

## Ingredients – Frequently Asked Questions

Some of the most common questions you get from your customers are about the ingredients in Epicure products. This document is intended to help inform Ambassadors about our ingredients so that you can share accurate and helpful information with your customers. **This document is for Ambassador reference only and is not to be shared with or shown to others.**

How come Epicure cares so much about what's in our food?

Epicure began with a working mother of two, our President and Founder Sylvie Rochette, looking for ways to make good meals fast for her family. Store-bought alternatives were full of sugar, salt, fat, and preservatives—things she refused to feed her family, no matter how “fast and easy” they were.

Epicure has been leading the way and is committed to continuing to lead the market. We work closely with our trusted suppliers to challenge the status quo and bring you innovative, clean ingredient products. Here is where we have been on this journey so far:

- In 2010, we eliminated high fructose corn syrup from our blends.
- In 2011, we were one of the first to offer vegetarian soy bacon that got its smoky red hue from paprika instead of red dye.
- As of May 1, 2013, we guarantee by testing at Home Office that our ingredients and blended products are gluten-free.
- In summer 2013, we declared our North Saanich facility nut-free.
- In mid-2013, we enrolled in the Non-GMO Verification Project with the goal to have all our products listed as Non-GMO Project Verified.
- We are also exploring organics. As of 2014, we offer more products featuring organic ingredients and have them listed in the ingredient list.
- In 2015, our Scientific Nutrition Advisory Board was created with leading experts and researchers in the field of health and wellness.
- In 2016, approximately 75% of our product line is Non-GMO Project Verified, and the list is still growing.
- In 2016, we took our expertise in creating delicious blends and combined that with wholesome, functional food ingredients as we launched our Enhanced Nutrition line of products.
- In 2018, approximately 85% of our product line is Non-GMO Project Verified, and the list is still growing.
- We continue to assess clean ingredients as they become available to continue to offer high-quality products.

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## Allergens & Sensitivities

What allergens must be shown on Epicure labels?

We are required to identify the following Top 10 Priority Allergens:

- Eggs
- Milk
- Mustard
- Peanuts
- Seafood (fish, crustaceans, and shellfish)
- Sesame
- Soy
- Sulphites
- Tree Nuts (almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts, and walnuts)
- Wheat (gluten)

This is regulated by the Canadian Food Inspection Agency (CFIA) and is intended to assist consumers in avoiding the potentially serious consequences of allergic and sensitivity reactions. For full details on which products contain the above allergens, please refer to the product label, which will always contain allergen information for a product, or our allergen table found on My Epicure in the [Product Information](#) section of Ambassador Academy. You can check individual products using the Product Profile Sheets, also found in the Product Information section.

Are there tree nuts in Epicure products?

No. Epicure is a nut-free facility, and we work closely with suppliers who provide us with products that are free from all nut cross-contamination.

How does Epicure ensure it doesn't have any cross-contamination of allergens?

We have implemented an internal food allergen management plan for priority allergens, which includes a number of safeguards to reduce the risk of cross-contamination between products. We have specific procedures in place to prevent priority allergens from coming into contact with other products. These procedures include monitoring of materials; thoroughly cleaning, rinsing, and sanitizing our machinery; and conducting inspections after allergen-containing products have been produced and again once production lines are cleaned.

Even with these precautions, given the sensitivity of some allergies, we cannot fully guarantee that our product line is free from all traces of the priority allergens, with the exception of gluten (see Gluten & Gluten-free section below). While we cannot certify that our products are allergen-free, we have labelled all products that contain priority allergens.

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How does Epicure ensure the quality of the products it receives from suppliers matches the same rigorous quality standards that Epicure follows?

As per good manufacturing practices, we only receive raw ingredients from reputable suppliers we trust who disclose all known allergens, gluten, and sulphites, and take all reasonable precautions to prevent allergen cross-contamination between ingredients and ensure cleanliness and quality of their ingredients. However, we cannot fully control all aspects of raw ingredient transportation, packaging, and storage when these activities occur outside our facility. Therefore, we cannot fully guarantee that our product line is free from all traces of priority allergens or sulphites, with the exception of gluten. We remain vigilant for contaminants and foreign materials when processing our products.

How does Epicure ensure that their suppliers act ethically?

Epicure endeavours to work with ethical suppliers. For instance, our key tea supplier is part of the Ethical Tea Partnership, an organization committed to ensuring that the tea industry is socially just and environmentally sustainable.

Does Epicure add monosodium glutamate (MSG) to its products?

We don't add MSG to any of our products and we don't use raw ingredients that contain added MSG. However, naturally occurring glutamates may exist in some ingredients such as cheese, tomatoes, grapes, and yeast. Naturally occurring glutamates can affect people with MSG sensitivities. Since we cannot fully guarantee that our products are free from naturally occurring glutamates, according to Canadian government regulations, we are unable to declare our products MSG-free.

## **Gluten & Gluten-free**

Is Epicure gluten-free?

Yes! We guarantee all our products sold after May 1, 2013, to be gluten free. Epicure has an in-house testing program to ensure every product is gluten free.

Is Epicure certified gluten free?

No, Epicure is not currently certified gluten-free by any third party such as the Canadian Celiac Association. However, we guarantee all our products sold after May 1, 2013, to be gluten-free, thanks to our in-house testing program.

What is gluten?

Gluten is a general name for the storage proteins found in wheat (durum, semolina, bulgur), barley, rye, triticale, spelt, and kamut.

Should everyone follow a gluten-free diet?

Gluten can cause digestive upset and distress for those who have celiac disease or wheat sensitivities; for others, it is safe. A gluten-free diet is the only healthy way of eating for people with celiac disease or gluten sensitivity, but it's not necessary for everyone. Unless you have celiac disease or gluten sensitivity, or you are allergic to one of these grains, you don't need to avoid them. Whether the grain you choose is gluten-free (such as corn, rice, millet, or quinoa), enjoying more whole grains is a healthy choice. For good health, make at least half of your grain choices whole-grain each day.

