4118 Southern Main Rd, St. Marie Village, Cedros. (Nov 2014) All broilers ducks, beef, goat and lamb.
  
2. **Abdool's Meat Shop** (683-6637) 1B Dumfries Rd. Hermitage Village, La Romain. (Jan 2014) All beef and beef parts and products.
  
3. **Adam's Poultry Depot** (652-3767) #15 Naparima Mayaro Road, Cocoyea Village. (Sept 2014 ) All broilers, layers, ducks etc.
  
4. **Al-Amin Meat Supplies** (647 3932) #1194 S.S. Erin Rd, Abdool Village, Penal. (Apr 2015) All broilers, layers, ducks etc.
  
5. **Ali Baba's Meat Shop** (675-6532) #93 Aranguez Main Rd, San Juan. (Feb 2015) All broilers, layers, ducks etc.

6. **Ali's Meats & Poultry Mart** (663-5503) #22 Pasea Main Road Tunapuna. (April 2015) All chicken, duck, goat, lamb and beef.

7. **Ali's Poultry Depot** (790-7567) #233 Southern Main Rd. Warrentville. (March 2015) All broilers, layers, ducks etc.\

9. **Ali's (A&A) Poultry & Meat Supplies** (650-1509) # 28 Bonne Adventure Main Rd, Gasparillo. (Feb 2015) All broilers, layers, ducks, etc.

10. **Ameer's Meat Shop** (492-6983) #568 S.M.R. Chase Village. (Sep 2014) All broilers, layers, ducks etc. Also halaal goat, lamb etc.

11. **Arawak Ltd.** (642-9405)

a) D'Abadie (May 2014)

b) Arima (May 2014)

All broilers and broiler parts and products.

12. **Abdullah's Poultry Depot** (787-2776) #38 Boundary Rd. San Juan. (Jan 2015) All broilers, layers, ducks etc.

13. **Central Farms** (310-0059) Milton Rd, Couva. (Nov 2014) All ducks.

14. **Central Premium Broilers Ltd.** (223-1541) Railway Rd. California. (Oct. 2014) All broilers, layers, ducks etc.

15. **Chicken Dealers** (305-2929) #115 Bristol Village, Mayaro. (Nov 2014)
16. **E & N Poultry Depot** (655-234 All broilers, layers, ducks etc.) #196 Realize Rd. Princess Town. (Sep 2014) All broilers and ducks.
17. **Faz Meats and Poultry** (658-4405) #230 Southern Main Road Marabella. (Sep 2014) All broilers, layers, ducks, beef, goat, lamb etc.
18. **Fazar Allaham Poultry Depot** (654-1037) #293 Cumoto Rd. North Barrackpore. (Sep. 2014) All broilers, layers, ducks etc.
19. **Fazeed's Poultry Depot** (683-6538) Esperance Village, La Romain. (Dec. 2014) All broilers, layers, ducks etc.
20. **Fine Choice Meats Ltd. And Heat and Eat Ltd.** (643-8860) San Rafael, Arima. (March 2014) All broilers, turkey, parts and processed products.
21. **First Choice Chicken Ltd.** (675-1883) #7 Saddle Rd. San Juan. (June 2014) All broilers, layers, ducks etc.
22. **FM Enterprises Ltd.** (665-5640) Southern Main Rd. Warrenville. (June 2014) All broilers, layers, ducks, beef, goat, lamb etc.
23. **4S POULTRY DEPOT** (483-6331) #10 Ackbar Trace, Charlieville. (Jan 2015) All broilers, layers, ducks etc.

24. **Fowl Play** (648-7176) #13 Farm Road, Aripero, Rousillac. (Feb 2015) All broilers, layers, ducks etc.
25. **Fyaz Poultry Depot** (742-8626) #675 Southern Main Rd. Couva. (Nov 2014) All broilers, layers, ducks, beef, goat, lamb etc.
27. **Halal Village** (477-2185) LP# 10, El Socorro Rd., San Juan. (Feb 2014) All broilers, layers, ducks etc.
28. **Haroon Shah Poultry Depot** (673-3736) #586 S.M.R. Chase Village. (June 2014) All broilers, layers, ducks, goat and lamb.
29. **Hashim's Poultry Depot** (654-1780) Kanhai Rd, South, Barrackpore. (May 2014) All broilers, layers, ducks etc.
30. **Heavy Weight Poultry Depot** (715-7975) #22 Calcutta Rd. #2 Freeport. (June 2014) All broilers, layers, ducks etc.
31. **Hydar Ali Poultry Depot** (668-1629) #158 Guaico Tamana Rd, Nestor Village (Sep 2014) All broilers, layers, ducks etc.
32. **Imtiaz Poultry Depot** (682-8065) LP # 714 Southern Main Rd, California. (Jan 2015) All broilers, layers, ducks etc.
33. **Island Chicken** (720-4719) Longdenville Main Rd. Chaguanas (Oct 2014) All chicken, lamb, beef and goat.

**34. Island Chicken (672-3850)**

(a) Caroni Savannah Rd. Charlieville (Apr. 2014)

(b) Cacandee Rd. Felicity (Apr. 2015) All instore processed broilers, layers, ducks etc.

**35. Ismaeel's Poultry (674-9668) #2 Don Miguel Rd. San Juan. (June 2014) All broilers, layers, ducks etc.**

**36. Ismaeel's Poultry and Feed Depot (671-0243) Railway Rd. Cunupia. (Mar 2015) All locally processed broilers and ducks, lamb, beef and goat.**

**37. Jamaal's Poultry Depot (686- 0305) #231 Buen Intento Road Princes Town (Dec 2014) All broilers, layers, ducks etc.**

**38. Kamil's Poultry Depot (221-9515) Southern Main Rd. Warrenville. (Oct. 2014) All broilers, layers, ducks etc.**

**39. Maddy's Pluck Shop (744-1857) Cor. Juman St. & Southern Main Rd. California. (Feb 2015) All broilers, layers ducks, beef, goat, etc.**

**40. Market City (465-0091) #15 Cocoyea Village. Naparima Mayaro road, San Fernando. (Feb 2015) All broilers, layers, ducks etc.**

**41. Midway Meat Shop (693-0394) #89-90 Monroe Rd. Cunupia. (Nov. 2014) All broilers, layers, ducks etc. Also halaal beef, goat, lamb etc.**

42. **Mor Meats** (295-6380) #51 Thick Village Siparia Rd. Siparia. (Oct. 2014) All broilers, layers, ducks etc.

43. **Nassa & Sandy Meat Shop** (674-0810) # 12 Satar St. Aranguez, San Juan. (March. 2014) All goat, beef and lamb.

44. **N & N Nobbee & Sons Poultry & Meat Shop** (665-1930) #318 Naparima Mayaro Rd, Princes Town. (Sep 2014) All broilers, ducks, goat and beef.

45. **N AND S Poultry Depot** (693-1337) Laloo Trace, Chin Chin. (Feb. 2015) All broilers, layers, ducks etc.

46. **NR'S Poultry Depot** (738-3876) #1 Addie St. Penal. (Jan 2015) All broilers, layers, ducks etc.

47. **Reeyad's Poultry Depot** (675-0065) #147 Aranguez Main Rd. San Juan. (June 2014) All broilers, layers, ducks etc.

48. **Riaz Poultry Depot** (706-2143) Calcutta Rd. #2 Freeport. (Sep 2014) All broilers, layers, ducks etc.

49. **Saffick's Poultry Depot** (690-2317) Chatam North Rd, Iros Forest Chatam (Nov 2014) All broilers, layers, ducks etc.



50. **Saleem's Seafood & Poultry** (780-2969) # 69 West Exchange Village Couva. (Nov 2014) All broilers, layers, ducks etc.
51. **Sayo's Wholesale & Retail Poultry** (712-3434) #156 Mandingo Rd Princes Town. (Sep 2014) All broilers, layers, ducks, beef, goat etc.
52. **Shaheed Ali (Butcher)** (665-3114) #20 Ackbar Trace Charlieville. (Feb. 2015) All local beef and lamb.
53. **Shamsudeen's Poultry Depot** (674-3523) Cor. Backchain and William St. San Juan. (May 2014) All broilers, layers, ducks etc.
54. **Southern Hatcheries** (654-5162) #30 Wright Trace, Cumoto Rd. Barrackpore. (Sep. 2014) All ducks.
55. **Waz Poultry Depot** (360-0886) #266 Grant Road Ext. Rousillac. (Dec 2014) All broilers, layers, ducks etc.
56. **W&S Poultry Farms** (652-3767) #15 Naparima Mayaro Rd. Cocoyea Village, San Fernando. (Sep 2013) All chicken and ducks.
57. **Yusuf Ali Poultry** (672-5471) Southern Main Rd. Enterprise. (May 2014) All chicken and ducks.
58. **Zaac's Meat and Poultry** (460-7680) #2 Andre St. Sangre Grande. (July. 2014) All chicken and ducks

59. **Tobago (Prospect Chicken Co.)**- {485- 9997} #93 Orange Hill Road, Prospect, Tobago (April 2014) All broilers.

60. **D Poultry Depot**- (665-1915) (665-6480) #6 Xavier Street Extension Chaguanas.(Oct 2014) All chicken, duck, beef and lamb.

61. **Wintrade International Ltd**- (487-3338) #96 Caigual Road Manzanilla. All ducks.

(NEW) **Green Olive** (681-7203) #83 Bamboo Settlement, #2 Valsayn (South) (jan 2014) All ducks.

**Ikhwan Poultry Depot** (791-2535) 1 1/4 mm Cunapo S.M.R Coal Mine, Sangre Grande (Nov 2014) All broilers, layers, ducks etc.

**Esmeralda Meat Shop** (371-0691) Corner Esmeralda Rd, & Southern Main Rd, Cunupia. (nov 2014) All chicken, duck, rabbit, lamb, beef, goat etc.

**Aligour's Poultry** (377-6100) 117 Craignish Village, Princes Town (May 2014) All broilers, layers, ducks etc. Also halaal beef, goat etc.

**Freshco Meats** (472-0050) #18 Harris Village South Oropouche, Fyzabad (Aug 2014) All chicken, duck, beef, goat and lamb.

**House of Meats** (290-6139) #13 Lothians Rd, Princes Town (Sep 2014) All chicken, duck, beef, goat and lamb.

**Arnab Shaat** (745-7422) #146 Realize Road Princes Town (Nov 2014) All rabbits.

(NEW) **Hosein's Poultry Depot** (488-6613) #114 Cemetery Street, Monroe Rd. (Jan 2015) All chicken and ducks.

(NEW) **A & S Quality Meat Shop** (397-7614) #50 Barker St. Colemine. Sangre Grande. (Jan 2015) All chicken and ducks

**Mountain View Farms-** (331-3223) Heights of Guanapo Wallerfield Arima (Jan 2015). All chicken and poultry.

### *Distributors*

1. **A&D Distributors-** (669-9126) #50 Las Lomas, #1 Cunupia. (Nov. 2014). All broilers, ducks etc.
2. **AL AHSAN Distributors-** {345-3415} #47 Butler Village, Waterloo Road, Carapichaima. (Jan 2015). All broilers, layers, ducks, beef, lamb, goat etc.
3. **J. Mohammed-** {681-7203} #83 Bamboo Settlement, #2 Valsayn (South). (Jan 2014). All ducks.

4. **Naisa Brand Products Ltd.**- {665-3078/9} #23 Bejucal Road, Cunupia.  
(June 2014) All frozen beef, lamb, goat and other meats. Also all processed products, bologna, patties etc.

(*NEW*) **Fine Choice Meats Ltd. And Heat and Eat Ltd.** (643-8860) San Rafael, Arima. (March 2014) All chicken, turkey, parts and processed products.

(*NEW*) **Food For The Nation** (331-0727) #53 Ramjohn St. Munroe Rd, Cunupia  
(Oct 2014) All broilers, layers, ducks etc. Also Halaal beef, goat, lamb etc.

**Arawak Ltd.** (642-9405)

a) D'Abadie (May 2014)

b) Arima (May 2014)

All broilers and broiler parts and products.

(*NEW*) **Wintrade Investments** (487-3338) Second Caigual, Manzanilla (Sep 2014)  
All ducks.

**Edmund & Nick Enterprises** (473-6343) #11 Serenity Park, Assaraff Rd, Charlieville (April 2014) All Arawak chicken.

## **Supermarkets**

The following sell local halaal beef from Hamza Abdool (a **certified** butcher):

1. **Hi Lo Food Stores**- at the following branches:

- St Augustine
- Alyce Glen
- Maraval
- Gulf City
- Marabella
- Ridgewood/Arima
- St Ann's
- Starlite

2. **Tru Valu Stores**- at the following branches:

- Valpark
- Long Circular Mall
- Diamond Vale
- Trincity
- El Socorro

*Please verify before purchase.*

3. **Ramesh and Leela Supermarket**- Eastern Main Road, San Juan. This supermarket is approved for the following meats:

- Arawak chicken parts
- Beef and beef products
- Lamb

4. **Sugar Cane Feeds Centre**- Pokhor Road, Longdenville, Chaguanas, {665-9967}. Approved for fresh beef, lamb and goat.

5. **Pricesmart Stores**- Some meats sold at all four outlets are halaal, such as the frozen beef, lamb, and goat. Chilled meats are **not halaal approved**. The chicken and turkey sold in packages is also **not approved** by us, **except** for the Fine Choice

BBQ quarters available sometimes. Many of the cakes are **halaal**, however, some contain **alcohol**. These are clearly **labelled**. The chicken and chips sold at the food stall **is permissible**; however, we advise precaution with regard to the other items as there may be cross- contamination. Rotisserie chicken is halaal, however the buffalo wings and BBQ chickens **are not**.

