

Bio-Compatibility Testing

BE FREE OF Bio-Individual ALLERGIES

300 foods and household items tested from a hair sample

DO YOU SUFFER FROM

OR BEEN DIAGNOSED WITH

Asthma	Chronic Fatigue
Sinus & Hayfever	Irritable Bowel
Rashes or Itchy Skin	Candida
Arthritis	A.D.H.D & A.D.D.
Constipation	Excess Mucous
Digestive problems	Flatulence
Headache / Migraine	Psoriasis / Eczema
Cramping	Sleep Apnea
Pain / inflammation	Insomnia

FIND OUT WHICH FOODS ARE MAKING YOU SICK

Many people today suffer from allergies. Allergies can be the result of eating bio-incompatible foods over a period of time. Allergic reactions are accumulative and a visible reaction may not take place for up to four days. Often people crave the very foods they are allergic to.

Contact with an allergy increases inflammatory mediators in the blood, which then inflames tissue in any part of the body. In the joints it can cause or aggravate **arthritic pains**. In the respiratory tract it can cause or aggravate **sinus, asthma, and excess mucous**. In the nervous system it can cause or aggravate **headache, migraine, depression, tiredness and add to A.D.H.D**. In the skin it can cause or aggravate **rashes, eczema, psoriasis and hives**.

It is very important that you have as many items as possible checked. I test **300 items**. You then remove the harmful items and build your diet from the remaining **safe** foods. In my twenty five years experience, I have found that eating the wrong foods can aggravate most health problems.

Removal of negative bio-energetic foods allows the immune system to repair allergy etc.. Other factors can also play a part in disease. These factors can be better assessed once you have corrected your diet.

WHY SUFFER ANY LONGER
TEST TODAY
AND START GETTING WELL

ORDER FORM

[Print this page]

Testing is now available through our Mail Order System.

Simply send us a small clump of your hair (enough to cover the shaded area below)



Hair sample must be placed in an envelope or plastic bag.

Colours perms or medications do not affect the testing.

Please complete the following

LIST YOUR SYMPTOMS

<input type="checkbox"/> sinus/hayfever	<input type="checkbox"/> rashes/itchy skin	<input type="checkbox"/> digestive	<input type="checkbox"/> irritable bowel
<input type="checkbox"/> asthma	<input type="checkbox"/> arthritis	<input type="checkbox"/> constipation	<input type="checkbox"/> fatigue
<input type="checkbox"/> PMS	<input type="checkbox"/> psoriasis	<input type="checkbox"/> diarrhoea	<input type="checkbox"/> ADD/HD
<input type="checkbox"/> headache	<input type="checkbox"/> excess mucous	<input type="checkbox"/> bloating	<input type="checkbox"/> sleep disorders
<input type="checkbox"/> migraine	<input type="checkbox"/> thrush	<input type="checkbox"/> flatulence	<input type="checkbox"/> bad breath
<input type="checkbox"/> acne	<input type="checkbox"/> earache	<input type="checkbox"/> hives	<input type="checkbox"/> restless legs

OTHER.....

Date of Birth...../...../.....

Sex M F

A money order- credit card or cheque is acceptable

Name:

Address:

.....P/Zip code..... Phone.....

Email:

Mastercard Visacard

Expiry Date /

Card Number

Name on card Signature

Tick Tests You Want Done

Standard list [300 item] \$195.00 []
Extra list A \$ 45.00 []
Extra list B \$ 45.00 []
Baby list [363 Items] \$240.00 []
Animal List \$167.00 []

For other lists phone 1300 733 375

Amount Payable \$.....oo

Do you wish to receive our email newsletter Yes [] No []

How did you hear about us Newsletter [] Web Site [] Referral [] Other.....

Send To;

Naturopathic Services Pty Ltd

PO Box 352

Mooloolaba Qld 4557

Phone 1300 733 375

email dennis@beallergyfree.net

Standard 300 List

List subject to change

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honey Dew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarine
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rockmelon
Watermelon

BERRIES

Blackberry
Blueberry
Raspberry
Strawberry

ALCOHOL

Beer
Bourbon
Brandy
Gin
Rum
Vodka
Whiskey
Wine Red
Wine White

OTHER DRINKS

Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
Milo
Ovaltine
Ribeena
Sprite-Lemonade
Tea (black)

SEAFOOD

Calamari
Fish (white)
Salmon
Shellfish
Tuna

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Peppermint Tea
Olive Leaf Tea