What is celiac disease?

Celiac disease is a specific digestive disorder that causes an immune response resulting in damage to the small intestine and malabsorption of nutrients. More than 330,000

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Canadians (1 in 133) are thought to be affected by celiac disease and only 110,000 are diagnosed. A diagnosis can be provided by your doctor, and it can take anywhere from 1–12 years to diagnose. Rates of celiac disease have doubled in the last 25 years in western countries.

What is the difference between celiac disease and gluten intolerance/sensitivity?

Celiac disease is an autoimmune disease. When people with celiac disease eat products containing gluten, their bodies' immune systems attack the tissue of the small intestine, causing inflammation and malnutrition, and a host of serious, unpleasant, and painful symptoms.

While the symptoms are similar for those with gluten sensitivity or intolerance, they are generally less severe, the antibodies aren't found, and autoimmune responses don't occur in those with intolerances/sensitivities.

What is a wheat allergy?

Wheat is one of the top 10 priority food allergens declared by Health Canada. A wheat allergy is an allergic reaction to wheat. Since our products are gluten-free, they are also appropriate for those who have wheat allergies or wheat insensitivities.

What is a gluten-free diet?

A gluten-free diet is one that excludes foods containing gluten.

How can Epicure benefit those living with a gluten-free diet?

If you want to eat well, you have to cook and know what is going into your food. Epicure conducts testing on-site to ensure that our customers have access to gluten-free products. For recipes, please check on [epicure.com](http://epicure.com) and stay connected on Facebook, Instagram and Pinterest for great tips.

Is the Oat Flour in use by Epicure gluten-free?

Epicure uses a finely ground oat flour ingredient in some products. The supplier of this oat flour has been certified gluten-free by the Gluten Intolerance Group, and each lot of oat flour is tested for gluten by the supplier to ensure a gluten-free ingredient.

### **Genetically Modified Organisms (GMOs)**

Are Epicure products GMO-free?

Epicure is proud to be the first direct sales company to have enrolled in the Non-GMO Project. We're thrilled to share that more than 85% of our product line has been Non-GMO Project Verified, and the list is growing all the time! For a complete product list, [click here](#).

What is the Non-GMO Project?

The Non-GMO Project is the first large-scale, third-party GMO verification system in North America. Their verification and labelling help food manufacturers communicate the GMO status of their foods to their customers. We think this is a very good thing. The Non-GMO Project verification system and symbol (and smartphone app) simplifies the GMO choice for consumers. If they see the Non-GMO project logo, they know this product has been verified by the Non-GMO Project.

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How come Epicure is enrolled in the Non-GMO Project?

Consumers have the right to make informed food decisions. Currently, governments in North America require no labelling or tracking of GMO status in food. This makes informed choices on the GMO status of food very hard for consumers to make. Epicure believes all consumers should have the right to choose what is in their food, and that's why Epicure has enrolled our products for Non-GMO Project Verification.

How do I know which Epicure products are likely to contain GMO ingredients? How can I share information with my customers?

You can see the list of verified products by following this [link here](#).

What are GMOs?

You can learn about GMOs by following this link: [nongmoproject.org/learn-more](http://nongmoproject.org/learn-more).

How come some consumers are concerned about GMOs?

Consumers are mostly concerned about three important issues related to GMO crops:

1. Food safety
2. Environmental safety/impact
3. The consumer's right to choose what is in their food (labelling)

While the impacts of GMOs on food and environmental safety are still unclear, it is clear to Epicure that consumers should have the right to choose what is in their food.

Are GMO foods unsafe?

Currently, no conclusive data suggests that GMO food approved for human consumption has ill effects on health; however, all GMO crops have different traits and thus can only be assessed on a case-by-case basis. Since the research and development of new crops is ongoing, this may be an ongoing question. Meanwhile, critics of GMO foods will point out that, due to the relatively short period of use as human food (since the 1990s), no conclusive data exists on the effects of long-term consumption of GMO foods in humans or animals.

## **Organic**

What does certified organic mean?

Ingredients labelled as organic must be certified by a certification program accredited by the Canadian Food Inspection Agency (CFIA) or recognized through an organic trade arrangement with a foreign competent authority. These items are grown under organic agricultural principles, without the addition of synthetic pesticides or fertilizers by growers and processors certified by an accredited body.

Is "all natural" the same as organic?

No. Organic food is a result of organic agriculture, a definable term associated with ecological principles and goals. "All natural" usually applies to the state of food after harvest and does not involve a certification process.

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What does “all natural” mean?

“All natural” usually refers to foods that have been minimally processed and are still in their natural state. Natural foods do not contain added vitamins, minerals, artificial flavours, or colour, nor have they had major food fractions changed or removed, other than water. Natural foods are not necessarily organic. Not all Epicure products are natural; however, many Epicure ingredients are.

Are Epicure products organic?

A few of our products are certified organic, and Epicure has sourced and continues to source ingredients from trusted suppliers whose ingredients have been selected based on quality, taste, and availability. Cases have existed where we have found the highest quality ingredients that are also organic or that we have sourced both organic and conventional ingredients to ensure a product’s availability for our customers.

Does Epicure plan to source organic ingredients?

Epicure is currently assessing organic ingredients for our product lineup, and takes into consideration such factors as quality, cost, and sales potential. Organic ingredients may also help us work towards our goal of Non-GMO Project verification.

### **Anti-Caking Agents**

What does “anti-caking” mean?

Caking occurs when dry food ingredients clump or stick together, usually because of exposure to humidity in the air. Anti-caking agents are ingredients that can help prevent caking, usually by absorbing humidity more quickly than the food ingredient. These anti-caking agents allow ingredients to flow freely. Free-flowing materials are important as they allow food manufacturers to blend and fill their ingredients in a safe and efficient manner.