## **Processed Meats**

The following are the processed meats presently approved:

- **Perdix**- Made in Brazil - All beef products **ONLY**
- **Sadia**- Made in Brazil - All beef products **ONLY**
- **Heat and Eat**- Made in Trinidad by Fine Choice Ltd - All chicken and turkey products.
- **Naisa**- Made in Trinidad by Naisa Brands Ltd. - All beef and lamb Bologna and beef and lamb burger patties.
- **American Star**- Made in Panama - All beef hotdogs.

**Please Note:** Great foods and Sara processed meat products are **not approved**. There are no brands of Vienna sausages which are approved as halaal.

## **Corned Beef**

The following brands of corned beef are halaal (with halaal logo)

- Naisa
- Happi
- April
- Rainbow
- Hereford
- Target
- Saara
- Swift
- MP
- Matouks

## **Imported Meats**

1. **Meat from Uruguay-** Beef and lamb imported from Uruguay and certified by Uruguay Islamic Centre are approved as halaal.

2. **Meat from Panama-** Beef, beef products and hotdogs (American Star Brand) made in Panama and produced by Carnes De Cocle, Las Tablas, Panama are approved as halaal.

3. **Meat from New Zealand, Australia-** Beef, Lamb and goat imported from New Zealand and certified by New Zealand Meat Management (NZMM) and Federation of Islamic Association of New Zealand (FIANZ) as well as meat certified by AFIC, AHFST, ICCA etc has been approved as halaal.

4. **Meat from USA-** Beef and beef products certified by Islamic Services of Omaha and Islamic Services of Washington Area (ISWA) are approved as halaal.

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## **Restaurants**

### **BAR B QUE & BURGERS**

1. **Ali's Bar B Que** (787-1817) Southern Main Rd. Warrentville. (Feb 2015) Take out - BBQ chicken, lamb and sides.

2. **Bar-B-Que Express** (373-0700) San Juan (Nov 2014) Dine in or take out – BBQ chicken, lamb and sides.

3. **Central Bar B Que** (693-1112) Monroe Rd, Cunupia. (Jan 2015) Dine in or take out – BBQ, chicken, lamb and sides.
  
4. **Diner Ranch** (797-3669) 1mm Rocharad Road, Penal. (Feb 2014) Weekend take out - BBQ chicken & lamb, fried rice, burgers and sides.
  
5. **Hosein's Bar B Que Hut** (672-0552) Monroe Rd. Cunupia. (Oct 2014) Dine in or take out - BBQ, meats, burgers and sides.
  
6. **Karim's Bar-B-Que and Fine Diner** (675-5468) #8 Railway Rd, San Juan (Feb 2015) Dine in or take out - BBQ meats, sides and West Indian cuisine.
  
7. **Maddy's BBQ & Roti Shop** (744-1857) Cor. Juman St. and Southern Main Rd., California. (Jan 2014) Take out - BBQ chicken, lamb, sides and roti.
  
8. **Mamoo's Bar-B-Que** (675-0616) Farouk Ave, El Socorro Main Rd. San Juan. (Jan 2015) Dine in or take out - BBQ meats, kebabs and sides.
  
9. **Mohammed's Bar-B-Que Hut** (334-0714) Craignish Rd. Princess Town. (March 2014) Take out BBQ chicken, lamb and sides.
  
10. **Reza's Bar-B-Que Hut** (738-4762) #107 Warrentville Main Rd, Cunupia. (May 2014) Take out BBQ chicken, lamb and sides.
  
11. **Homey's Bar-B-Que & Burger Shed** (355-5028) #53 New Colonial Rd, Barrackpore (Feb 2015) Take out – BBQ, sides and burgers.



12. **Tasleems's Halaal Burgers** (720-5344) #251 Warrenville, Cunupia. (Oct 2014)  
Take out burgers and sides.

13. **The Original Bar-B-Que Hut** (657-9429) Ciperro Rd. Victoria Village, San Fernando. (Jan 2014) Dine in or take out – BBQ meats, side orders and desserts.

14. **Zee's Delight** (649-3475) #129 Massahood Junction, Siparia Old Rd. Fyzabad. (Oct 2014) Weekend take out –BBQ, burgers, sandwiches and sides.

15.(NEW) **Steak Out Bar-B-Que & Grill Foods** (344-8600) #348 S.M.R La Romain (Nov 2014) Take out - grilled chicken, lamb, fish and sides.

## **GRILLED FOODS**

1. **Abraham's Grill Hut** (671-5360)#200 Monroe Road Cunupia. (Oct 2014) Dine in or take out grilled meats sides and pasta.

2. **Ali's Burger and Grill Foods** (764-2616) El Socorro Main Rd. San Juan (Oct 2014) Take out - burgers, grilled meats and sides.

3. **De Grill** (728-0148) #103 El Socorro Main Rd. San Juan. (June 2014) Take out - burgers, grilled meats and sides.

4. **Dil's Delights** (674-9421) Corner Thompson Street & El Socorro Road Ext. (Nov 2014) Take out- Grilled meats and sides and catering for all occasions

5. **Grill on De Hill** (652-9558) Southern Main Road, Marabella. (Sept 2014) Dine in or take out - grilled meats, steaks and sides.

6. **Khadeeja's Grill** (298-0088) #777 S.M.R. Couva. (Mar 2015) Dine in or take out - grilled meats, burgers and sides.

7. **Max Grill House** (683-3211)

a) Caroni South Bank Rd. St Helena (Nov 2014) Take out and dine in - grilled chicken, lamb and sides.

b) Southern Main Rd, Enterprise (Nov 2013) Take out - grilled chicken, lamb and sides.

8. **Mr. & Mrs. Grill on De Old Road** (764-6708) Siparia Old Rd. Massahood Junction. (Oct 2014) Take out - grilled chicken, lamb, fish and sides.

9. **Norton's Grill** (464-1074) Southern Main Road, Couva. (Oct 2013) Take out - grilled meats and sides.

10 (*NEW*) **Max Grill** (664-3817) 7c Cocorite Rd Arima (Jun 2014) Take out - grilled chicken, lamb and sides.

## **CHICKEN AND CHIPS**

1. **Chick-n-Licious Home-style Fried Chicken** (331-3637)

#2 Endeavour Link Rd, Chaguanas (Oct 2014) Take out chicken and chips, burgers and sides.

**3. Japs Fried Chicken Ltd. (691-5884) (Sep 2013)**

a. Sangre Grande (374-5822)

b. Valencia (374-5829)

c. St. Helena (374-5875)

d. Rio Claro (374-5866)

e. San Juan (374-5855)

f. Gulf City

g. St James

Dine in and take out chicken, fries and sides

**4. Krispy Krunchy Fried Chicken (677-5810)**

a) #41-43 Harris Village, South, Oropouche (Dec. 2014)

b) Clarke Road Junction, Penal

c) High Street Siparia, opposite Royal Bank

Dine in and take out chicken, fries and sides

**5. T & T's Chicken Hut (671-6080) #78 Caroni Savannah Rd. Charlieville, also now certified Curepe Branch. (Nov 2014) Dine in or take out chicken, fries and sides.**

b) (645-0821) Southern Main Road, Curepe (Nov 2014) Dine in and take chicken, fries and sides.

## 6. **Trini Fried Chicken** (693-1442)

- a) #78 Munroe Rd. Cunupia (Jan 2014)
- b) #12 Sorzano St. Arima (May 2014)
- c) #6 Saddle Rd. San Juan (Sep 2013)
- d) Main Road, St Helena (May 2014)
- e) Charlotte Street, P.O.S (Dec 2013)
- f) Independence Square, P.O.S. (Dec 2013)
- g) Park Street, P.O.S. (October 2013)

Dine in OR take out chicken, fries, sides, sandwiches and meals.

- h) Broadway P.O.S (Nov 2014) (221-3118).
- i) Highstreet Siparia (March 2015)

7. *(NEW)* **Mountain View Fried Chicken** (307-4248) Opp. bus terminal, Arima (March 2015) Dine in or take out - chicken and fries.

b) (307-4248) Store Bay Local Road Tobago (Nov 2014) Dine in and take out chicken, fries and sides.

8. *(NEW)* **Papa's Chicken** (693-1442) #6 Saddle Rd, San Juan (Sep 2014) Dine in and take out chicken, fries and sides.

## **ROTI SHOPS**

1. **Ali's Roti Shop** (674-0013) Back Chain St, San Juan. (Apr 2015) Dine in or takeout – chicken, beef, goat, roti etc. and dhal and rice daily.

2. **Bibi's Roti Shop & Breakfast Café** (719-6383) #39 El Socorro Rd. San Juan (Sep 2014) Takeout – Breakfast and chicken, beef, goat, roti etc.

3. **D' Roti Hott** (763-3998) #53 New Colonial Rd, Central Barrackpore. (Sep 2014) Takeout and dine in – Breakfast, lunches and roti.

4. **Hosein's Roti Shops** (Jan 2015) *Look for special logo.*

a) #162 Eastern Main Rd, Silver Mill, San Juan (674-7684)

b) #144 Eastern Main Rd, Tunapuna (662-2831)

c) Independence Sq. POS (627-3036)

d) George St, POS (627-2357)

e) #95 Charlotte St, POS (625-7684)

f) #15 Farfan St. Arima. (667-4130)

Dine in or take out - chicken, beef, goat, etc. and indian delicacies

5. **Hot Sauce Roti Shop** (640-5818) #133 E.M.R. Tacarigua. (Oct 2014) Dine in or take out – chicken, beef, goat, roti etc. and dhal and rice daily.

6. **Khan's Roti Shop** (714-8290) #13 Eastern Main Rd. San Juan. (Apr 2014) Take out – chicken, beef, goat, roti etc.

7. **Khan's Roti Shop & Bar-B-Que** (648-3423) #5 Mainfield Rd, Point Fortin (Nov 2014) Dine in or take out – chicken, beef, goat, roti etc. and breakfast and lunch menu. Also BBQ on weekends.

8. **Mohammed's Diner** (693-0800) Monroe Rd. Cunupia. (Feb 2015) Dine in or take out – breakfasts and chicken, goat, roti etc.
9. **S & R Roti and Local Cuisine** (657-2388) #76 Southern Main Rd. Marabella. (Sep. 2014) Dine in or take out – chicken, beef, goat, roti etc. and breakfast and lunch menu.
10. **Sylvie's Roti Shop** (221-1277) #4 Backchain St, El Socorro, San Juan. (May 2014) Dine in or take out – chicken, beef, goat, roti etc. and dhal and rice daily.
11. *(NEW)* **Fusion Cuisine T/A Amin's Roti Shop** (298-8856) Food Court #3, Nicholas Towers Chacon St. P.O.S (Oct 2014) Dine in or take out - chicken, beef, goat, roti etc.
12. *(NEW)* **Ali's East Indian Cuisine** (724-7181) Town Center Mall, Frederick St, P.O.S. (Nov 2014) Dine in or take out - chicken, beef, goat, roti etc.
14. **Dolly's Roti Shop** (473-3303) Southern Main Rd, Enterprise. (Sep 2014) Caterers for roti skins retail and wholesale.
15. *(NEW)* **A & J Roti Shop** (318-4159) #7 Adventure Road, Point Fortin (Nov 2014) Takeout and dine in - Breakfasts, lunches, roti and weekend BBQ.
16. *(NEW)* **K & H Roti Shop Ltd.** (710-8453) #84 High Street Princes Town (July 2014) Dine in or takeout - chicken, duck, goat, roti etc. and breakfast and lunch menu.

17. **(NEW) Naz Cuisine** (652-7488) #1 Corinth Road, Cocoyea Village (June 2014)  
Dine in or takeout - chicken, beef, goat, roti etc. and breakfast and lunch menu.

18. **Mohammed's Roti Shop & Diner** (686-0999) Milford Rd, Bon Accord, Tobago. (Nov 2014) All chicken, beef and lamb.

## **CAFÉS & FAST FOODS**

1. **Abu's Sub & Pizza** (390-7853) #50 Munroe Rd, Cunupia. (May 2014) Dine in or take out breakfast, subs and pizza

2. **Alicia's Food Court** (693-2255) #127 Munroe Rd. Cunupia. (May 2014)  
Serving breakfast, lunch and variety cuisine.

3. **Fadish Fast Foods** (768-2443) #188 Southern Main Rd. Marabella (Feb 2015)

Take out breakfast, lunch and variety cuisine.

4. **Faheem's Food Hut** (739-9064) #67 Caroni Savannah Rd. Chaguanas (Sep 2014) Weekend take out Bar B Que meats and sides

5. **Baksh's Café (formerly Khan's)** (342-8114) S.S. Erin Road Santa Flora (March 2014) Take out sandwiches and roti.

6. **HK Quality Foods** (786-3246) #113 Monroe Road, Cunupia (March 2014).  
Weekend take out BBQ meats and sides, also daily lunches by order.

7. **Khafe Jen** (471- 1712) El Socorro Road, San Juan. (March 2014) Dine in or take out sandwiches, wraps lunches and drinks

8. **Nick's Café** (672-7272) Caroni Savannah Rd. Charlieville. (Nov 2014) Take out breakfast and lunch sandwiches.

9. **Nics Fast Food** (680-2111) #11 Jerningham Jct. Charlieville. (Feb 2015) Dine in or take out breakfast, lunch and variety cuisine.