CONDIMENT

Bi Carb Soda
Celtic Salt (sea salt)
Chilli
Cinnamon
Curry Powder
Garlic
Ginger
Gravox
Herbemare Vege Salt
Mixed Spice
Mustard
Nutmeg
Pepper (black and white)
Rock Salt
Salt (refined table)
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SAUCES

B.B.Q. Sauce (Master Foods)
Horseradish sauce
Mayonnaise Kraft
Mayonnaise Praise
Traditional.
Soy sauce (ALL)
Tomato Paste (Leggo's)
Tomato Sauce (Fountain)
Worcester sauce

STOCK

Beef Stock (Magi)
Beef Stock (Massel)
Chicken Stock (Magi)
Chicken Stock (Massel)
Vegetable Stock (Massel)

MEATS / FATS

Bacon
Beef
Chicken
Ham
Lamb
Pork
Turkey
Duck
Kangaroo

OILS

Grape Seed Oil
Olive Oil
Rice Bran Oil
Sunflower (Crisco)
Coconut oil

DAIRY FOODS

Butter
Cows Cheese
Cows Yoghurt
Cream
Eggs
Goats Cheese
Goats Milk
Ice Cream (Peters Vanilla)
Margarine (Flora)
Margarine (Nuttalex)
Milk Carnation
Milk Full Cream
Milk Skim
Rice Milk (So-Natural)
Rice Milk (Rice Dream)

SOY PRODUCTS

Milk Aussie Soy
Milk So Natural
Milk So-Good
Milk Vitasoy
Soy Yoghurt
Tofu

SEEDS

Linseed (flax seed oil)
Pumpkin
Sesame
Sunflower

GREEN VEGETABLES

Asparagus
Beans
Bockchoy
Brussell Sprouts
Cabbage
Celery
Choy sum
Leeks
Lettuce
Olives
Parsley
Rocket
Shallots
Snow Peas
Wombok

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

OTHER VEGETABLES

Avocado
Baked Beans (Heinz)
Beetroot
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Corn
Cucumber
Eggplant
Mushroom
Onion
Peas
Potato
Pumpkin
Silverbeet/Spinach
Sweet Potato
Tomato
Turnip
Zucchini

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

HERBS

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary

METALS

Aluminium
Gold
Mercury
Silver

BREADS

Bread White
Bread Lavash [Bazaar]
Bread Mountain Rice
Bread Multigrain
Bread Wholemeal
Corn Thins
Rice Thins

SPREADS

Cottees Blackberry Jam
Cottees Marmalade
Nutella
Promite
Vegemite

DRIED VEGETABLES

Chick Peas
Dried Beans
Lentils
Split Peas
Coconut

FLOUR / GRAINS

Cornflour [wheat free]
Rice Brown (ALL)
Rice White (ALL)
Rye Flour
Spelt flour
White Flour (plain & self raising)
Wholemeal Flour (ALL)

PASTA / SAUCES

Chicken Tonight cacciatore
Dolmio chicken carbonara
Dolmio Chnky Garden veges
Hokkien Noodles
Pasta (Durham Wheat)
Rice Noodles
Spaghetti (Heinz)

BREAKFAST CEREALS

Cornflakes
Crunchy Nut
Just Right
Nutrigrain
Oat Bran
Oat Brits
Rice Bubbles
Rolled Oats
Sultana Bran
Vita Brits
Weet Bix

SUGARS

Golden Syrup
Honey
Manuka Honey
Maple Syrup
Stevia
Sugar Brown
Sugar CSR smart blend
Sugar Raw
Sugar White

CHOCOLATE / SWEETS

Carob
Cocoa (Cadbury)
Chocolate (Darrell Lea)
Chocolate (Lindt)

Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Liquorice

LAUNDRY CHEMICALS

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener Cuddly
Fabric Softener Fluffy
Nappisan
Omo
Radiant
Sard Wonder Soaker
Wool Mix

DEODORANTS / SUNSCREENS

Deodorant Mum
Deodorant Body Choice
Natural
Deodorant Crystal Stick
Deodorant Dove
Deodorant Rexona Sport
Sunscreen Banana Boat
Sunscreen UV Tripplegard

SOAPS / SHAMPOO

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Shampoo Head and Shoulders
Shampoo Pantene
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Dove
Soap Sunlight Personal

KITCHEN CHEMICALS

Ajax Spray & Wipe
Domestos
Morning Fresh
Palmolive Dish Liquid
Pine-O-Cleen

TOOTHPASTE

Colgate (all types)
Grants Herbal Toothpaste
McLeans (all types)
Sensodyne

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool

OTHERS

Aspro
Cigarette Smoke
Fly Spray
Fish oil Capsules
Inner Health Plus
Nurofen
Panadine
Paracetamol Heron
Paracetamol Panadol
Talcum Powder