Are there anti-caking agents in Epicure products? How come?

While Epicure does not add anti-caking agents to any of our products, we do work with ingredients that contain anti-caking agents; otherwise, they would be unusable for mixing our herb and spice blends and filling them into our jars.

Whenever possible, we endeavor to source ingredients that do not contain anti-caking agents, which is how come some of our products harden in the jar.

What are Epicure’s plans to address anti-caking agents?

While we are completely confident in the quality and safety of our past and current blends, we also hear the customer call for simple ingredient lists. We are committed to leading the Canadian market in this trend.

What is cellulose, and what is its purpose in Epicure products?

Cellulose is a source of dietary fibre that comes from cotton, wood pulp, or other plant fibre, and it has anti-caking properties. It is present in our grated Parmesan cheese to prevent clumping.

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## Additional Product Information

How come sugar is listed near the beginning of some Epicure labels?

Epicure lists ingredients by descending weight, which is standard industry practice. For example, the sugar in **Summer Berry Sweet Dip Mix** is the heaviest and most dense part of the product, so it's listed first. The best place to understand nutritional information on a product is through the nutrition facts table, also found on our jars and sachets. At Epicure, we are sugar conscious.

Are there preservatives in your products? If so, how come?

Dry herbs and spices naturally have long shelf lives and don't require preservatives due to their low moisture content. Most of our products do not contain preservatives.

However, due to food safety, preservatives are present in some ingredients Epicure uses. For example, real grated Parmesan cheese contains more moisture than many dry ingredients and therefore contains sorbic acid to prevent microbial spoilage. We are committed to providing safe and delicious fine food products and will only use raw ingredients that contain preservatives when those preservatives are necessary to safeguard the health of our customers.

Are there fillers in Epicure products?

No. Fillers usually refer to ingredients added to lower the manufacturing cost of a food product. Low-cost ingredients like salt, sugar, and starches may be used as fillers in competitors' products, but not in Epicure products.

What are natural flavours?

Natural flavours come from natural sources. The original ingredient is found in nature and then purified and extracted and added back into the food." Natural flavours – are substances that impart flavours that have been derived from a plant or animal source, may be claimed to be "natural". The U.S. Food and Drug Administration defines "natural flavor" as oils, resins or other extracts derived from natural sources like plants, meat or seafood. Processes like heating or fermentation are used to extract the flavor. The function of these products is flavoring, not to add any nutritional content. Epicure ensures minimal use of natural flavourings (given our vision to use minimally processed ingredients), and if used, it is in small quantities to contribute to concentrated flavours that herbs & spices cannot provide. We comply with both Canadian & US regulations and ensure no allergen risk.

What is "natural flavour," and how is it used in Epicure products?

Epicure only has a few different kinds of natural flavour, and we use them to contribute flavours that herbs and spices cannot, such as chicken and beef flavour. These are some examples:

- Natural beef flavour: A preparation of beef flavour derived from only beef. This flavour is dispersed through the product or carried on a preparation of gum arabic.
- Natural chicken flavour: A preparation of chicken flavour derived from only chicken. This flavour is carried on a preparation of gum arabic.
- Organic lemon powder: A preparation of lemon juice and oil derived from only lemon. This flavour is carried on a preparation of organic maltodextrin.
- Natural Flavour: A preparation of chocolate flavor can be found in **Power Up Chocolate Protein Blend**, and natural vanilla flavour in **Power Up Vanilla Protein Blend**, used in small amounts to heighten the chocolate and vanilla blend.

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- Natural flavour: **Better Than Bacon Topper** contains natural smoke flavour to help elevate the smoky “bacon-like” taste in this vegan version.
- Natural flavours: May be used in Epicure teas, to help heighten the taste of natural fruit extracts in minimal amounts.

Are you hiding anything when you list “herbs” and “spices” on a label?

No. We list “herbs” and “spices” on the label for proprietary reasons, and to help keep our labels aesthetically pleasing. Some of our blends have up to 30 or more ingredients! As part of the Epicure commitment to transparency, and to ensure our Ambassadors have answers to their customers’ questions, all herb and spice ingredients are now available on the Ambassador Ingredient List, located in the second part of this document.

***The following ingredients are found in a small number of Epicure products. Please review the Ingredient List for details of the products.***

What is calcium chloride, and how is it used in Epicure products?

Calcium chloride is a calcium mineral salt chemically produced from mined calcium minerals. It is used in cheese and pickle production and increases the calcium content of milk in cheese production, promoting curdling. It’s found in Epicure products containing real Parmesan cheese.

What is citric acid, and how is it used in Epicure products?

Citric acid is found in many living things and contributes sour flavour to Epicure blends and seasoning mixes. Most citric acid used in the food industry is created by the fermentation of sugars. At Epicure, we use a Non-GMO Project Verified citric acid.

What is gum arabic, and how is it used in Epicure products?

Gum arabic is a food gum harvested from the sap of acacia trees used as a thickener or flavour carrier (a flavourless food that disperses flavours) in our natural lemon, chicken, and beef flavours.

What is irradiation, and how has it been used in Epicure products?

Epicure chooses suppliers who do not use irradiated products. Irradiation is the process of exposing food to a controlled amount of radiation, and extensive research demonstrates that irradiated food is safe. It can be used in the food industry to prevent food poisoning, prevent spoilage, and increase shelf life.

What is lecithin, and how is it used in Epicure products?

Lecithin is an emulsifier (promotes mixing of oil and water-soluble ingredients), found in seeds like sunflower seeds and soybeans. It is present in chocolate to prevent cocoa butter separation.

Why does Epicure use maltodextrin in some of its products?