10. **Sahara** (782-9796) #123 Mission Road Freeport. (March 2015) Dine in or take out breakfast, lunch and variety cuisine

11. (*NEW*) **Spiked Cafe** (462-2233) Inside Movietowne Lobby, Price Plaza North, Chaguanas. All products and drinks except turkey and turkey products

12. **Shameel's Food Place** (317-3889) #502 Rochard Road, Penal. (June 2014) Dine in or take out – Variety cuisine, Indian delicacies, roti.

13. **Urban Curry Café** (474-7474) Food Court, Gulf City. (March 2015) All chicken, beef, lamb, goat and ingredients

14. **UWI Café Plus** (713-1234) SAC Building, UWI, St. Augustine. (March 2015) Dine in or take out breakfast and lunch



15. **Warrenville Food Shop and Bar-B-Que** (312-1956) #91 Southern Main Rd. Warrenville. (Oct 2014) Take out roti, breakfast, lunches and weekend BBQ and sides.

16. **West Indian Food Hut** (722-7830) #163 B Munroe Rd, Cunupia. (Feb. 2014) All chicken, goat, lamb and ingredients.

17. **Zam's Plaza Café** (365-4413) #39 Aranguez Main Road, San Juan. (May 2014) Take out sandwiches and snacks.

18. (*NEW*) **Khafe Jen** (471-1712) El Socorro Road, San Juan, (March 2014) Dine in or take out sandwiches, wraps, lunches and drinks.

19. (*NEW*) **Gyro's To Go Restaurant** (742-1210) Cedar Hill Village, Manahambre Rd, Princes Town (May 2014) All chicken, lamb, beef EXCEPT lamb gyros.

20. (*NEW*) **Firdaws Foods** (462-2447) #185 Stadium Link Road, Marabella (Nov 2014) All chicken, lamb, beef and ingredients.

## **AUTHENTIC INDIAN CUISINE**

1. **New Rasam** (645 0994) City of the Grand Bazaar, Valsayn. (June 2014). Dine in full service lunch, dinner and buffet

### **2. Tandoori Hut**

b) Food Court, Trincity Mall, Trincity. (640-8020) (Feb 2015)

c) Food Court, Grand Bazaar. (662-6747) (Mar 2015)

d) Food Court, Price Plaza, Chaguanas. (665-1033) (Sep. 2014)

All chicken, lamb and ingredients

3. **Wild Wings** (657-4472) Food Court, Gulf City. (Sept 2014) Dine in or take out – wings, wraps, sandwiches and smoothies.

4. (*NEW*) **Delhi Palace** (773-9463) #3 Fifi Court, Ramsaran St. Chaguanas (Oct 2014) Dine in or take out - Authentic Indian Cuisine.

## **RESTAURANTS**

### **(VARIETY CUISINE)**

2. **Al Bustaan Restaurant** (496-2653) #7 Union Road Marabella. (May 2014) Dine in or take away – variety cuisine, breakfast and lunch.

### **3. Amin's Restaurant and Catering Services**

a. #216 Southern Main Rd, Marabella. (May 2014)(658-0922)

b. #243 Southern Main Rd, Marabella (May 2014) (658-1691)

c. #310 High Street, Princes Town. (Feb 2015)(665-1309)

d. #18 Penal Rock Rd. Penal. (May 2014) (647-2600)

e. Gasparillo Main Road. (May 2014) 650-5368)

All chicken, beef, duck, goat and ingredients

4. **Chadon Beni** (662-0161) Oasis Food Court, Grand Bazaar, Valsayn. (May 2014)  
All chicken, goat, beef, lamb, duck and ingredients.

5. **Curry Wok Restaurant** (658-2914) #216 Union Rd. Marabella. (June 2014)  
Dine in or take away – Breakfast and variety cuisine, catering for all occasions.

6. **Green Palm Restaurant (463 3268)** Mt. Pleasant Blvd, Bon Accord, Tobago.  
(Feb 2015) Dine in or take away lunch, dinner and buffet.

7. **Indar's Fast Food and Catering** (671-5744) Dyette Estate, Cunupia. (July 2014)  
Dine in or take out – Breakfast and variety lunch cuisine and catering for all occasions.

9. **Sate House** (715-4116) Valpark Food Court, Valsayn. (Sep. 2014) Dine in or  
take out – Specialty Indonesian cuisine, serving lunch and dinner.

10. **Saudi Local & International Cuisine (335-4001)** #106 Egypt Main Road  
Point Fortin (Nov 2014) Dine in or take out –local International cuisine, breakfast  
and lunch.

11. **Sweet Hand** (652-3849) #185 Ciperro Rd. Victoria Village. (Jan 2015) Take out  
– variety cuisine serving breakfast and lunch.

12. *(NEW)* **Tahini** Price Plaza Chaguanas, (Sep 2014) Dine in or take away.-  
Arabian Cuisine.

13. **Food Basket Restaurant**- Endeavor Industrial Estate, Chaguanas.

14. (NEW) **Trinbagonian** - (482-2635) #31 Railway Rd. Cunupia (Nov 2014) Dine in and take out fried chicken, BBQ etc.

b) 130 S.S Erin Road, Debe (Feb 2014) (797-3669)

15. (NEW) **Daarus Salaam** (467-2858) Corner ASJA Ave & Caroni Savannah Rd. Charlieville (Sep 2014) Dine in or take away - Arabian Cuisine.

16. (NEW) **Olive Leaf** (762-9937) #27 Ramsaran St. Chaguanas (Apr 2015) Dine in or take away - Arabian Cuisine.

17. (NEW) **Hakka Express** (223-4259) Food Court, Gulf City (Nov 2014) Dine in or take out - Authentic Chinese/Indian Cuisine.

**K & A's West Indian Cuisine** (722-7830) 163B Munroe Rd. Cunupia. (Feb 2015) All Chicken, duck, goat, lamb and ingredients. **NOT BEEF.**

## **Soups**

1. **Soups and Grill** (310-6050) #15 El Socorro Road, San Juan. (Feb 2015) All soups grilled meats and sides.

2. **D-Stop Soups and More**(674-6114) Eastern Main Rd. Petite Bourg, San Juan. (March 2015) All soups and sides.

3. **Inshan's Soup Express** (758-6992) Corner Pierre Road, Charlieville. (Jan 2015)  
All soups and sides.

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## Personal Care Items

### **Introduction**

Personal care items are used everyday by Muslims, mostly externally. Nevertheless, some of these products are not permissible due to the ingredients used in their production. In the list that follows we have divided these items by category and have listed the brands that are suitable for use by Muslims. Items which are not considered suitable are those containing ingredients derived from the pig or other animals/insects whose use is considered as prohibited by Islamic Law (Shariah), as well as products containing ingredients derived from tissues of human beings. As far as possible details are provided on products which may be vegetarian in nature or otherwise. The halaal status given to the a product is in no way meant to endorse any particular brand or to in any way comment on its efficacy, validity or safety for use.

### **PERSONAL CARE PRODUCTS WHICH ARE APPROVED AS SUITABLE FOR USE BY THE D.U.H.C**

#### **BAR SOAPS:**

- Kirkland Signature
- Fine Soaps- All types
- Irish Spring- All types
- Lava
- Murphy Oil Soap
- Tom's Of Maine- All types
- Tone
- Dial
- Coast
- Palmolive
- Cashmere

- Softsoap
- Protex

## **BODY LOTIONS AND MOISTURIZERS:**

- Cetaphil Moisturizing Lotion
- Aveeno- All types
- Lubriderm- All types
- Eucerin
- Nivea
- Suave
- Vaseline
- Neutrogena
- Dove
- Amway – **Artistry Brand** Facial and Skin Care Products

## **BODY WASH:**

- Zest
- Irish Spring
- White Rain
- St Ives
- Ocean Fresh
- Softsoap
- Pure and Natural
- Tom's of Maine
- Aveeno
- Dove
- Suave
- Dial
- Nivea

## **MOUTHWASH:**

- Crest Pro Health

- Tom's of Maine
- Listerine Zero and Listerine Mouth Strips
- Colgate Optic White

## **DEODORANTS:**

- Right Guard
- Lady Speed Stick
- Dove
- Speed Stick
- Almay
- Brut
- Suave
- Degree
- Soft and Dry
- Old Spice
- Arid XX
- Arm and Hammer
- Ban

## **TOOTHPASTES:**

- Sensodyne
- Close Up
- Pepsodent
- Mentadent
- Gleam
- Aqua Fresh
- Arm and Hammer
- Aim
- All Crest **except** Crest with Scope
- All Colgate **except** Colgate Wisp

## **SHAMPOO AND CONDITIONER:**

- Prell
- Aussie
- White Rain
- Axe and Axe-Anti Dandruff
- Softsoap
- L'oreal
- Suave
- Dove
- Matrix
- Pert
- Garnier Fructis
- VO5

## **COSMETICS:**

- Sacha Cosmetics- All cosmetics and perfumes
- Nonicare- All Products

**Please Note:** Due to the vast amount and variety of products regarding this section, updates will be posted whenever available, so though a product is not listed does not mean it is not permissible to use **HOWEVER**, be cautious and read the ingredients of items before purchase and use for they may contain chemicals which are haraam e.g L Cistine is a chemical found in human hair which is being used in many daily products, as such be responsible and take precaution In Sha Allaah.

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No Longer Certified

- 1. Khalid's BBQ and Grill-** 47 A Naparima Road Cocoyea.
- 2. Acme Grill Masters-** High St Princes Town, opposite Gas Station.
- 3. Montana's Grill House-** Andre Street, Sangre Grande.
- 4. Sali's Halal Diner-** 18 A Sumaria Trace, East Charleville.
- 5. Food Basket Restaurant-** Corner Churchill Roosevelt Highway and New O'meara Road, Arima.
- 6. Skewers Tobago-** Corner Milford Road & Pigeon Point, Crown Point.



7. **Ameera's Kitchen**- #102 Charlotte Street. P.O.S
  8. **Chunkay in Tunapuna Rest. & Roti Shop Shop**- #1B St. Vincent Street Tunapuna
  9. **Chico's Poultry Depot**- Charlieville
  10. **Medford's Grill**- Endeavor, Chaguanas
  11. **Nick & 2 J's**- Corner Agostini Street & E.M.R St Joseph
  12. **Al Naaora Arabic Halaal Gyros**- El Socorro, San Juan
  13. **Mr. Gyros**- #111 E.M.R Barataria, 6th Avenue.
  14. **Aleema's Tasty Treats & BBQ**- #90 Kolahal Road, Charlieville.
  15. **Alicia's Food Court**- #127 Munroe Rd. Cunupia.
  16. **Red Light Grill**- St. James
  17. **Gasparillo Poultry & Meats Supplies**- #21 Bonne Adventure Road, Gasparillo.
- Ali's Poultry Depot** (693-0389) #82 Monroe Rd, Cunupia
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Closed Down

1. **Wu's Chinese Restaurant**- Southern Main Road, Curepe.
2. **Rockin Randy's Fried Chicken**- SMR Mc Bean, Couva.
3. **A Good Friend Ltd. (Hot Box)**- #23A Mucurapo Road St James.

- 4. Pastry Cottage-** Corner Ragbir Street. Monroe Road.
  
- 5. Haseeb's Poultry Depot-** #710 St Croix Road, Lengua, Barrackpore.
  
- 7. (Flavour Islands) Trinidad Rabbit Industry-** #11 Eastern Main Road, Tunapuna.
  
- 8. Amin's Restaurant and Catering-** Lall's Shopping Mall, Debe.
  
- 9. Aunty Myrtle's Flavour House Ltd-** #114 E.M.R Tacarigua.
  
- 10. Savoury Flavours-** #34 E.M.R Petit Bourg, San Juan.
  
- 11. Shopes of Maraval-** Maraval.
  
- 12. Tandoori Palace-** Gulf City.
  
- 13. Al Maaidah-** Milford Road, Bon Accord Tobago.
  
- 14. Bakery Bites-** #91 Caroni Savannah Road, Charlieville.
  
- 15. Fu Min Chinese Restaurant-** #347 Main St. La Romain\

**16. Zeena Catering Service** - #2 Singh's Ave, Calcutta Rd. #2 Freeport

**17. Norton's Grill-** (464-1074) Southern Main Rd. Couva. (Oct 2014) Take out - grilled meats and sides.

**18. Trini Fried Chicken**

- Charlotte St. P.O.S
- Independence Square
- Park Street
- Arima

**19. 1. Ali's Fast Foods** #264 Southern Main Rd. Cunupia

**Khan's Roti Shop** (714-8290) #13 Eastern Main Rd. San Juan

**Abdool's Roti Shop** (316-4118) #44 Mission Rd, Freeport

**Playdium Gaming Room & Restaurant** (657-2385) South Trunk Rd. Singh Compound, La Romain

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E – NUMBERS

THE FOLLOWING E - NUMBERS ARE INGREDIENTS THAT MAY BE FOUND IN FOODS. THESE ARE NOT NECESSARILY HARAAM INGREDIENTS BUT THEY MAY BE DERIVED FROM ANIMAL OR PLANT SOURCES. THEY MUST THEREFORE BE INVESTIGATED.