EXTRA LIST A

BREAD /GRAINS

BRIGHTERLIFE Bread mix
BRIGHTERLIFE Whey
BRIGHTERLIFE Muffin Mix
BRIGHTERLIFE Pikelet mix
BRIGHTERLIFE Spelt Flour
Lecithin
Polenta
Amaranth Flour
Falafel
Quinoa flour
Potato Flour
ORGRAN Buckwheat Flour
ORGRAN No Egg
ORGRAN Rice Pasta
SAN REMO Gluten Free Pasta
ORGRAN Rice and Corn Pasta
FREEFORM Choc Crunch Biscuits
FREEFORM Double Chocolate Biscuits
FREEFORM Lemon Cake
ESKAL Lemon Wafer biscuits
BASCO Chocolate Cake mix
BASCO bread mix
BASCO chicken & veg soup
BASCO Pancake mix
ESSENE sprouted bread
COUNTRY LIFE Dark Rye bread
COUNTRY GRAIN Organic Rye bread
OLD TIME BAKERY Rye Bread
MOORE'S Gluten/yeast free Bread

CEREALS / BARS

CRUNCHOLA Apple and Blueberry
FREE AND LOW Muesli
GOOD MORNING CEREALS Millet Puffs
LOWAN Rice Porridge
LCM bars cereal & milk
Cadburys Brunch Bar fruit & nut
ALL BRAN Baked Bars

DRINKS

Caro
Ecco
Yakult
Oat milk
A2 milk
Lactose Free milk
Formosa Tea
Chai Tea
Dr Stuart's Diet Aid Tea
Poweraid
Staminaide
V8 vegetable juice
ANLENE milk
Miso Soup

EXTRA LIST B

SWEETS

Xylitol
SWEET WILLIAM Chocolate
ARTISSE Chocolate
HOLEX Chocolate
COLES Belgian Chocolate

CHEMICALS

RED SEAL Herbal Toothpaste
Steradent
VICCO Herbal Toothpaste
Earth Choice Dish Liquid
Sunlight Dish Liquid

HERBS AND SPICES

Cloves
Gelatine
Garam Masala
Thyme
Bay Leaf
Paprika
Fennel Seeds
All spice
Turmeric
Cajun Spices
Cumin
Dill
Tarragon
Ghee
Massel Supreme gravy mix
Tabouli
Bonox
Bovril
Homus
KRAFT Balsamic Italian
MSG
Tahini

OTHERS

WOOLWORTHS Organic Baked Beans
SPC Baked Beans
Psyllium
AYAM Oyster Sauce
HEINZ big red tomato sauce
SMITHS chips plain
Couscous
Fetta Cheese
Temphey
LLOYDS Organic Prune juice
Gherkins
Popcorn microwave
Sardine in oil
Twisties cheese
Burger Rings
FOUNTAIN Sweet Chilli sauce
CHRIS' Tzatziki dip
CHRIS' Spring Onion dip

Baby Test List

List subject to change.

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honey Dew Melon
Kiwi fruit
Lemon
Limes
Lychee
Mandarine
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
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Watermelon

BERRIES

Blackberry
Blueberry
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ALCOHOL

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Brandy
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Vodka
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Wine Red
Wine White / Champagne

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Onion
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Pumpkin
Silverbeet/Spinach
Sweet Potato
Tomato
Turnip
Zucchini

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

HERBS

Basil
Chives
Coriander
Mixed Herbs
Oregano
Rosemary

BREADS

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Bread Lavash [Bazaar]
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Weet Bix

SUGARS

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Honey
Manuka Honey
Maple Syrup
Stevia
Sugar Brown
Sugar CSR smart blend
Sugar Raw
Sugar White

CHOCOLATE / SWEETS

Carob
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Chocolate (Darrell Lea)
Chocolate (Lindt)
Chocolate (Nestle)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haig)
Liquorice

METALS

Aluminium
Gold
Mercury
Silver

LAUNDRY CHEMICALS

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener Cuddly
Fabric Softener Fluffy
Nappisan
Omo
Radiant
Sard Wonder Soaker
Wool Mix

DEODORANTS / SUNSCREENS

Deodorant Mum
Deodorant Body Choice Natural
Deodorant Crystal Stick
Deodorant Dove
Deodorant Rexona Sport
Sunscreen Banana Boat
Sunscreen UV Tripplegard