Maltodextrin enables liquid ingredients such as lemon juice, lime juice, vanilla extract, and soy sauce to be available in powder form for inclusion in blends. For example, the organic lemon powder used in **Lucious Curd Mix** gives that pop of bright lemony flavour without purchasing or squeezing in a single drop of fresh lemon. Epicure only uses maltodextrin made from tapioca or rice - both are gluten-free sources.

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What is tapioca maltodextrin?

Tapioca maltodextrin is made from gluten-free cassava, a starchy tuber, and does not contain GMOs. It is formed from the partial hydrolysis of starch from the cassava with acids and enzymes.

Is maltodextrin safe to eat?

Yes, maltodextrin was approved by the U.S. Food and Drug Administration (FDA), European Food Safety Authority (EFSA), and the Joint FAO/WHO Expert Committee on Food Additives (JECFA). Maltodextrin has four calories per gram, the same number of calories as sucrose or table sugar. Epicure chooses not to use corn maltodextrin.

What is modified food starch, and what type does Epicure use?

Modified starches are used as thickeners in various product areas such as desserts, soups, and sauces. For example, the modified tapioca starch in **Chocolate Instant Pudding** helps the product set quickly, so you can have dessert ready in less than 20 minutes. Epicure only ever uses modified food starch made from tapioca.

What is rennet/microbial enzyme, and how is it used in Epicure products?

Rennet/microbial enzyme is used to curdle milk for Parmesan production. It can be microbially produced or sourced from the traditional source, calf stomach. It is used in most cheeses and is present in all Epicure products that contain cheese.

What is sorbic acid, and how is it used in Epicure products?

Sorbic acid prevents the growth of mould. Cheese manufacturers use it to keep the mould out of products that contain Parmesan cheese.

What are sulphates, and how are they used in Epicure products?

We don't add sulphates to any of our products and we don't use raw ingredients that contain added sulphates. Sulphates are a diverse group of chemicals, including Epsom salts and gypsum, that the food industry uses as emulsifiers, stabilizers, thickeners, and firming agents. They are naturally occurring in many foods. Interesting fact: our bodies actually produce sulphates!

What is nutritional yeast, and how it is used in Epicure products?

Inactive nutritional yeast, grown on natural sugar beet molasses, is found in our broth mixes, gravies, and nutritional yeast sprinkles. It adds a full, savoury flavour to foods without adding salt. Ours is a premium vegan, non-GMO yeast offering an excellent source of vitamin B12 and other essential vitamins and minerals. Be sure to check out our video on Epicure's YouTube channel to easily share information on nutritional yeast.

Product shelf-life/expiry dates

Most of our 'dry' ingredients have a shelf life of 1-2 years if stored tightly sealed in a cool, dry location. This represents the optimum period for flavour and potency. After that time, the potency will slowly lessen, however, the product is still usable. Use your senses of smell, sight, and taste to determine when it no longer works for you. The **mustards** and **Red Pepper Jelly** are recommended for 6 months if stored in the refrigerator. The **Power Up Chocolate Protein Blend**, **Power Up Vanilla Protein Blend**, **Super Greens Smoothie Booster**, and **Cocoa Açaí Smoothie Booster** have 'best before' dates.

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## Ingredient List

We believe consumers should know what is in their food. Epicure began with a working mother of two, our President and Founder Sylvie Rochette, looking for ways to make good meals fast for her family. Store-bought alternatives were full of sugar, salt, fat, and preservatives—things she refused to feed her family, no matter how “fast and easy” they were. This remains a core principle for Epicure, and there remains today nothing in our products that President Sylvie wouldn’t feed to her family.

Please find a full ingredient list below of all currently available Epicure products, as well as those available within the last year. The products in the Ingredient List are listed in alphabetical order.

***This ingredient list is for Ambassador reference only. Use it to help answer any questions your customers may have. Do not share or show this document to others.***

Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>3 Onion Dip Mix</b>	1001005	1701005	Chives, onion, parsley, scallions	Yes	Yes
<b>Alfredo Sauce Mix</b>	1001829	1701829	Cayenne pepper, corn starch, garlic, mustard flour, cheddar cheese flavour (cheddar cheese (pasteurized milk, cheese culture, salt, enzymes), whey, buttermilk solids, salt, sodium phosphate, lactic acid)	No	No
<b>Apple Pie Spice</b>	1001105	1701105	Cinnamon, nutmeg	Yes	Yes
<b>Asian Stir-fry Seasoning</b>	1001107	1701107	Cayenne pepper, celery seed, chives, coriander seed, garlic, ginger, lemon peel, onion, orange peel, red bell pepper, sesame seeds	Yes	Yes
<b>Balsamic Vinaigrette Dressing Mix</b>	1002612	1702612	Celery seed, chives, garlic, lemon, parsley, rosemary, sea salt,	Yes	Yes
<b>Beef &amp; Broccoli Stir Fry Seasoning</b>	1201214	1501214	Anise, chives, corn starch, garlic, ginger, miso powder (soybeans, rice, salt, <i>Aspergillus oryzae</i> ), organic coconut palm sugar, red bell pepper, white pepper	Yes	Yes
<b>Beef Dip Seasoning</b>	1001880	1701880	Black pepper, garlic, inactive nutritional yeast, mushroom, onion, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), organic cane sugar, organic tamari powder (organic tamari soy sauce (organic soybeans, salt, <i>Aspergillus oryzae</i> , bacterial culture), organic maltodextrin, salt), paprika, rosemary, sea salt, thyme.	Yes	Yes
<b>Beef &amp; Steak Seasoning</b>	1001133	1701133	Allspice, black pepper, chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), coriander, garlic, lemon, marjoram, mustard seed, onion, oregano	Yes	Yes
<b>Beef Stroganoff Seasoning</b>	1001843	1701843	Black pepper, Cornstarch, Garlic, Mushroom, Natural beef flavour, Onion, Paprika, Parsley, Sea salt.	No	Yes