1. E1000 (Cholic Acid)
2. E1405 (Enzyme Treated Starch)
3. E1423 (Acetylated Distarch Glycerol)
4. E1430 (Distarch Glycerine)
5. E1441 (Hydroxy Propyl Distarch Glycerine)
6. E1443 (Hydroxy Propyl Starch Glycerol)
7. E1510 (Ethanol)

8. E1517 (Glyceryl Diacetate)
9. E1518 (Glyceryl Triacetate)
10. E153 (Carbon Black)
11. E161(g) (Canthaxanthin)
12. E252 (Potassium Nitrate)
13. E290 (Carbon Dioxide)
14. E334 (L-(+)-Tartaric Acid)
15. E335 (Sodium L-(+)-tartrate)
16. E336 (Cream of Tartar)
17. E337 (Potassium Sodium L-(+)- Tartrate)
18. E353 (Metatartaric Acid)
19. E354 (Calcium Tartrate)
20. E422 (Glycerin)
21. E430 (Polyoxyethylene (8) Stearate)
22. E431 (Polyoxyethylene (40) Stearate)
23. E433 (Tween 80)
24. E435 (Tween 60)
25. E436 (Tween 65)
26. E440(a) (Pectin)
27. E440(b) (Amidated Pectin)
28. E441 (Gelatin)
29. E445 (Glycerol Esters of Wood Rosin)
30. E470 (Sodium, Potassium, & Calcium Salts of Fatty Acids)
31. E470b (Magnesium Salts of Fatty Acids)
32. E471 (Glyceryl Monostearate)
33. E472(a) (Acetoglycerides)
34. E472(b) (Lactoglycerides)
35. E472(c) (Citroglycerides)
36. E472(d) (Tartaric acid glycerol esters)
37. E472(e) (Acetyltartaric acid glycerol esters)
38. E472f (Mixed Acetic & Tartaric Acid Esters of Mono & Diglycerides)
39. E473 (Sucrose Esters of Fatty Acids)
40. E474 (Sucroglycerides)
41. E475 (Polyglycerol Esters of Fatty Acids)
42. E476 (Polyglycerol Polyricinoleate)
43. E477 (Propylene Glycol Esters of Fatty Acids)
44. E478 (Lactylated Fatty Acid Esters)
45. E479b (Thermally oxidized Soya Bean Oil interacted with M)
46. E481 (Sodium Stearoyl-2 lactylate)

47. E482 (Calcium Stearoyl-2-lactylate)
48. E483 (Stearyl Tartrate)
49. E491 (Sorbitan Monostearate)
50. E492 (Sorbitan Tristearate)
51. E494 (Sorbitan Mono-oleate)
52. E542 (Edible Bone Phosphate)
53. E570 (Stearic Acid)
54. E572 (Magnesium Stearate)
55. E630 (Inosinic Acid)
56. E631 (Sodium 5-Inosinate)
57. E632 (Dipotassium Inosinate)
58. E633 (Calcium Inosinate)
59. E634 (Calcium 5-ribonucleotides)
60. E635 (Sodium 5-Ribonucleotide)
61. E640 (Glycine & its Sodium Salt)
62. E910 (L-Cysteine)
63. E915 (Esters of Colophony)
64. E920 (Cysteine Hydrochloride)
65. E921 (L-Cystine)

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### Supplements/Vitamins/Medicines

#### **JAMIESON: LIST OF VEGETARIAN / HALAAL JAMIESON PRODUCTS:**

1. B Complex 100 mg — Timed Release
2. B Complex 100 mg — Timed Release
3. B Complex 50 mg
4. B Complex 75 mg
5. B Complex with Vitamin C
6. Beta-Carotene 10,000 IU/6,000 mcg/3,000 mcg RAE
7. Beta-Carotene 25,000 IU/15,000 mcg/7,500 mcg RAE
8. Biotin 250 mcg
9. Calcium Chewable 350 mg — Spearmint
10. Calcium Magnesium
11. Calcium Magnesium with Zinc
12. Calcium with Vitamin D — 500 mg Calcium with 1,000 IU Vitamin D
13. Canadian Ginseng 250 mg
14. Chelated Chromium 200 mcg

15. Chewable Probiotic — Strawberry Yogurt
16. Chewable Vitamin C 500 mg — Citrus
17. Chewable Vitamin C 500 mg — Grape Juice
18. Chewable Vitamin C 500 mg — TangyOrange
19. Chewable Vitamin C 500 mg — Tropical Juice
20. Chewable Vitamin C 500 mg — Wild Blueberry
21. Digestive Enzymes — Nutrisentials™
22. Echinacea — Tincture Extract
23. Exxtra-C™ 500 mg — Timed Release
24. Folic Acid 1 mg
25. Folic Acid 400 mcg/0.4 mg
26. Ginkgo Biloba
27. Glucosamine 750 mg — Shellfish Free
28. Glucosamine Sulfate 500 mg — Shellfish Free
29. Glucosamine Sulfate 500 mg — Shellfish Free
30. Glucosamine Sulfate 500 mg — Shellfish Free
31. Grape Seed
32. GTF Chromium 200 mcg
33. Herbal Diuretic
34. High Potency Magnesium 250 mg
35. Iron 50 mg — Timed Release
36. Kelp 650 mcg
37. Korean Red Ginseng 275 mg
38. Lutein-Z™
39. Lycopene 10,000 mcg
40. Magnesium 100 mg
41. Magnesium 50 mg
42. Maximum Strength St. John's Wort 300 mg
43. Mega Cal™ Calcium 650 mg
44. Milk Thistle
45. MSM 1,000 mg
46. Mulberry Chromium Complex
47. Neurosome™ St. John's Wort 200 mg
48. Niacin 500 mg
49. Niacin 500 mg with Inositol — Flush Free Formula
50. Organic Flax Liquid — Strawberry Banana
51. Potassium 100 mg — Timed Release
52. Potassium 50 mg
53. Probiotic 30 Billion

54. Red Dragon™ Imperial Ginseng
55. Selenium 100 mcg
56. Selenium 50 mcg
57. Selenium 50 mcg — Yeast Free
58. Siberian Ginseng 650 mg
59. Silica 10 mg
60. Stress Plex™
61. Total Energy
62. Vita-Vim™ Vegetarian
63. Vitamin B1 100 mg (Thiamine)
64. Vitamin B12 1,000 mcg Strips (Methylcobalamin)
65. Vitamin B12 1,000 mcg Sublingual Tablets (Methylcobalamin)
66. Vitamin B12 1,200 mcg (Cobalamin) Timed Release
67. Vitamin B12 100 mcg (Cobalamin)
68. Vitamin B12 25 mcg (Cobalamin)
69. Vitamin B12 250 mcg (Cobalamin)
70. Vitamin B12 50 mcg (Cobalamin)
71. Vitamin B2 100 mg (Riboflavin)
72. Vitamin B6 100 mg (Pyridoxine)
73. Vitamin B6 25 mg (Pyridoxine)
74. Vitamin B6 250 mg (Pyridoxine)
75. Vitamin B6 50 mg (Pyridoxine)
76. Vitamin C 1,000 mg
77. Vitamin C 1,000 mg — Timed Release
78. Vitamin C 500 mg
79. Vitamin C 500 mg — Timed Release
80. Vitamin C 500 mg — Timed Release
81. Zinc 10 mg
82. Zinc 25 mg
83. Zinc 50 mg
84. Zinc 50 mg — Timed Release
85. Zinc Lozenges with Echinacea and Vitamins C and D — Wild Cherry

**LIST OF NOW SUPPLEMENTS VEGETARIAN AND HALAAL PRODUCTS, UPDATED FEBRUARY 2014**

1. P-5-P 50 mg Vegetarian – 60 Tabs

2. Glucosamine & MSM Vegetarian – 120 Vcaps®
3. Glucosamine '1000' (Vegetarian) – 90 Vcaps®
4. Glucosamine Sulfate 750 mg Vegetarian – 90 Vcaps®
5. Chlorella 400 mg Vegetarian – 100 Vcaps®
6. CoQ10 30 mg Vegetarian – 120 Vcaps®
7. CoQ10 30 mg Vegetarian – 60 Vcaps®
8. Magnesium Malate 1000 mg Vegetarian – 180 Tabs
9. MSM 1500 Vegetarian – 200 Tabs
10. Nettle Root Extract 250 mg Vegetarian – 90 Vcaps®
11. Olive Leaf Glycerite 18% – Vegetarian – 2 oz.
12. Papaya Enzyme Chewable Vegetarian – 360 Lozenges
13. SAmE 100 mg Vegetarian, Enteric Coated – 30 Tabs
14. Vitamin C-500 Complex – Vegetarian 100 Tabs
15. Vitamin E-Oil Vegetarian – 1 oz.
16. Sodium Ascorbate Powder Vegetarian – 8 oz.
17. CoQ10 30 mg Vegetarian – 240 Vcaps®
18. Pycnogenol® 60 mg Vegetarian – 50 Vcaps®
19. Elderberry Extract 500 mg Vegetarian – 60 Vcaps®
20. Silymarin 150 mg Vegetarian – 60 Vcaps®
21. Iron Complex Vegetarian – 100 Tablets
22. Iron Complex with Vitamins and Herbs Vegetarian – 250 Tabs
23. Potassium Gluconate 99 mg Vegetarian – 100 Tabs
24. Potassium Gluconate 99 mg Vegetarian – 250 Tabs
25. Propolis Plus Extract Vegetarian – 2 oz.
26. Psyllium Husk Powder Vegetarian – 12 oz.
27. Psyllium Husks Whole Vegetarian – 1 lb.
28. Psyllium Husks Whole Vegetarian – 24 oz.
29. Selenium 100 mcg Yeast Free Vegetarian – 100 Tabs
30. Selenium 100 mcg Yeast Free Vegetarian – 250 Tabs
31. Slippery Elm Powder Vegetarian – 4 oz.
32. Stress Plus – Vegetarian – 50 Tabs
33. Stress Plus – Vegetarian 100 Tabs
34. Vcaps® "00" Non-gelatin Vegetarian – 250
35. Inositol Powder – Vegetarian 2 oz
36. Inositol Powder Vegetarian – 4 oz.
37. SAmE 400 mg Vegetarian – 30 Tablets
38. Vitamin B-50 Tabs – Vegetarian 100 Tabs
39. Folic Acid 800mcg + B-12 25mcg – Vegetarian 250 Tabs
40. CoQ10 30 mg Vegetarian Twinpack – 2/60 Vcaps®



41. Silymarin 150 mg Vegetarian Twinpack – 2/60 Vcaps®
42. Nutritional Yeast Flakes Red Star Vegetarian – 10 oz.
43. Olive Leaf Extract 500 mg Vegetarian – 60 Vcaps®
44. Liquid Multi Tropical Orange Vegetarian Non-GE- 16 oz.
45. CoQ10 100 mg with HawthornBerryVegetarian – 180 Vcaps®
46. CoQ10 100 mg with HawthornBerryVegetarian – 30 Vcaps®
47. Echinacea 50/50 Ang./Purp. Vegetarian – 2 oz.
48. Grapefruit Pectin 500 mg Vegetarian – 120 Vcaps®
49. Olive Leaf Extract 500 mg Vegetarian – 120 Vcaps®
50. Olive Leaf Extract 500 mg with Echinacea – Vegetarian – 100 Vcaps®
51. Olive Leaf Extract Extra Strength – Vegetarian – 50 Vcaps®
52. Brain Elevate™ Vegetarian – 60 Vcaps®
53. Maitake Mushroom 60 mg Standardized Vegetarian – 60 Vcaps®
54. Respir-All™ (Allergy Support) Vegetarian – 60 Tabs
55. Vcaps® “0” Non-gelatin Vegetarian – 1000 Vcaps®
56. Vcaps® “0” Non-gelatin Vegetarian – 300 Vcaps®
57. Vcaps® “00” Non-gelatin Vegetarian – 750 Vcaps®
58. Ginkgo Biloba Extract 24% Standardized Vegetarian – 2 oz.
59. CoQ10 100 mg with HawthornBerryVegetarian – 90 Vcaps®
60. Calcium Citrate Caps – 120 Vcaps®
61. Black Cherry Fruit Extract 750 mg – 180 Vcaps®
62. L-Proline 500 mg – 120 Vcaps®
63. Maca 750 mg Raw – 90 Vcaps®
64. Herbs & Mushrooms Whole Herbs
65. Maca Organic Pure Powder – 7 oz.
66. Flush-Free Niacin – 250 mg – 90 Vcaps®
67. Oat Bran Plus – 100 Tabs
68. Zinc 50 mg – 250 Tabs
69. Calcium Citrate Caps – 240 Vcaps®
70. Red Mineral Algae – 180 Vcaps®
71. Gluten Flour – 1 lb
72. Alfalfa Powder – 1 lb.
73. Astaxanthin 4 mg – 60 Veggie Softgels
74. Black Cherry Fruit Extract 750 mg – 90 Vcaps®
75. Bromelain 2400 GDU 500 mg – 60 Vcaps®
76. Bromelain 500 mg – 120 Vcaps
77. Calcium Citrate – 100 Tablets
78. Calcium Citrate – 250 Tabs
79. Cordyceps 750 mg – 90 Vcaps®

80. L-Carnitine 1000 mg Liquid – 32 oz.
81. L-Carnitine 500 mg – 30 Vcaps®
82. L-Carnitine 500 mg – 60 Tabs
83. L-Carnitine Liquid 1000 mg – 4 oz.
84. L-Carnitine Liquid 1000 mg – 4 oz.
85. L-Carnitine Liquid 3000 mg – 4 oz.
86. L-Carnitine Pure Powder – 3 oz.
87. Methyl B-12 5000 mcg – 120 Lozenges
88. Nutritional Yeast – 10 oz.
89. Optimal Digestive System – 90 Vcaps®
90. Plant Enzymes – 120 Vcaps®
91. Plant Enzymes – 240 Vcaps®
92. Protein Digest – 60 Vcaps®
93. Saw Palmetto Extract 320 mg – 90 Veggie Softgels
94. Spirulina 500 mg – 180 Tabs
95. Vitamin C-1000 – 250 Tabs
96. ChewyZymes – 90 Chewables
97. Glucosamine & MSM – 240 Vcaps®
98. Methyl (Brain) B-12 5,000 mcg – 60 Lozenges
99. Ultra B-12 – 16 oz.
100. Ultra B-12 – 4 oz.
101. Vitamin B-12 (1000 mcg) with Folic Acid – 250 Chewable Lozenges
102. Vitamin B-12 1000mcg – 100 Chewable Lozenges
103. Vitamin B-12 Complex (Liquid) – 8 oz.
104. Flex Mobility™ – 120 Vcaps®
105. B-12 2,000 mcg – 100 Lozenges
106. Celery Circulation™ – 60 Vcaps®
107. Digest Platinum™ – 120 Vcaps®
108. Digest Platinum™ – 60 Vcaps®
109. DOPA Mucuna – 90 Vcaps
110. Flax Seed Oil – 24 oz. – Organic, Non-GE
111. Fruit & Greens™ PhytoFoods – 2 lbs.
112. Gluten Digest – 60 Vcaps®
113. High Lignan Flax Seed Oil – 12 oz. – Organic, Non-GE
114. L-Carnitine 1000 mg – 100 Tabs
115. L-Carnitine 1000 mg – 50 Tabs
116. L-Carnitine 500 mg – 180 Vcaps®
117. L-Carnitine 500 mg – 60 Vcaps®
118. L-Carnitine Liquid 3000 mg – 16 oz.