SOAPS / SHAMPOO

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Palmolive Shower Milk
Shampoo Baby (Johnsons)
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Shampoo Pantene
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KITCHEN CHEMICALS

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Pine-O-Clean

TOOTHPASTE

Colgate (all types)
Grants Herbal Toothpaste
McLeans (all types)
Sensodyne

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Wool

OTHERS

Aspro
Cigarette Smoke
Fly Spray
Fish oil Capsules
Inner Health Plus
Nurofen
Panadine
Paracetamol Heron
Paracetamol Panadol
Talcum Powder

BABY ITEMS

CREAMS AND POWDERS

AM-O-LIN Baby Cream
JOHNSONS Baby Lotion (pink)
JOHNSONS Baby Powder
CURASH Baby Powder
JOHNSONS Cornstarch Powder
JOHNSONS Nappy Rash Cream
BEPANTHEN Antiseptic Cream
JOHNSONS Baby Sorbolene Cream
QV cream
Heinz Sudocrem
Palmers Cocoa Butter
Palmers Cocoa Butter Lotion Vit E

MEDICATIONS

Bonjella
Pentavite
MILTON Antibacterial Tablet
Brauers Colic drops

SHAMPOO AND SOAPS

CEDEL Baby Shampoo (no tears)
JOHNSONS baby shampoo & condit
JOHNSONS baby bedtime bath
JOHNSONS baby bath moisturising
Amolin Baby Bath
Amolin Baby Shampoo

BABY WIPES

CHUBS STACKABLES Baby Wipes
HUGGIES Baby Wipes (green)
Johnson & Johnson baby wipes
PIDGEON Baby Wipes

FORMUALS

S26 Lactose Free
S26 Gold
S26 AR
Karicare De-Lact
Karicare thickened
Karicare Soya
Karicare Gold
Karicare Goat
Heinz Nurture Gold
Heinz Nurture follow on
Nestles NAN
Neo Cate

DISPOSABLE NAPPIES

Huggies
Baby Love
VIP'S
Home Brand

PROCESSED FOODS

Farex original
Heinz Teething Rusks
Heinz Baby's first rice cereal
Arnotts Milk Arrowroot biscuits
Heinz Potato, Peas, Broccoli
Heinz sweetcorn & chicken
Golden Circle Pumpkin, Beef, Potato
Golden Circle Creamy tuna & vegies
Golden Circle Fruit salad
Golden Circle Banana custard
Golden Circle Apple & mango
Heinz egg custard
Heinz fruit salad yoghurt desert
Heinz Apple & blackcurrant gel
Heinz Chocolate custard

OTHERS

Silicone Crosscut Nipple
Lux Flakes
Wool Mix (Martha Gardiner)
Latex rubber teat
Paw paw ointment

Animal List

List subject to change

DRY DOG FOODS

PEDIGREE Meaty Bites
GOOD-O Real Beef
GOOD-O with chicken
GOOD-O with beef
CHUM beef bone vegetable
LUCKY DOG beef veges
marrowbone
MY DOG prime beef garden veges
Schmackos Strapz real liver
Schmackos Stix with real beef
Schmackos Strapz with real chicken
Hills Science Diet Adult Dog
Vets Rewards Dried Liver
lams chicken
Waltham Joint Support
Eukanuba Premium

WET DOG FOODS

PAL beef & marrowbone
PAL chicken & marrowbone
MY DOG chicken turkey BBQ
MY DOG country lamb & liver
MY DOG beef & garden veges
MY DOG prime beef & veal
MY DOG beef fish veges
CHUM with chicken
CHUM with 3 meats
CHUM with lamb
Pedigree Puppy original
Pedigree Puppy lamb & veges
Pedigree Puppy tender chicken
Pedigree Puppy chicken turkey
Pedigree Puppy chicken & gravey
Pedigree Mature with beef
Pedigree Traditional chicken
marrowbone
Pedigree Natural healthy growth
NATURES GIFT rice chicken &
veges
NATURES GIFT beef barley veges
NATURES GIFT chicken oats veges
NATURES GIFT lamb pasta veges
NATURES GIFT PUPPY chicken
BANQUET gormet chicken salmon