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Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>Berry Swirl Cheesecake Mix</b>	1201219	1501219	Citric acid, modified tapioca starch, organic cane sugar, organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), sea salt, strawberries, vanilla extract powder (maltodextrin, vanilla extract).	Yes	Yes
<b>Better Than Bacon Topper</b>	1001207	1701207	Imitation bacon flavoured bits (pinto beans, sunflower oil, salt, yeast extract, natural flavour, torula yeast)	Yes	Yes
<b>Broccoli Cheddar Soup Seasoning</b>	1201973	1501973	Basil, black pepper, celery seed, cheddar cheese flavor (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), cornstarch, garlic, inactive nutritional yeast, mustard, onion, paprika.	No	No
<b>Bruschetta Seasoning</b>	1002000	1702000	Basil, garlic, parsley, tomato	Yes	Yes
<b>Butter Chicken Seasoning</b>	1001717	1701717	Cardamom, chilies, coriander, cumin, curry powder (caraway, cayenne pepper, celery seed, cinnamon, coriander, fenugreek, garlic, mustard, salt, turmeric), fennel, garlic, paprika, tomato powder (organic tomato, organic rice concentrate)	Yes	Yes
<b>Caesar Dressing Mix</b>	1002607	1702607	Black pepper, garlic, parsley, red bell pepper, skim milk powder	No	No
<b>Cajun Fries Seasoning</b>	1001797	1701797	Garlic, sea salt, paprika, onion, black pepper, thyme, cayenne, oregano	Yes	Yes
<b>Carne Guisada Seasoning</b>	1201630	1501630	Rice flour, onion, tomato powder (organic tomato, organic rice concentrate), sea salt, inactive nutritional yeast, cumin, garlic, black pepper.	Yes	Yes
<b>CCB Dip Mix</b>	1011010	1701010	Black pepper, chives, Imitation bacon flavoured bits (pinto beans, sunflower oil, salt, yeast extract, natural flavour, torula yeast), onion, Parmesan cheese (milk, milk ingredients, bacterial culture, salt, rennet and/or microbial enzymes and/or lipase, cellulose, sorbic acid, calcium chloride)	No	No
<b>Cheeseburger Pasta Seasoning</b>	1201862	1501862	Black pepper, garlic, inactive nutritional yeast, mustard, onion, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), paprika, sea salt, tomato powder (tomato, rice concentrate).	Yes	Yes
<b>Cheesy Fries Seasoning</b>	1001798	1701798	Cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), Parmesan cheese (milk, milk ingredients, bacterial culture, salt, rennet and/or microbial enzymes and/or lipase, cellulose, sorbic acid, calcium chloride), sea salt, onion, garlic, parsley, black pepper.	No	No

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Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>Chicken Barbacoa Seasoning</b>	1201854	1501854	Ancho pepper, black pepper, chipotle chili, cinnamon, citric acid, cloves, cumin, fire roasted onion, garlic, ginger, onion, oregano, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), organic cane sugar, sea salt, smoked paprika, tomato.	Yes	Yes
<b>Chicken Fried Rice Seasoning</b>	1201367	1501367	Chilies, chives, garlic, ginger, inactive nutritional yeast, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), organic coconut palm sugar, organic tamari powder (organic soybeans, salt, organic maltodextrin)	Yes	Yes
<b>Chicken Souvlaki Seasoning</b>	1201631	1501631	Garlic, oregano, mint, black pepper, lemon peel, sea salt, parsley, citric acid.	Yes	Yes
<b>Chili Seasoning</b>	1001136	1701136	Chili powder (spices [cayenne pepper, cumin seed, oregano, paprika, chili powder natural], salt, garlic powder, rice concentrate)	Yes	Yes
<b>Chipotle Aioli Mix</b>	1001079	1701079	Garlic, chipotle chili, smoked paprika, alder smoked sea salt	Yes	Yes
<b>Chocolate Cake Mix</b>	1201971	1501971	Baking powder, baking soda, cornstarch, modified tapioca starch, organic cane sugar, organic cocoa powder, rice flour, sea salt.	Yes	Yes
<b>Chocolate Instant Pudding Mix</b>	1003734	1703734	Modified tapioca starch, organic cocoa powder, organic coconut palm sugar, sea salt	Yes	Yes
<b>Cinnamon (Ground)</b>	1001145	1701145	Cinnamon	Yes	Yes
<b>Citrus Lime No Bake Cheesecake Mix</b>	1201377	1501377	Citric acid, lime juice powder, modified tapioca starch, Organic cane sugar, vanilla bean, vanilla extract powder (maltodextrin, vanilla extract)	Yes	Yes
<b>Cran-Lemon Loaf Mix</b>	1001632	1701632	Baking powder, citric acid, corn starch, cranberries, lemon peel, tapioca starch-modified, organic cane sugar, organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), rice flour, sea salt.	Yes	Yes
<b>Creamy Pesto Parmesan Chicken Skillet Sauce Mix</b>	1201212	1501212	Basil, cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), corn starch, garlic, organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), parmesan cheese (Milk, milk ingredients, bacterial culture, salt, rennet and/or microbial enzymes and/or lipase, cellulose, sorbic acid, calcium chloride)	No	No
<b>Creamy Ranch Dip Mix</b>	1001057	1701057	Black pepper, buttermilk powder, celery seed, chives, citric acid, garlic, onion	No	No
<b>Crispy &amp; Crunchy Lettuce Wrap Seasoning</b>	1201366	1501366	Chilies, chives, corn starch, garlic, ginger, organic cane juice, organic tamari powder (organic soybeans, salt, organic maltodextrin)	Yes	Yes
<b>Crispy &amp; Crunchy Coating Mix</b>	1201438	1501438	Black pepper, corn starch, garlic, mustard, onion, potato starch, rice breader (rice flour, raisin juice concentrate, honey, sea salt), sea salt, smoked paprika, tapioca starch-modified	No	Yes