119. L-Carnitine Liquid Tropical Punch 1000 mg – 16 oz.
120. L-Carnitine Liquid, Citrus Flavor 1000 mg – 16 oz.
121. Omega3-6-9- 16 oz.
122. Spirulina Powder Certified Organic – 1 lb.
123. Tru-C BioComplex™ – 60 Vcaps®
124. Vitamin B-12 5000mcg – 60 Lozenges
125. Vitamin C-1000 Complex – 180 Tabs
126. Flex Mobility™ Liquid – 16 oz.
127. 5-HTP 100 mg – 120 Vcaps®
128. 5-HTP 100 mg – 60 Vcaps®
129. 5-HTP 100 mg – 90 Chewables
130. 5-HTP 200 mg – 60 Vcaps®
131. 7-KETO 25 mg – 90 VCaps®
132. Acacia Fiber Organic Powder – 12 oz.
133. Acai 500 mg – 100 Vcaps®
134. Acerola – 6 oz.
135. Acetyl-L Carnitine 500 mg – 100 Vcaps®
136. Acetyl-L Carnitine 500 mg – 200 Vcaps®
137. Acetyl-L Carnitine 500 mg – 50 Vcaps®
138. Acetyl-L-Carnitine 750 mg – 90 Tablets
139. Acetyl-L-Carnitine Powder – 3 oz.
140. AHCC® 750 mg – 60 Vcaps®
141. Alfalfa 650 mg – 250 Tabs
142. Alfalfa 650 mg – 500 Tabs
143. Green Foods
144. Alfalfa Juice Concentrate 650 mg – 180 Vcaps
145. Aloe Vera Concentrate – 4 oz.
146. Alpha GPC 300 mg – 60 Vcaps®
147. Alpha Lipoic Acid 100 mg – 120 Vcaps®
148. Andrographis Extract 400 mg – 90 Vcaps®
149. Artichoke Extract 450 mg – 90 Vcaps
150. Ascorbate-C Minerals – 90 Tabs
151. Ashwagandha Extract 450 mg – 90 Vcaps®
152. B-12 10,000 mcg – Single Dose 15 mL
153. B-12 10,000 mcg – Single Dose 15 mL – 8 Pack
154. Barley Grass 500 mg – 250 Tablets
155. Barley Grass Juice (powder) – 4 oz.
156. Barley Grass Powder Organic, Non-GE – 2 lbs.
157. Barley Grass Pure Powder – 6 oz. – Organic

158. Beta 1,3/1,6- D -Glucan 100 mg – 90 Vcaps®
159. Blue Green Algae 500 mg – 120 Tabs
160. Blue Green Algae 500 mg – 60 Tabs
161. Blue-Green Algae 500 mg – 180 Vcaps®
162. Blue-Green Algae 500 mg – 90 Vcaps®
163. Boswellia Extract – 120 Vcaps®
164. Boswellia Extract – 60 Vcaps®
165. Butterbur with Feverfew – 60 Vcaps®
166. Calcium & Magnesium – 100 Tabs
167. Calcium & Magnesium – 250 Tabs
168. Calcium Ascorbate Powder – 3 lbs.
169. Calcium Ascorbate Powder – 8 oz.
170. Calcium Carbonate – 12 oz.
171. Minerals Calcium/Magnesium Pure Powders
172. Calcium Citrate 100% Pure Powder – 8 oz
173. Carbo Gain 100% Complex Carbohydrate – 12 lbs.
174. Carbo Gain 100% Complex Carbohydrate – 2 lbs.
175. Carbo Gain 100% Complex Carbohydrate – 8 lbs.
176. Cat's Claw "5000" – 120 Vcaps®
177. Cat's Claw "5000" – 60 Vcaps®
178. Chlorella 1000 mg – 120 Tabs
179. Chlorella 1000 mg – 60 Tabs
180. Chlorella 500 mg (Certified Organic) – 200 Tabs
181. Chlorella Powder – 4 oz.
182. Chlorella Powder (Certified Organic) – 1 lb.
183. CoQ10 100% Pure Powder – 1 oz.
184. CoQ10 200 mg – 90 Lozenges
185. CoQ10 60 mg – 180 Vcaps®
186. Curcumin – 60 Vcaps
187. DGL 400 mg – 100 Lozenges
188. D-Mannose Powder – 3 oz.
189. D-Ribose Powder – 4 oz.
190. D-Ribose Powder – 8 oz.
191. D-Ribose Powder 100% Pure – 1 lb.
192. Echinacea & Goldenseal Glycerite – 2 oz.
193. Echinacea & Goldenseal Plus – 2 oz.
194. Elderberry Liquid – 8 oz.
195. Herbs & Mushrooms Liquid Herbal Extracts
196. E-Liquid -1 oz.

197. E-Oil -4 oz.
198. Flush-Free Niacin 500 mg – 180 Vcaps®
199. Flush-Free Niacin 500 mg – 90 Vcaps®
200. GABA 750mg – 100 Vcaps®
201. Ginger Root Extract 250 mg – 90 Vcaps®
202. Ginkgo Biloba 120 mg – 100 Vcaps®
203. Ginkgo Biloba 120 mg – 200 Vcaps®
204. Ginkgo Biloba 120 mg – 50 Vcaps®
205. Ginkgo Biloba 120 mg Twinpack – 2/50 Vcaps®
206. Ginkgo Biloba 60 mg – 120 Vcaps®
207. Ginkgo Biloba 60 mg – 240 Vcaps®
208. Ginkgo Biloba 60 mg – 30 Vcaps®
209. Ginkgo Biloba 60 mg – 60 Vcaps®
210. Glutathione 250 mg – 60 Vcaps®
211. Goldenseal Root Extract – 2 oz.
212. Grape Seed Antioxidant 60 mg – 180 Vcaps®
213. Grape Seed Antioxidant 60 mg – 90 Vcaps®
214. Grape Seed Antioxidant 60 mg Twinpack – 2/90 Vcaps®
215. Grape Seed Standardized Extract 60 mg – 30 Vcaps®
216. GTF Chromium 200 mcg Yeast Free – 100 Tabs
217. GTF Chromium 200 mcg Yeast Free – 250 Tabs
218. Gymnema Sylvestre 400 mg – 90 Caps
219. Holy Basil Extract 500 mg – 90 Vcaps®
220. Hyaluronic Acid 100 mg – 60 Vcaps®
221. Inositol Hexaphosphate 800mg – 100 Vcaps®
222. Inulin (Certified Organic) – 8 oz
223. Iron 18 mg – 120 Vcaps®
224. Kava Kava Extract – 2 oz.
225. Kelp 150 mcg – 200 Tabs
226. Kelp Caps 325 mcg – 250 Vcaps®
227. Kelp Powder – 8 oz.
228. L- Ornithine – 8 oz.
229. L-Carnitine 2,000 mg – Single Dose 15 mL
230. L-Carnosine 500 mg – 100 Vcaps®
231. L-Carnosine 500 mg – 50 Vcaps®
232. L-Citrulline Pure Powder – 4 oz.
233. Lecithin Granules – 8 oz.
234. Lecithin Granules (Non-GMO) – 10 lbs.
235. L-Glutamine – 1 lb.

236. L-Glutamine – 6 oz.
237. L-Glutamine 1500 mg – 90 Tabs
238. L-Glutamine Powder – 1 kg (35.3 oz)
239. Liquid Melatonin 3 mg – 2 oz.
240. L-Lysine 1,000 mg – 100 Tabs
241. L-Lysine 500 mg – 100 Tabs
242. L-Theanine 200 mg Suntheanine® – 60 Vcaps®
243. L-Tryptophan 1000 mg – 60 Tablets
244. L-Tryptophan Powder – 2 oz.
245. Lutein Esters 40
246. Magnesium Ascorbate Powder – 8 oz.
247. Magnesium Citrate – 8 oz
248. Magnesium Citrate 200 mg – 100 Tabs
249. Magnesium Citrate 200 mg – 250 Tabs
250. Magnesium Citrate Caps – 120 Vcaps®
251. MCT Oil – 32 oz.
252. Mega Hoodia 250 mg – 120 Vcaps®
253. Mega Hoodia 250 mg – 60 Vcaps®
254. Melatonin 1 mg – 100 Tabs
255. Melatonin 1 mg with B3, B6 & Magnesium TR Veg – 250 Tabs
256. Melatonin 3 mg Chewable – 90 Lozenges
257. Melatonin 5 mg – 180 Vcaps®
258. Menopause Support – 90 Vcaps®
259. Methyl B-12 1,000 mcg – 100 Lozenges
260. MK-7 Vitamin K-2 100 mcg – 60 Vcaps®
261. MSM Powder – 1 lb.
262. MSM Powder – 8 oz.
263. Nattokinase 100 mg – 120 Vcaps®
264. Nattokinase 100 mg – 60 Vcaps®
265. Natural Resveratrol 200 mg – 120 Vcaps®
266. Natural Resveratrol 200 mg – 60 Vcaps®
267. Niacin 500 mg – 250 Tabs
268. Niacin 500mg – 100 Tablets
269. NutraFlora® FOS – 4 oz.
270. Ojibwa Herbal Extract 450 mg – 180 Vcaps®
271. Ojibwa Herbal Extract 450 mg – 90 Vcaps®
272. Ojibwa Tea Concentrate – 16 oz.
273. Papaya Enzyme – 180 Lozenges
274. Passion Flower Extract 350 mg – 90 Vcaps®

275. Phase-2 500 mg – 120 Vcaps®
276. Phosphatidyl Serine 100 mg – 120 Vcaps®
277. Phosphatidyl Serine 100 mg – 30 Vcaps®
278. Mental Fitness/Sleep & Mood Support
279. Phosphatidyl Serine 100 mg – 60 Vcaps®
280. Phosphatidyl Serine 150 mg – 60 Tabs
281. Policosanol 10 mg – 90 Vcaps®
282. Policosanol 20 mg – 90 Vcaps®
283. Potassium Chloride Powder – 8 oz
284. Potassium Gluconate Powder – 1 lb.
285. Potassium Iodide 30 mg 60 Tabs
286. Probiotic-10™ 25 Billion – 50 Vcaps®
287. Probiotic-10™ 50 Billion – 50 Vcaps®
288. Pyruvate 1000 mg – 90 Tabs (OUT OF STOCK)
289. Pyruvate Extra Strength 1000 mg – 180 Tablets
290. Quercetin with Bromelain – 120 Vcaps®
291. Quercetin with Bromelain – 240 Vcaps®
292. Red Clover Plus Extract – 2 oz.
293. Red Yeast Rice 1200 mg – 120 Tabs
294. Red Yeast Rice 1200 mg – 60 Tabs
295. Red Yeast Rice 600 mg – 240 Vcaps®
296. Rhodiola (Rhodiola rosea) – 60 Vcaps®
297. Rutin 500 mg – 100 Vcaps®
298. Saccharomyces Boulardii – 60 Vcaps®
299. SAmE 100 mg – 60 Tabs
300. SAmE 200 mg – 30 Tabs
301. SAmE 200 mg – 60 Tabs
302. SAmE 400 mg – 60 Tabs
303. Silver Sol – 4 fl. oz.
304. Silver Sol – 8 fl.oz.
305. Silymarin 2X – 300 mg – 100 Vcaps®
306. Silymarin 2X – 300 mg – 200 Vcaps®
307. Silymarin 2X – 300 mg – 50 Vcaps®
308. Sodium Ascorbate – 3 lbs.
309. Soy Isoflavones 150 mg – 60 Vcaps® – Non-GE
310. Soy Isoflavones 60 mg – 120 Vcaps® – Non-GE
311. Spirulina 500 mg – 100 Tabs
312. Spirulina 500 mg – 120 Vcaps®
313. Spirulina 500 mg 100% Natural – 200 Tabs

