

OILS	
YES	NO
Algae oil (Thrive culinary brand)	Canola or Vegetable "Partially hydrogenated"
Avocado oil, extra virgin	Corn
Coconut oil (Phase 3 only)	Cottonseed
Flavored cod liver oil	Grape sees
Macadamia oil	Peanut
MCT (Medium Chain Triglycerides) oil	Safflower
Olive oil, extra virgin	Soy
Rice bran oil	Sunflower
Sesame oil	
Walnut oil	
All OLIVES	