## E P I C U R E™

Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>Dark &amp; Dreamy Hot Chocolate Mix</b>	1003866	1703866	Organic cane sugar, organic cocoa powder, skim milk powder	No	No
<b>Donair Seasoning Mix</b>	1001143	1501132	Black pepper, coriander, cumin, garlic, onion, paprika, oregano, sea salt	Yes	Yes
<b>Dulce de Leche Instant Pudding Mix</b>	1201702	1501702	Coffee powder, modified tapioca starch, organic cocoa powder, organic coconut palm sugar, sea salt, vanilla extract powder (maltodextrin, vanilla extract)	Yes	Yes
<b>Easy Peasy Bolognese Mix</b>	1201545	1501545	Basil, black pepper, celery, garlic, inactive nutritional yeast (vitamin B12, vitamin B6, thiamin, riboflavin, pantothenic acid, folic acid, niacin, zinc), onion, organic coconut palm sugar, pea protein, sea salt	Yes	Yes
<b>Enchilada Seasoning</b>	1201216	1501216	Black pepper, chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), cinnamon, corn starch, cumin, garlic, oregano, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), organic coconut palm sugar, paprika, sea salt	Yes	Yes
<b>Everything Bagel Whole Food Topper</b>	1003758	1703758	Chia, garlic, onion, sesame seeds	Yes	Yes
<b>Fajita Seasoning</b>	1001303	1701303	Basil, black pepper, cayenne pepper, chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), cilantro, cumin, garlic, ginger, lemon, mustard flour, onion, oregano, paprika	Yes	Yes
<b>Fudgy Brownie Mix</b>	1201876	1501876	Cornstarch, Modified tapioca starch, Organic cocoa powder, Rice flour, Sea salt, Sugars (organic cane sugar, organic coconut palm sugar)	Yes	Yes
<b>General Tao Seasoning</b>	1001718	1701718	Chilies, chives, garlic, ginger, organic cane sugar	Yes	Yes
<b>Golden Latte Latte Mix</b>	1001706	1701706	Black pepper, Cardamom, Cinnamon extract powder (maltodextrin, cinnamon extract), Ginger extract powder (maltodextrin, ginger extract), Organic cane sugar, Organic coconut cream (coconut, tapioca maltodextrin), Turmeric, Vanilla extract powder (maltodextrin, vanilla extract)	Yes	Yes
<b>Greek Dressing Mix</b>	1002614	1702614	Dill, garlic, green bell pepper, marjoram, mint, onion, oregano, red bell pepper, rosemary	Yes	Yes
<b>Guacamole Dip Mix</b>	1001070	1701070	Chilies, coriander, cumin, garlic, onion, parsley, red bell pepper, salt	Yes	Yes
<b>Happy Birthday Cake Mix</b>	1201795	1501795	Baking powder, corn starch, modified tapioca starch, organic cane sugar, rice flour, sea salt.	Yes	Yes
<b>Herb &amp; Garlic Dip Mix</b>	1001030	1701030	Cane sugar, celery seed, chives, garlic, parsley, rosemary, sea salt	Yes	Yes
<b>Hollandaise Sauce</b>	1201542	1501542	Buttermilk powder, cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), citric acid, corn starch, mustard, onion, organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), sea salt, turmeric.	No	No

## E P I C U R E™

Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>Home-style Chicken Stew Seasoning</b>	1001724	1501192	Black pepper, cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), chives, corn starch, inactive nutritional yeast, sage, sea salt	No	No
<b>Honey Garlic Meatball Seasoning</b>	1201356	1501356	Cornstarch, garlic, organic sugar (organic coconut palm sugar, organic cane sugar), organic tamari powder (organic soybeans, salt, organic maltodextrin), sea salt	Yes	Yes
<b>Italian Meatball Seasoning</b>	1201914	1501914	Basil, black pepper, garlic, onion, oregano, parsley, rice breader (rice flour, raisin juice concentrate, honey, sea salt), sea salt, thyme.	No	Yes
<b>Italian Seasoning</b>	1001268	1701268	Basil, chives, garlic, lemon, mint, onion, oregano, parsley	Yes	Yes
<b>Keema Curry Seasoning</b>	1201421	1501421	Spices, fire roasted onion, tomato powder (tomato, rice concentrate), corn starch, garlic, sea salt, mustard, black pepper, cilantro, cayenne pepper.	Yes	Yes
<b>Lemon Chicken Orzo Seasoning</b>	1201699	1501699	Basil, black pepper, celery seeds, citric acid, inactive nutritional yeast, oregano, organic cane sugar, Organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), paprika, parsley, sea salt	Yes	Yes
<b>Lemon Dilly Dip Mix</b>	1001040	1701040	Black pepper, dill, garlic, lemon peel, onion, parsley	Yes	Yes
<b>Lemon Garlic Chicken Seasoning</b>	1201793	1501793	Black pepper, citric acid, corn starch, garlic, organic cane sugar, organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), rosemary, sage, sea salt, thyme.	Yes	Yes
<b>Luscious Lemon Curd Mix</b>	1201322	1501322	Citric acid, corn starch, organic cane sugar, organic lemon powder (organic rice maltodextrin, organic lemon juice concentrate, organic lemon oil)	Yes	Yes
<b>Mac &amp; Cheese Seasoning</b>	1001709	1701709	Cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), mustard flour, onion, whey	No	No
<b>Marinara Sauce Mix</b>	1001181	1701181	Basil, black pepper, fennel seed, garlic, marjoram, onion, oregano, parsley, red bell pepper	Yes	Yes
<b>Minced Garlic</b>	1001420	1701420	Garlic	Yes	Yes
<b>Modern Mac Seasoning</b>	1201763	1501763	Cornstarch, food starch-modified, inactive nutritional yeast, sea salt	Yes	Yes
<b>Morning Glory Muffin Mix</b>	1201697	1501697	Apples, baking powder, baking soda, carrots, cinnamon, coconut, corn starch, cranberries, rice flour, sugars (organic cane sugar, organic coconut palm sugar), modified tapioca starch, sea salt.	Yes	Yes