314. Spirulina 500 mg 100% Natural – 500 Tabs
315. Spirulina 500 mg Twinpack -2/200 Tablets
316. Spirulina Powder – 1 lb.
317. Spirulina Powder – 4 lbs.
318. Spirulina Powder – 4 oz.
319. St. John's Wort 300 mg – 100 Vcap®
320. St. John's Wort 300 mg – 250 Caps
321. Taurine Powder – 8 oz.
322. Tribulus 1,000 mg – 180 Tablets
323. Tribulus 1000 mg – 90 Tabs
324. Tri-Chromium™ 500 mcg with Cinnamon – 180 Vcaps®
325. Tri-Chromium™ 500 mcg with Cinnamon – 90 Vcaps®
326. Valerian Root Extract – 2 oz.
327. Virgin Coconut Oil – 20 oz.
328. Vitamin B-50 – 250 Tabs
329. Vitamin C Crystals- 1 lb.
330. Vitamin C Crystals- 3 lb.
331. Vitamin C Crystals- 8 oz.
332. Vitamin C-1000 – 100 Tabs
333. Vitamin C-1000 – 100 Tabs
334. Vitamin C-1000 – 500 Tabs
335. Vitamin C-1000 Complex – 90 Tabs
336. Vitamin C-1000 Time Released with Rose Hips – 250 Tabs
337. Vitamin C-500 – 100 Tabs
338. Vitamin C-500 – 250 Tabs
339. Vitamin C-500 Cherry Chewable – 100 Lozenges
340. Vitamin C-500 Chewable Orange- 100 Lozenges
341. Vitamin C-500 Complex – 250 Tabs
342. Vitamin E Liquid 54,600 IU – 4 oz.
343. Wheat Grass 500 mg – 100 Tabs
344. Wheat Grass 500 mg – 500 Tabs
345. Wheat Grass Juice – 4 oz.
346. Whole Psyllium Husks – 12 oz.
347. AHCC® 500 mg – 60 Vcaps®
348. Goldenseal Root Powder – 1 lb
349. Hawthorn Berry Extract – 2 oz.
350. Textured Soy Protein Chunks – 12 oz.
351. Wheat Germ Oil – 16 oz.
352. Zinc 50 mg – 100 Tabs



353. Mood Support – 90 Vcaps®
354. Superfruit Liquid Multi Vitamin & Mineral – 16 oz.
355. Tru-Food Vegan™ Natural Flavor – 2.2 lbs.
356. Tru-Food Vegan™ Berry Flavor – 2.2 lbs.
357. ADAM™ Superior Men's Multiple Vitamin – 120 Tabs
358. AAKG 3500 – 180 Tabs
359. AAKG Pure Powder – 7 oz.
360. Acai Liquid Concentrate – 16 oz.
361. Acai Powder, Organic – 3 oz.
362. Ache Action™ Decursinol Complex – 60 Vcaps®
363. AHCC® 100% Pure Powder – 2 oz.
364. Alpha Lipoic Acid 600 mg – 120 Vcaps®
365. Alpha Lipoic Acid 600mg – 60 Vcaps®
366. AlphaSorb-C™ 1000 – 120 Tablets
367. AlphaSorb-C™ 1000 – 60 Tablets
368. AlphaSorb-C™ 500 – 180 Vcaps®
369. B-12 10,000 mcg -12: 15mL (0.5 fl. oz.) Shots
370. Beta-Alanine – 500 g (17.6 oz.)
371. Beta-Glucans with ImmunEnhancer™ 250mg – 60 Vcaps®
372. Beta-Sitosterol Plant Sterols with CardioAid – 200 Vcaps®
373. Beta-Sitosterol Plant Sterols with CardioAid® – 100 Vcaps®
374. Bio-Curcumin Phytosome – 60 Vcaps®
375. Blood Pressure Health – 90 Vcaps®
376. Cholesterol/Cardiovascular Support
377. Boswellia Extract 600 mg – 90 Vcaps®
378. Chaste Berry-Vitex Extract 300 mg – 90 Vcaps®
379. Choco Energy plus D-Ribose – Single Dose 15 mL
380. Cholesterol Pro™ – 120 Tabs
381. Cholesterol Pro™ – 60 Tabs
382. Cholesterol Support – 90 Vcaps®
383. Citrus Pectin (Modified) 800 mg – 180 Vcaps®
384. Co-Enzyme B-Complex – 60 Tabs
385. CoQ10 200 mg – 60 Vcaps®
386. CoQ10 200 mg with Vit E & Lecithin – 30 Loz
387. CoQ10 60 mg – 60 Vcaps®
388. Cranberry Maximum Strength – 90 Vcaps®
389. Creatine Monohydrate – 1.1 lbs.
390. Creatine Monohydrate – 2.2 lbs.
391. Daily Vits Vitamin – 100 Tabs

392. Daily Vits™ Multi Vitamin & Mineral – 250 Tabs
393. Detox Support™ – 90 Vcaps®
394. Dextrose Powder 100% Pure – 10 lbs.
395. Digestive Bitters – 16 oz.
396. D-Ribose 1500 mg – 90 Tablets
397. D-Ribose 750 mg – 120 Vcaps®
398. D-Ribose 750 mg – 60 Vcaps®
399. EGCg Green Tea Extract – 90 Vcaps®
400. Antioxidants EGCg – Green Tea Extract
401. EGCg Green Tea Extract 400 mg – 180 Vcaps®
402. Fiber-3 – 16 oz.
403. Full Spectrum Minerals – 100 Tabs
404. Full Spectrum Minerals – 250 Tabs
405. GliSODin® 100 mg – 90 Vcaps®
406. Glucose Metabolic Support – 90 Vcaps®
407. Glutathione 500 mg – 60 Vcaps®
408. GPLC GlycoCarn® with CoQ10 – 60 Vcaps®
409. Grape Seed – 90 Vcaps®
410. Grape Seed 100 mg – 200 Vcaps®
411. Herbal Pause™ with EstroG-100™ – 60 Vcaps®
412. Indole-3-Carbinol (I3C) 200 mg – 60 Vcaps®
413. KidCal- 100 Chewables
414. L-Carnitine 2,000 mg – 12 (15 mL) Shots
415. Lecithin Granules – 1 lb.
416. Lecithin Granules – 2 lbs.
417. Lecithin Granules Non-GMO – 1 lb.
418. Lecithin Granules Non-GMO – 2 lbs.
419. Liquid Cal-Mag Blueberry – 16 oz.
420. Liquid Cal-Mag Lemon Flavored – 16 oz.
421. Liquid Multi WildBerry- 16 oz.
422. L-Tryptophan 500 mg – 120 Vcaps®
423. L-Tryptophan 500 mg – 60 Vcaps®
424. Mangosteen – 32 oz.
425. Maqui SuperFruit Antioxidant Juice – 32 oz.
426. Melatonin 3 mg Chewable – 180 Lozenges
427. Natural Resveratrol – 60 Vcaps®
428. Pomeratrol™- 60 Vcaps®
429. Psyllium Husk Fiber – 12 oz.
430. Psyllium Husk Powder – 12 oz.

431. Pycnogenol® 100 mg – 60 Vcaps®
432. Red Clover/Black Cohosh 225 mg 40 mg – 60 Vcaps®
433. Red Yeast Rice 600 mg – 120 Vcaps®
434. Red Yeast Rice 600 mg – 60 Vcaps
435. Red Yeast Rice 600 mg with CoQ10 30 mg – 120 Vcaps®
436. Red Yeast Rice 600 mg with CoQ10 30 mg – 60 Vcaps®
437. Relora® 300 mg – 120 Vcaps®
438. Relora® 300 mg – 60 Vcaps®
439. Ribose Energy with Creatine – 315 g
440. Slimaluma® Plus – 60 Vcaps®
441. Soy Protein Isolate – 1 lb. – Non-GE
442. Soy Protein Isolate NON-GMO – 15 lbs
443. Soy Protein Isolate NON-GMO – 44 lbs.
444. Soy Protein Isolate Non-GMO Unflavored – 2 lbs.
445. Special One Multiple – 90 Tabs
446. Special One Multiple with Green Superfoods – 180 Tabs
447. Special One Multiple with Green Superfoods – 30 Tabs
448. Special Two – 180 Tabs
449. Special Two – 90 Tabs
450. TestoJack 200™ – 60 Vcaps®
451. Theanine 100 mg – 90 Vcaps®
452. T-Lean™ Weight Management – 120 Vcaps®
453. T-Lean™ Weight Management – 60 Vcaps®
454. Triphala 500 mg – 120 Tabs
455. Turmeric & Bromelain – 90 Vcaps®
456. Ulcetrol™ – 60 Tabs
457. Vein Supreme™ – 90 Vcaps®
458. Vitamin B-12 Complex Liquid – 2 oz.
459. Vitamin K-2 100 mcg – 100 Vcaps®
460. Vit-Min 75+ Multiple – 180 Tabs
461. Vit-Min 75+ Multiple – 30 Tabs
462. Vit-Min 75+ Multiple – 90 Tabs
463. Water Out™ – 100 Vcaps®
464. Waxy Maize Powder – 5.5 lbs.
465. Whole Psyllium Husks – 12 oz
466. Fiber Supplements Psyllium
467. Easy Cleanse™ – A.M. 60 Vcaps®, P.M. 60 Vcaps®
468. Flax Seed Oil – 12 oz.
469. Acai – 32 oz.

470. ADAM Superior Men's Multiple Vitamin – 60 Tabs
471. ADAM™ Superior Men's Multiple Vitamin – 90 Vcaps®
472. AlphaSorb-C™ 1000 – 240 Tablets
473. AlphaSorb-C™ 500 – 90 Vcaps®
474. Brain Elevate™ – 120 Vcaps®
475. Diet Support – 120 Vcaps®
476. Eve Women's Multiple Vitamin – 120 Vcaps®
477. Vitamins Multiple Vitamins – Women's
478. Goji – 32 oz.
479. Immune Renew™ – 90 Vcaps®
480. Instant Energy B-12 (2,000 mcg of B-12 per packet) – 75 Packets
481. Liquid CoQ10 Orange Flavor – 4 oz.
482. CoQ10
483. Multi-Food Complex for Men – 80 Tablets
484. Multi-Food Complex for Men – 90 Vcaps®
485. Multi-Food Complex for Women – 80 Tablets
486. Natural Resveratrol – 16 oz.
487. Noni – 32 oz.
488. Pea Protein – 2 lbs.
489. Special Two Multiple Vitamin – 120 Vcaps®
490. Special Two Multiple Vitamin – 240 Vcaps®
491. Super Cortisol Support with Relora® – 90 Vcaps®
492. Sytrinol – 120 Vcaps®
493. Sytrinol® – 60 Vcaps®
494. TestoJack 100™ – 60 Vcaps®
495. TestoJack 100™ – 120 Vcaps®
496. Total Well-Being™ – 120 Tabs
497. Total Well-Being™ – 60 Tabs
498. 7-Keto® 100 mg – 30 Vcaps®
499. 7-Keto® 100 mg – 60 Vcaps®
500. Agave Nectar – 17 oz.
501. Agave Nectar (Light, Certified Organic) – 17 oz.
502. Alpha Lipoic Acid 100 mg – 60 Vcaps®
503. Alpha Lipoic Acid 250 mg – 120 Vcaps®
504. Alpha Lipoic Acid 250 mg – 60 Vcaps®
505. Astaxanthin 4 mg – 90 Sgels
506. Astragalus 500 mg – 90 Vcaps®
507. Astragalus Plus Extract – 2 oz.
508. BetterStevia™ (French Vanilla) Liquid Extract – 2 oz.

509. BetterStevia™ Glycerite – 8 oz.
510. BetterStevia™ Liquid Extract – 2 oz.
511. BetterStevia™ Liquid Extract (Dark Chocolate) – 2 fl. oz.
512. BetterStevia™ Liquid Extract (Hazelnut) – 2 oz.
513. BetterStevia™ Liquid Extract (Lemon Twist) – 2 oz.
514. BetterStevia™ Organic Extract Powder – 4 oz.
515. BetterStevia™ Organic Liquid Extract – 8 oz.
516. BetterStevia™ Original Liquid Extract – 2 fl. oz.
517. BetterStevia™ Original Liquid Extract – 8 fl. oz.
518. Biotin 5,000 mcg – 120 Vcaps
519. Brewer's Yeast 650 mg – 200 Tabs
520. Brewer's Yeast 650 mg – 500 Tabs
521. Candida Clear™ – 180 Vcaps®
522. CoQ10 150 mg – 30 Vcaps®
523. CoQ10
524. Coral Calcium Plus – 100 Vcaps®
525. Coral Calcium Plus – 250 Vcaps®
526. Flush-Free Niacin 250 mg – 180 Vcaps®
527. GABA Powder – 6 oz.
528. Golden Flax Seed Meal – 22 oz.
529. Golden Flax Seeds (Certified Organic) – 2 lbs.
530. Golden Flax Seeds (Organic) – 16 oz.
531. Hawthorn Extract 300 mg – 90 Vcaps®
532. Homocysteine Regulators – 90 Vcaps®
533. Horny Goat Weed Extract 750 mg – 90 Tablets
534. Hyaluronic Acid – 120 Veg Capsules
535. Hyaluronic Acid with MSM – 120 Vcaps®
536. Hyaluronic Acid with MSM – 60 Vcaps®
537. Inositol Powder – 8 oz.
538. Laxative Cleanse – 100 Veg Capsules
539. L-Carnitine 250 mg Tartrate-L-Carnipure® – 60 Caps
540. Lecithin Granules – 10 lbs.
541. L-Glutamine 1500 mg – 180 Tabs
542. Liquid Chlorophyll (Triple Strength) – 16 oz.
543. Liquid Lecithin (Natural Phospholipid) – 16 oz.
544. L-Lysine 500 mg – 250 Tabs
545. L-Lysine Powder – 1 lb.
546. Melatonin 5 mg – 60 Vcaps®
547. MSM 1500 mg – 100 Tabs