FRESH FOODS

Roo
Beef
Lamb
Pork
Chicken
Bacon
Ham
Turkey
Canola Oil
Olive Oil

FRUIT

Apples
Banana
Watermelon
Grapes
Pawpaw
Pears

DAIRY

Butter
Margarine
Cheese
Cows Milk
Chocolate
Ice Cream
Custard
Eggs

CAT FOODS

Kit E Cat with lamb
Kit E Cat with chicken
Kit E Cat with sardines
Kit E Cat with meat liver
Kit E Cat with sardine cutletts
Snappy Tom tuna with chicken
Whiskas Kitten lamb veges
Whiskas with snapper & mackrell
Whiskas Casserole with beef &
veges
Whiskas Casserole with chicken &
lamb
Whiskas Top adult
Whiskas Vita-Bites Adult ocean fish
flavour
Dine Special Blend chicken veal
veges
Dine beef & heart banquet
Dine seafood and chicken mornay
Hills Science Diet kitten
Hills Science Diet adult cat
Pets Own Lactose-Free Milk

PETRO CHEMICALS

Petrol
Kerosene
Motor Oil

VEGETABLES

Potato
Tomato
Capsicum
Cabbage
Cauliflower
Brussell Sprouts
Broccoli
Silverbeet
Zucchini
Pumpkin
Peas
Carrot
Turnip
Button Squash
Beans
Sweet Potato
Avocado
Shallots
Onion
Mushrooms
Garlic

GRAINS & CEREALS

White Flour
Wholemeal Flour
Yeast
Cornflour
White Rice
Brown Rice
Pasta
Lentils
Kidney Beans
Oats
Vitabix
Weet Bix
Salt
Vegemite
Promite
Peanut Butter

SHAMPOO / MEDICATIONS

Sebolyse Med. Foam
Malaseb Med Foam
Proban Di-Flea
Pet Plus-Lustreaid Col
Exelpet Ezy-Dose Intestinal All-
Wormer
Exelpet Flea Liquidator
Exelpet Fleaban Collar
Exelpet Medicated Shampoo
Friskies Flea Shampoo
Epi-Smoother Oatmeal
Epi-Smoother Conditioner
Fido's Everyday Shampoo
DR HARRY Herbal Shampoo
Canex Cube
Heartgard-30 Plus
Protexin
Missing Link
Advantage Duo Flea Ampule
Frontline Plus Flea
Interceptor Brown Tablet
Mortein Plus Flyspray
Leo Ear Cleaner

OTHER

Wool Mix
Lucous Pawpaw Ointment
Dynamo
Omo
Mosquito
Flea
Wool
Cotton
Polyester
Dustmite
Couch Grass
Clover Weed
Paspalum Grass

SEAFOOD

Fresh Fish
Tinned Tuna
Tinned Salmon

EXTRA ITEMS

PUPPUCCINO
PUPPACHOC
CAROB DROPS
YOGHURT DROPS
CAROB cookies
MILK cookies
KONG Mini-Snaps
KONG Liver Snaps
SNACK BONES white
SNACK BONES cheese
SNACK BONES red
SNACK BONES green
SNACK BONES chicken
DENTAL BONES
DELI BONES Salmon Slobbers
DELI BONES Gar-Lic cheese
DELI BONES Peamutt Munch
DELI BONES Liver Plus
ZIWI Peak venison (dry)
ZIWI Peak venison (wet)
ZIWI Peak venison& mussel
ZIWI Peak beef
ZIWI Peak Lamb
ZIWI Peak Lamb & Liver
ZIWI Peak fish & venison
NATURAL dried fish
NATURAL dried liver
NATURAL dried Lamb
ROO Tail dried
PIGS EAR
THROW STICKS
ROO & OSTRICH sticks
CHICKEN Sticky Bits
TREATS for PETS Beefy Bites
K9 chunky beef
K9 health roll
K9 steak and kidney
OZZIE DOG beef roll
OZZIE DOG chicken roll
QUIT ITCH lotion
OAKWOOD Shampoo green
OAKWOOD Shampoo pink
OAKWOOD Conditioner white
OAKWOOD Shampoo blue
OAKWOOD Anti Tangle Spray
OAKWOOD Odour Eliminator
FIDO'S Flea Shampoo
FIDO'S Allergy Relief
FIDO'S fresh coat spray
FIDO'S herbal shampoo
FIDO'S Emu Oil shampoo
FIDO'S Aloe Shampoo
FIDO'S Black Gloss Shampoo
FIDO'S Oatmeal shampoo
BIO GROOM Fluffy Puppy
BIO Groome Crème Rinse
BLUE RIBBON Insecticide
TRIPPLE PET skin cream
TRIPPLE PET toothpaste
THERAPET Conditioner Spritz
THERAPET Nat Healing Balm
THERAPET Shampoo
PETKIN Oral Care toothpaste