## E P I C U R E™

Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>Nourish Broth Mix</b>	1011157	171115	Black pepper, celery, celery seed, ginger, Inactive nutritional yeast (vitamin B12, vitamin B6, thiamin, riboflavin, pantothenic acid, folic acid, niacin, zinc), marjoram, natural chicken flavour, onion, paprika, parsley, rosemary, sea salt, turmeric	No	Yes
<b>Ooey Gooey Queso Hot Dip Mix</b>	1201147	1501147	Ancho pepper, cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), , chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), corn starch, cumin, green bell pepper, onion, red bell pepper, tomato	No	No
<b>Pad Thai Seasoning</b>	1003114	1703114	Chives, cilantro, garlic, onion, organic coconut palm sugar, paprika, tamarind, tomato	Yes	Yes
<b>Pancake &amp; Waffle Mix</b>	1201877	1501877	Baking powder, cornstarch, food starch-modified, organic cane sugar, rice flour, sea salt.	Yes	Yes
<b>Philly Style Cheesesteak Seasoning</b>	1201557	1501557	Black pepper, corn starch, garlic, mustard, onion, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), organic coconut palm sugar, organic tamari powder (organic soybeans, salt, organic maltodextrin), smoked paprika	Yes	Yes
<b>Pizza Seasoning</b>	1002291	1702291	Basil, chili, garlic, green bell pepper, oregano, parmesan cheese (milk, milk ingredients, bacterial culture, salt, rennet and/or microbial enzymes and/or lipase, cellulose, sorbic acid, calcium chloride), tomato.	No	No
<b>Poco Picante Salsa Mix</b>	1001619	1701619	Cayenne pepper, chilies, chives, coriander, cumin, garlic, jalapeno, onion, sea salt	Yes	Yes
<b>Poke Bowl Dressing Mix</b>	1201599	1501599	Organic coconut palm sugar, organic lime juice powder (organic rice maltodextrin/tapioca maltodextrin, organic lime juice concentrate, organic lime oil), garlic, chilies, basil, cilantro, chives, citric acid, mint, black pepper	Yes	Yes
<b>Poke Bowl Topper Blend</b>	1001653	1701653	Sesame seeds, onion, nori seaweed, ginger, cilantro, celery seed	Yes	Yes
<b>Power Up Chocolate Protein Blend</b>	1001055	1701055	<i>Bacillus coagulans</i> GBI-30:6086 (inulin), bromelain, cocoa, coconut sugar, fava bean protein, natural flavours, Pea protein, potassium phosphate, sea salt, stevia extract, xanthan gum	Yes	Yes
<b>Power Up Salted Caramel Protein Blend</b>	1001692	1701692	Pea protein, fava bean protein, tapioca maltodextrin, coconut sugar, potassium phosphate, natural flavour, cocoa powder, sea salt, xanthan gum, <i>Bacillus coagulans</i> GBI-30:6086 (inulin), stevia extract, bromelain.	Yes	Yes
<b>Power Up Vanilla Protein Blend</b>	1001166	1701166	<i>Bacillus coagulans</i> GBI-30:6086 (inulin), bromelain, coconut sugar, fava bean protein, natural flavours, pea protein, potassium phosphate, sea salt, stevia extract, tapioca maltodextrin, xanthan gum	Yes	Yes
<b>Pulled Pork Seasoning</b>	1001751	1701751	Allspice, cayenne pepper, chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), chipotle chilies, onion	Yes	Yes

## E P I C U R E™

Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
Quick Biscuit Mix	1201411	1501411	Tapioca starch-modified, corn starch, potato starch, gluten-free oat flour, organic cane sugar, baking powder, sea salt, xanthan gum	Yes	Yes
Ramen Broth Mix	1001558	1701558	Fire roasted onion, garlic, inactive nutritional yeast (vitamin B12, vitamin B6, thiamin, riboflavin, pantothenic acid, folic acid, niacin, zinc), organic coconut palm sugar, organic tamari powder (organic soybeans, salt, organic maltodextrin), white pepper	Yes	Yes
Ratatouille Seasoning	1201887	1501887	Basil, Black pepper, Fennel seed, Garlic, Onion, Oregano, Parsley, Sea salt, Thyme.	Yes	Yes
Red Garlic Topper Blend	1001469	1701469	Basil, citric acid, garlic, hibiscus, onion, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), paprika, red bell pepper	Yes	Yes
Red Pepper Jelly	1011505	1701505	Cane sugar, cayenne pepper, fruit pectin, red bell pepper, vinegar, water	Yes	Yes
Roasted Garlic Aioli Mix	1001067	1701067	Garlic	Yes	Yes
Rosée Sauce Mix	1201915	1501915	Basil, black pepper, cheddar cheese flavor (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), cornstarch, garlic, onion, Parmesan cheese (milk, milk ingredients, bacterial culture, salt, rennet and/or microbial enzymes and/or lipase, cellulose, sorbic acid, calcium chloride), sea salt, tomato, tomato powder (tomato, rice concentrate), sea salt.	No	No
Rosemary Garlic Seasoning	1002276	1702250	Black pepper, garlic, orange, rosemary	Yes	Yes
Rotisserie Chicken Seasoning	1201318	1501318	Black pepper, chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), corn starch, garlic, paprika, parsley, sea salt, sumac, thyme	Yes	Yes
Ruby Red Velvet Cupcake Mix	1201698	1501698	Baking powder, beet, corn starch, modified tapioca starch, organic cane sugar, organic cocoa powder, rice flour, sea salt.	Yes	Yes
Savoury Herb Gravy Mix	1001172	1701172	Black pepper, celery seed, cornstarch, inactive nutritional yeast (vitamin B12, vitamin B6, thiamin, riboflavin, pantothenic acid, folic acid, niacin, zinc), miso powder (soybeans, rice, salt, aspergillus oryzae), onion, rosemary, sage, sea salt	Yes	Yes
Sesame Ginger Dressing Mix	1002613	1702613	Chive, Garlic, Ginger, Onion, Organic cane sugar, Red bell pepper, Sesame seed	Yes	Yes
Shepherd's Pie Seasoning	1202294	1502294	Black pepper, celery seed, chives, corn starch, garlic, inactive nutritional yeast, mushroom, onion, sea salt, thyme, tomato powder (organic tomato, organic rice concentrate)	Yes	Yes
Shortbread Cookies	1201404	1501404	Corn starch, gluten-free oat flour, modified tapioca starch, organic powdered sugar, sea salt, vanilla extract powder (maltodextrin, vanilla extract)	Yes	Yes
Smoked Spanish Paprika	1001335	1701335	Paprika	Yes	Yes