- 548. NAD 25 mg – 60 Lozenges
- 549. Noni 450 mg Hawaiian – 90 Vcaps®
- 550. Phase 2® 500 mg – 60 Veg Caps
- 551. Pine Bark Extract 240 mg – 90 Veg Capsules
- 552. Psyllium Husk Powder – 24 oz.
- 553. Serrazimes® 20,000 Units – 90 Vcaps®
- 554. Silica Complex 500 mg – 180 Tablets
- 555. Stevia Glycerite Liquid Twinpack – 2/ 2 oz
- 556. Super Antioxidants – 120 Vcaps®
- 557. Super Antioxidants – 60 Vcaps®
- 558. T.S.P. Granules – 10 lbs.
- 559. T.S.P. Granules 1/4" granules – 8 oz.
- 560. Virgin Coconut Oil – 12 oz. – Organic, Non GE
- 561. Vitamin B-12 Liposomal Spray – 2 oz.
- 562. Vitamin B-6 50mg – 100 Tabs
- 563. Vitamin C-Complex Powder – 3 lbs.
- 564. Vitamin C-Complex Powder – 8 oz.
- 565. Vitamin E-400 Dry – 100 Caps
- 566. Vitamin E-400 Dry – 250 Vcaps®
- 567. Wheat Grass Powder – 9 oz. – Organic, Non-GE
- 568. Kid Vits -BerryBlast Multi-Vitamin – 120 Chewables
- 569. Kid Vits – Orange Splash – Multi-Vitamin – 120 Chewables
- 570. Mangoni™ – 32 fl oz.
- 571. Acai Lemonade Sugar Free Drink Sticks – 12 1.7 oz. Sticks
- 572. Acid Relief with Enzymes – 60 Chewables
- 573. Berry Energy Tea Sugar Free Drink Sticks – 12 1.7 oz. Sticks
- 574. BetterStevia™ Extract Powder – 1 lb.
- 575. BetterStevia™ Extract Powder – 1 oz.
- 576. BetterStevia™ Glycerite Alcohol Free – 2 oz
- 577. BetterStevia™ Instant Tabs – 200 Tablets
- 578. BetterStevia™ Organic – 75 (1 g) Packets/Box
- 579. Citrus Pectin (Modified) – 1 lb.
- 580. CoQ10 150 mg – 100 Vcaps®
- 581. Cranberry Mannose + Probiotics – 24 Packets per Box
- 582. Dairy Digest Complete – 90 Vcaps®
- 583. Eco-Green Iron-Free Multiple Vitamin – 60 Tabs
- 584. Eco-Green Multi Vitamin – 180 Vcaps®
- 585. Eco-Green Multi Vitamin – 90 Vcaps®
- 586. Eco-Green Muti – Iron-Free – 240 Tabs

- 587. Flax Oil 1000 mg – 120 Softgels
- 588. GABA Orange Flavor Chewable – 90 Chewables
- 589. Glucomannan 100% Pure Powder – 8 oz.
- 590. Gr8-Dophilus™ – 60 Vcaps®
- 591. Gr8-Dophilus™ – 120 Vcaps®
- 592. Gr8-Dophilus™ Twinpack – 2/60 Vcaps®
- 593. Liquid Ribose Cellular Energy – 16 fl. oz.
- 594. PomegranateBerrySugar Free Drink Sticks – 12 1.7 oz. Sticks
- 595. Probiotic Defense™ – 90 Vcaps®
- 596. Probiotic Defense™ Powder – 3 oz.
- 597. Sleep – 90 Veg Capsules
- 598. Soy Protein Isolate (Natural Chocolate) – 2 lbs.
- 599. T-Lean™ Extreme – 60 Veg Capsules
- 600. TMG (Trimethylglycine) 1,000 mg – 100 Tabs
- 601. Tropical Punch with Fiber Sugar Free Drink Sticks – 12 2.1 oz. Sticks
- 602. Tru Hoodia Complex™ – 60 Veg Caps
- 603. Pure Xylitol – 75 Packets
- 604. Stevia Extract Packets – 100 Packets/Box
- 605. Stevia Extract Packets (French Vanilla) – 100 Packets/Box
- 606. Multi-Food Complex for Women – 90 Vcaps®
- 607. Lecithin Granules – 44 lbs.

## **LIST OF NATROL VEGETARIAN/HALAAL PRODUCTS**

**Updated Febuary 2014**

- 1. 5-HTP 200 mg TR
- 2. Mood Positive & 100 mg TR tablet
- 3. 5-HTP 100 mg TR 150 tablets and 45 tablets
- 4. Acai 1000 mg vegetarian capsule
- 5. Acai 1200 mg vegetarian capsule
- 6. B-12 5000 mcg fast dissolve tablet
- 7. B-100 Complex tablet
- 8. Biotin 1000 mcg tablet
- 9. Biotin 1000 mcg fast dissolve tablet
- 10. Biotin 10,000 mcg tablet
- 11. Calcium D-Glucarate tablet
- 12. Calcium with Magnesium tablet

13. China Chlorella tablet
14. Cholesterol Balance Beta Sitosterol tablet
15. Cinnamon Biotin Chromium tablet (Super Cinnamon Complex)
16. Cinnamon Extract tablet
17. CoQ-10 100 mg TR vegetarian capsule
18. DHA 100 mg vegetarian softgel
19. DHEA 10 mg tablet
20. DHEA 25 mg tablet
21. DHEA 50 mg tablet
22. Easy-C products – All tablets and capsules and powder
23. GarliPure Maximum Allicin caplets
24. Ginkgo Biloba 120 mg tablet
25. Hot Flashex tablet
26. Vegetarian Hyaluronic AcidMSM& Glucosamine vegetarian capsule
27. L-Arginine 1000 mg tablet
28. L-Arginine 3000 mg tablet
29. All Laci Le Beau teas and flavors are vegetarian
30. Lycopene 15 mg tablet
31. Iron Liquid
32. MaquiBerry 1000 mg veggie capsule
33. Melatonin 1 mg and 1 mg TR tablet
34. Melatonin 3 mg and 3 mg TR tablet
35. Melatonin 5 mg and 5 mg TR tablet
36. Melatonin 3 mg and 5 mg fast dissolve tablet
37. Advanced Melatonin Plus fast dissolve (Melatonin 6 mg + Theanine 25 mg)
38. Advanced Melatonin 10 mg tablet
39. Melatonin Liquid 1 mg 2 ounce
40. Melatonin Liquid 2.5 mg 8 ounce
41. Memory Complex tablet
42. Niacin 500 mg TR tablet
43. Oat Bran tablet
44. Papaya Enzyme tablet
45. ProstatExcell tablet
46. Resveratrol Plus tablet
47. SAM-e tablet
48. Sleep n Restore tablet
49. Stress & Anxiety Day & Night tablets
50. Theanine tablet



51. Water Pill tablet

**LIST OF HALAAL /VEGETARIAN SOLGAR SUPPLEMENTS as at March 01, 2013**

Advanced 40+ Acidophilus Vegetable Capsules

5-HTP 100 mg Vegetable Capsules

ABC Dophilus® Powder for infants and children

Acetyl L-Carnitine 250 mg Vegetable Capsules

Acetyl L-Carnitine 1000 mg Tablets

Advanced Acidophilus Plus Vegetable Capsules

[Advanced Acidophilus Vegetable Capsules](#)

[Alfalfa 600 mg Tablets](#)

All-in-One Plus Grapefruit Tablets

FP Aloe Vera Vegetable Capsules

Alpha Lipoic Acid 60 mg Vegetable Capsules

Alpha Lipoic Acid 120 mg Vegetable Capsules

Alpha Lipoic Acid 200 mg Vegetable Capsules

Alpha Lipoic Acid 600 mg Tablets

Apple Pectin Powder

SFP Ashwagandha Root Extract Vegetable Capsules

SFP Astragalus Root Extract Vegetable Capsules

B-Complex “50” Vegetable Capsules

B-Complex “100” Vegetable Capsules

B-Complex “100” Tablets

B-Complex Stress Formula\* Tablets

B-Complex with Vitamin C Stress Formula\*

BCAA Plus (Branched Chain Amino Acids) Vegetable Capsules

Beta 1,3 Glucans Tablets

SFP Bilberry Berry Extract Vegetable Capsules

Bio Ascorbate Buffered Vitamin C Complex Vegetable Capsules

Biotin 300 mcg Tablets

Biotin 600 mcg Tablets

Biotin 1000 mcg Vegetable Capsules  
Biotin 5000 mcg Vegetable Capsules  
Biotin 10,000 mcg Vegetable Capsules  
SFP Black Cohosh Root Extract Vegetable Capsules  
SFP Boswellia Resin Extract Vegetable Capsules  
Brewer's Yeast 7 1/2 Grains Tablets with Vitamin B12  
Brewer's Yeast Powder  
Bromelain 500 mg Tablets  
FP Butcher's Broom Vegetable Capsules  
Calcium Ascorbate Crystals  
Calcium Magnesium Plus Boron Tablets  
Calcium Magnesium Citrate Tablets  
Calcium Magnesium Plus Zinc Tablets  
Calcium Magnesium Tablets  
Caprylic Acid Tablets

Carnitine Complex Tablets  
Cat's Claw 1000 mg Tablets  
SFP Cat's Claw Inner Bark Extract Vegetable Capsules  
Cayenne Vegetable Capsules  
Chelated Calcium Magnesium 1:1 Tablets  
Chelated Calcium Tablets  
Chelated Copper Tablets  
Chelated Iron Tablets  
Chelated Magnesium Calcium 2:1 Tablets  
Chelated Magnesium Tablets  
Chelated Manganese Tablets  
Chelated Molybdenum Tablets  
Chelated Solamins® Multimineral Tablets  
Chelated Zinc Tablets  
Chewable Calcium 500 mg Wafers  
FP Chinese Astragalus Root Vegetable Capsules  
FP Chinese Green Tea Vegetable Capsules  
Chlorella Vegetable Capsules  
Choline 350 mg Vegetable Capsules  
Choline/Inositol 500 mg/500 mg Vegetable Capsules  
Chromium Picolinate 200 mcg Vegetable Capsules  
Chromium Polynicotinate 200 mcg Vegetable Capsules  
Chromium Picolinate 500 mcg Vegetable Capsules

Cinnamon Alpha Lipoic Acid Tablets  
FP Cinnamon Vegetable Capsules

Citrus Bioflavonoid Complex 1000 mg Tablets  
Vegetarian CoQ-10 30 mg Vegetable Capsules  
Vegetarian CoQ-10 60 mg Vegetable Capsules  
Vegetarian CoQ-10 120 mg Vegetable Capsules  
Vegetarian CoQ-10 200 mg Vegetable Capsules  
CRAN FLORA with Probiotics Plus Ester-C® Vegetable Capsules  
D-Ribose Powder

FP Dandelion Root Vegetable Capsules  
SFP Deglycyrrhized Licorice Root Extract Vegetable Capsules  
Natural Omega-3 Vegetarian DHA 100 mg Vegetarian Softgels  
Natural Omega-3 Vegetarian DHA 200 mg Vegetarian Softgels  
DLPA 500 mg Vegetable Capsules  
SFP Dong Quai Root Extract Vegetable Capsules

FP Dong Quai Vegetable Capsules  
Dry Beta Carotene 10,000 IU Tablets  
Dry Vitamin E with Yeast Free Selenium Vegetable Capsules

Earth Source® Greens & More Powder  
Earth Source® Multi-Nutrient Tablets  
Earth Source® Organic Flaxseed Oil  
SFP Echinacea Herb Extract Vegetable Capsules

FP Echinacea Vegetable Capsules  
FP Echinacea/Goldenseal/Cat's Claw Complex Vegetable Capsules  
SFP Elderberry Berry Extract Vegetable Capsules

Eleuthero 520 mg Vegetable Capsules  
SFP Eleuthero Root Extract Vegetable Capsules  
Essential Amino Complex Vegetable Capsules  
Ester-C® Plus 500 mg Vitamin C Vegetable Capsules (Ester-C® Ascorbate Complex)

Ester-C® Plus 1000 mg Vitamin C Tablets (Ester-C® Ascorbate Complex)  
Female Multiple Tablets

FP Fenugreek Vegetable Capsules  
Flavo-Zinc Lozenges

Folate 400 mcg (as Metafolin®) Tablets  
Folate 800 mcg (as Metafolin®) Tablets  
Folic Acid 400 mcg Tablet  
Folic Acid 800 mcg Tablets

Folic Acid 800 mcg Vegetable Capsules  
Formula VM-2000® Tablets  
Formula VM-75® Tablets  
Formula VM-75® Vegetable Capsules  
Formula VM-Prime® Tablets (For Adults 50+)  
GABA 500 mg Vegetable Capsules  
Garlic Parsley Tablets  
Garlic Powder 500 mg Vegetable Capsules  
Gentle Iron® Vegetable Capsules  
SFP Ginger Root Extract Vegetable Capsules  
FP Ginger Root Vegetable Capsules  
SFP Ginkgo Biloba Leaf Extract Vegetable Capsule  
Glucosamine Hydrochloride 1000 mg (Shellfish-Free) Tablets  
Glucosamine MSM Complex (Shellfish-Free) Tablets  
Glucose Modulators®\* Tablets  
Glycine 500 mg Vegetable Capsules  
SFP Goldenseal Complex Vegetable Capsules  
Standardized Gotu Kola Aerial Extract Vegetable Capsules  
Grape Seed Extract 100 mg Vegetable Capsules  
SFP Green Tea Leaf Extract Vegetable Capsules  
SFP Hawthorne Berry Herb Extract Vegetable Capsules  
FP Hawthorne Berry Vegetable Capsules  
SFP Herbal Female Complex\* Vegetable Capsules  
SFP Herbal Liver Complex\* Vegetable Capsules  
Homocysteine Modulators®\* Vegetable Capsules  
Hy-Bio® Tablets (500 mg Vitamin C with 500 mg Bioflavonoids)  
Hy-C™ Tablets (600 mg Vitamin C with 100 mg Bioflavonoids)  
Hydroxycitrate Vegetable Capsules  
Inositol 500 mg Vegetable Capsules  
Iron-Free Formula VM-75® Tablets  
Iron-Free Omnium® Tablets  
Kangavites® Vitamin C 100 mg Chewable Tablets  
SFP Korean Ginseng Root Extract Vegetable Capsules  
FP Korean Ginseng Vegetable Capsules  
L-Arginine 500 mg Vegetable Capsules  
L-Arginine 1000 mg Tablets  
L-Arginine/L-Ornithine 500 mg/250 mg Vegetable Capsules  
L-Carnitine 250 mg Vegetable Capsules  
L-Carnitine 1500 mg Liquid