## E P I C U R E™



Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>Southwestern Ranch Dressing Mix</b>	1001591	1701591	Black pepper, celery, chipotle chili, chives, cumin, garlic, onion, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), organic lemon powder (organic rice and/or tapioca maltodextrin, organic lemon juice concentrate, organic lemon oil), paprika.	Yes	Yes
<b>Spanish Rice Seasoning</b>	1201853	1501853	Black pepper, cayenne pepper, chili powder (spice, salt, garlic, rice concentrate), cilantro, coriander, cumin, garlic, inactive nutritional yeast, onion, oregano, sea salt, tomato	Yes	Yes
<b>SPG Seasoning</b>	1002279	1002254	Black pepper, garlic, parsley, sea salt	Yes	Yes
<b>Spinach &amp; Artichoke Hot Dip Mix</b>	1201211	1501211	Black pepper, chipotle pepper, garlic, inactive nutritional yeast, onion, spinach	Yes	Yes
<b>Summer Berry Sweet Dip Mix</b>	1001096	1701096	Hibiscus, organic cane sugar, organic rooibos, raspberries, strawberries	Yes	Yes
<b>Sweet &amp; Sour Stir-Fry Seasoning</b>	1200027	1500027	Chives, garlic, ginger, green bell pepper, red bell pepper	Yes	Yes
<b>Sweet Banana Bread &amp; Muffin Mix</b>	1203874	1503874	Baking powder, baking soda, cinnamon, corn starch, modified tapioca starch, organic cane sugar, rice flour, sea salt	Yes	Yes
<b>Sweet Garlic Chicken Seasoning</b>	1201808	1501808	Chives, garlic, onion, organic cane sugar, paprika, sea salt, white pepper	Yes	Yes
<b>Taco Seasoning</b>	1001317	1701317	Cayenne pepper, chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), cilantro, cumin, garlic, jalapeño pepper, mustard flour, onion, oregano, paprika	Yes	Yes
<b>Taco Seasoning</b>	1001704	1701704	Cayenne pepper, chili powder (cayenne pepper, chili pepper, cumin seed, garlic, oregano, paprika, rice concentrate, salt), cilantro, corn starch, cumin, garlic, mustard, onion, oregano, paprika, tomato powder (organic tomato, organic rice concentrate)	Yes	Yes
<b>Toasted Onion</b>	1001425	1701425	Onion	Yes	Yes
<b>Tomato Soup Seasoning</b>	1201972	1501972	Basil, black pepper, cornstarch, garlic, inactive nutritional yeast, onion, organic cane sugar, sea salt, tomato powder (tomato, rice concentrate)	Yes	Yes
<b>Tropical Pineapple Chicken Seasoning</b>	1201556	1501556	Chives, cilantro, citric acid, coconut, corn starch, garlic, ginger, jalapeño pepper, organic coconut palm sugar, organic tamari powder (organic soybeans, salt, organic maltodextrin), sea salt, turmeric	Yes	Yes
<b>Tuscan Herb Risotto Mix</b>	1201761	1501761	Basil, cheddar cheese (milk, cheese culture, salt, enzymes, whey, buttermilk solids, sodium phosphate), cornstarch, garlic, green pepper, lactic acid, onion, oregano, parsley, quinoa, red bell pepper, rosemary, salt, tomato, yeast extract	No	No
<b>Vegetable Broth Mix</b>	1001158	1701158	Basil, black pepper, carrot, celery seed, inactive nutritional yeast (folic acid, niacin, pantothenic acid, riboflavin, thiamin, vitamin B12, vitamin B6, zinc), onion, parsley, red bell pepper, sea salt	Yes	Yes

**E P I C U R E™**

Product Name	Code Canada	Code US	Ingredients	Vegan?	Dairy Free?
<b>Vegetable Seasoning</b>	1001330	1701330	Black pepper, coriander, dill, garlic, lemon peel, mustard seed, onion, red bell pepper, sesame seeds, tarragon	Yes	Yes
<b>Wintry Mushroom Soup Seasoning</b>	1201355	1501355	Black pepper, corn starch, fire roasted onions, hatch chili pepper, inactive nutritional yeast, mushrooms, mustard, organic tamari powder (organic soybeans, salt, organic maltodextrin) roasted garlic, sage, sea salt, tarragon, thyme	Yes	Yes
<b>Yaki Udon Stir-Fry Seasoning</b>	1201741	1501741	Cinnamon, garlic, mustard flour, onion, organic apple cider vinegar powder (organic maltodextrin, organic apple cider vinegar), sugars (organic coconut palm sugar, organic cane sugar), tomato powder (organic tomato, organic rice concentrate), white pepper	Yes	Yes
<b>Za'atar Seasoning (Old returning product)</b>	1001129	1701129	Cumin, marjoram, oregano, sea salt, sesame seeds, sumac	Yes	Yes

E P I C U R E™