L-Carnitine 500 mg Tablets  
L-Cysteine 500 mg Vegetable Capsules  
L-Glutamic Acid 500 mg Tablets  
L-Glutamine 500 mg Vegetable Capsules  
L-Glutamine 1000 mg Tablets  
Reduced L-Glutathione 50 mg Vegetable Capsules  
Reduced L-Glutathione 250 mg Vegetable Capsules  
L-Lysine 500 mg Vegetable Capsules  
L-Lysine 1000 mg Tablets  
L-Methionine 500 mg Vegetable Capsules  
L-Ornithine 500 mg Vegetable Capsules  
L-Phenylalanine 500 mg Vegetable Capsules  
L-Proline 500 mg Vegetable Capsules  
L-Proline/L-Lysine Tablets (500/500 mg)  
L-Theanine 150 mg Vegetable Capsules  
L-Tyrosine 500 mg Vegetable Capsules  
Lactase 3500 Wafers  
Lecithin "95" Granules  
Lipotropic Factors Tablets  
Liquid B-12 2000 mcg with B-Complex  
Liquid Vitamin E  
Lutein Carotenoid Complex Vegetable Capsules  
Magnesium Citrate Tablets  
Magnesium with Vitamin B6 Tablets  
Male Multiple Tablets  
Megasorb B-Complex "50" Tablets  
Melatonin 3 mg Nuggets  
Melatonin 5 mg Nuggets  
Liquid Melatonin 10 mg – Natural Black Cherry Flavor  
Melatonin 10 mg Tablets  
Methylcobalamin (Vitamin B12) 1000 mcg Nuggets  
Methylcobalamin (Vitamin B12) 5000 mcg Nuggets  
SFP Milk Thistle Herb Extract Vegetable Capsules  
  
FP Milk Thistle Vegetable Capsules  
MSM 1000 mg Tablets  
MSM Powder  
Multi-Acidophilus Powder  
Advanced Multi-Billion Dophilus® Vegetable Capsules

Multi-Chelated Boron 3 mg Vegetable Capsules  
Multiple Fiber Vegetable Capsules  
NAC 600 mg Vegetable Capsules  
Natural Cranberry with Vitamin C Vegetable Capsules  
Natural Herbal Diuretic Vegetable Capsules  
Niacin (Vitamin B3) 100 mg Tablets  
Niacin (Vitamin B3) 250 mg Tablets  
Niacin (Vitamin B3) 500 mg Vegetable Capsules  
Niacinamide 250 mg Tablets  
Niacinamide 550 mg Vegetable Capsules  
No-Flush Niacin 500 mg Vegetable Capsules (Vitamin B3) (Inositol Hexanicotinate)  
Non-GMO Super Concentrated Isoflavones Tablets  
North Atlantic Kelp Tablets  
North Atlantic Kelp Vegetable Capsules  
Oat Bran 750 mg Tablets  
SFP Olive Leaf Extract Vegetable Capsules  
Omnium® Tablets  
PABA 550 mg Vegetable Capsules  
Pantothenic Acid 200 mg Tablets  
Pantothenic Acid 550 mg Vegetable Capsules  
Resveratrol 100 mg Vegetable Capsules  
Phosphatidylserine Complex Tablets (providing Phosphatidylserine 100 mg)  
PM PhytoGen Complex™ Tablets (Pueraria mirifica)  
Policosanol 20 mg Vegetable Capsules  
Potassium Amino Acid Complex Tablets  
Potassium Magnesium Aspartate Vegetable Capsules  
Potassium Tablets  
Prenatal Nutrients Tablets  
Psyllium Husks Fiber 500 mg Vegetable Capsules  
Psyllium Husks Fiber Powder  
Pycnogenol® 30 mg Vegetable Capsules  
Pyridoxal-5-Phosphate (P-5-P) 50 mg Tablets (Specially Coated)  
Quercetin Complex Vegetable Capsules  
SFP Red Clover Leaf Extract Vegetable Capsules  
Red Yeast Rice Vegetable Capsules  
Reishi Shiitake Maitake Mushroom Extract Vegetable Capsules  
Resveratrol 500 mg Vegetable Capsules  
SFP Rhodiola Root Extract Vegetable Capsules

Rutin 50 mg Tablets  
Rutin 500 mg Tablets  
FP Saw Palmetto Berries Vegetable Capsules  
SFP Saw Palmetto Berry Extract Vegetable Capsules  
Selenium 50 mcg Tablets  
Selenium 100 mcg Tablets  
Selenium 200 mcg Tablets  
Se-Methylselenocysteine 200 mcg Vegetable Capsules  
Yeast-Free Selenium 100 mcg Tablets  
Yeast-Free Selenium 200 mcg Tablets  
Oceanic Silica Vegetable Capsules  
Skin, Nails & Hair Tablets  
Spirulina 750 mg Tablets  
SFP St. John's Wort '300' Herb Extract Vegetable Capsules  
SFP St. John's Wort Herb Extract Vegetable Capsules  
SFP Stinging Nettle Leaf Extract Vegetable Capsules  
FP Super Ginkgo Vegetable Capsules  
Sweetest Dreams™ Vegetable Capsules (Supplying L-Theanine and Melatonin)  
Tart Cherry 1000 mg Vegetable Capsules  
Taurine 500 mg Vegetable Capsules

Standardized Turmeric Root Extract Vegetable Capsules

Ultimate B+C Complex Stress Formula\* Tablets

Standardized Valerian Root Extract Vegetable Capsules

Valerian Root Vegetable Capsules  
FP Vegetal Silica Vegetable Capsules  
Vegetarian Digestive Aid Tablets (Chewable)  
Vegetarian Multiple Vegetable Capsules  
Vitamin B1 (Thiamin) 100 mg Vegetable Capsules  
Vitamin B1 (Thiamin) 500 mg Tablets  
Vitamin B12 100 mcg Tablets  
Vitamin B12 500 mcg Vegetable Capsules  
Vitamin B12 500 mcg Tablets  
Vitamin B12 1000 mcg Nuggets  
Vitamin B12 2500 mcg Nuggets  
Vitamin B12 5000 mcg Nuggets  
Vitamin B2 (Riboflavin) 50 mg Tablets

Vitamin B2 (Riboflavin) 100 mg Vegetable Capsules

Vitamin B6 25 mg Tablets

Vitamin B6 50 mg Tablets

Vitamin B6 100 mg Vegetable Capsules

Vitamin B6 100 mg Tablets

Vitamin B6 250 mg Vegetable Capsules

Vitamin C 250 mg with Rose Hips Tablets

Vitamin C 500 mg with Rose Hips Tablets

Vitamin C 500 mg Chewable Tablets – Juicy Orange Flavor

Vitamin C 500 mg Chewable Tablets – Cran Raspberry Flavor

Vitamin C 500 mg Vegetable Capsules

Vitamin C 1000 mg Tablets

Vitamin C 1000 mg with Rose Hips Tablets

Vitamin C 1000 mg Vegetable Capsules

Vitamin C 1500 mg with Rose Hips Tablets

Vitamin C Crystals

Dry Vitamin E 200 IU Vegetable Capsules (d-Alpha Tocopheryl Succinate)

Vitamin E 200 IU Vegetarian Softgels (d-Alpha Tocopherol & Mixed Tocopherols)

Vitamin E 400 IU Vegetarian Softgels (d-Alpha Tocopherol & Mixed Tocopherols)

Dry Vitamin E 400 IU Vegetable Capsules (d-Alpha Tocopheryl Succinate)

Vitamin E 1000 IU Vegetarian Softgels (d-Alpha Tocopherol & Mixed Tocopherols)

Vitamin K 100 mcg Tablets

Yeast-Free Chromium Tablets 100 mcg (as Trivalent Chromium Picolinate)



Zinc 50 mg Tablets

Zinc Citrate 30 mg Vegetable Capsules

Zinc Picolinate 22 mg Tablets

## **LIST OF HALAAL SEVEN SEAS PRODUCTS- March 2014**

- 1. Traditional Cod Liver Oil Liquid & Capsules,**
- 2. High Strength Cod Liver Oil Capsules & Liquid,**
- 3. Extra High Strength Cod Liver Oil Liquid,**
- 4. Cherry Cod Liver Oil Liquid,**
- 5. Evening Primrose Oil Plus Starflower Oil Capsules,**
- 6. Pure Evening Primrose Oil Capsules,**
- 7. Maxepa Forte Capsules,**
- 8. Pulse Cardiomax Capsules (same capsule as Maxepa Forte),**
- 9. Orange Syrup & Cod Liver Oil,**
- 10. Vitamin B Complex Capsules/Becombion Capsules,**
- 11. Jointcare Max & Xcel Max Capsules and Tablets,**
- 12. Pulse Omega 3 Capsules,**
- 13. Pulse Original Capsules,**
- 14. Pulse High Strength Triomega Capsules,**
- 15. Pulse Advanced Capsules,**
- 16. Seven Seas/Minadex Multivitamin Syrup,**
- 17. Seven Seas/Minadex Tonic,**
- 18. Multibionta,**
- 19. Multibionta Vitality,**
- 20. Multibionta 50+,**
- 21. Multibionta Activate,**
- 22. Multibionta Immune Defence**
- 23. Haliborange Vitamin C range- Lemon, Blackcurrant and Orange,  
Immune Plus**
- 24. Haliborange Multivitamin Liquid**
- 25. Haliborange Kids Multivitamins**
- 26. Haliborange Halibonbons Children's Chewable Vitamin C**
- 27. Vitamin B Complex and Folic Acid**
- 28. Califig**

## 29. **Multivitamins for Vegetarians**

### **LIST OF HALAAL SWISS NATURAL PRODUCTS (UPDATED APRIL 2013)**

1. Swiss-timed release Vitamin C
2. Swiss-Hi Potency Calcium
3. Swiss-super stress B-complex- Awaiting info on **B12**
4. Swiss Korean Ginseng
5. Swiss Vitamin E
6. Swiss-MSM
7. Swiss-Swiss One 50- Awaiting info on B12
8. Antoxyl Forte Capsules
9. Swiss natural HRT
10. Neutrosec Liquid
11. Astiymin liquid
12. Astyfer Liquid
13. Peptica Gel
14. Myolaxin- D Gel
15. Vegapure

### **The following Centrum Probiotic supplements are permissible to use:**

- Pro Nutrients Fruit and Veggie
- Pro Nutrients Super B Complex
- Pro Nutrients Probiotic (LGG and Bb12)
- Pro Nutrients Calcium + D3

### **Information concerning Advil:**

Advil Cold and Sinus – not permissible

Advil Congestion Relief – not permissible

Advil Cold and Sinus Liquigels -not permissible

## **Vicks Medicines**

**The following medications are listed as halaal or not halaal as of September 2012**

1. DayQuil Cold and Flu Relief liquid- Not Halaal
2. DayQuil Cold and Flu Relief liquicaps- Not Halaal
3. DayQuil Cough Liquid- Not Halaal
4. DayQuil Mucus control Liquid DM- Halaal
5. Nyquil Cold and Flu Relief Liquid- Not Halaal
6. Nyquil Cough Liquid- Not Halaal
7. Nyquil Cold and Flu Relief Liquicaps- Not Halaal
8. Alcohol free Nyquil Cold and Flu Relief Liquid- Halaal
9. Nature Fusion Cold and Flu Relief Caplets- Halaal
10. Nature Fusion Cough and Chest Congestion Liquid- Halaal
11. Nature Fusion Cough Medicine- Halaal
12. Nature Fusion Cold and Flu Relief (Day and Night) Combo pack- Halaal
13. Nyquil Sinex Night time Sinus Relief Liquicaps- Not Halaal
14. Dayquil Sinex Day time Sinus Relief Liquicaps- Not Halaal
15. Sinex 12 hour Decongestant Nasal Spray- Halaal
16. Sinex 12 hour Decongestant Ultra fine Mist Nasal Spray- Halaal
17. Sinex 12 hour Decongestant Ultra fine Mist Moisturizing Nasal Spray- Halaal
18. Formula 44 Custom Care Cough and Cold PM-Halaal
19. Formula 44 Custom Care Dry Cough Suppressant-Halaal
20. Formula 44 Custom Care Chesty Cough medicine-Halaal
21. Vicks Children Nyquil- Halaal
22. Vicks Baby Rub Soothing Aroma ointment- Halaal
23. Vaporub Topical Ointment- Halaal
24. Vaporub Topical Cream- Not Halaal
25. Vicks Vaposteam- Halaal
26. Vapodrops Cough Relief-Menthol and Cherry- Halaal

## 27. Vapoinhaler-Halaal