VEGETARIAN / VEGAN CHART

Use this chart to determine which GO Healthy products are vegetarian and vegan friendly.

This is not to be provided to patients or customers.

GO HEALTHY PRODUCT	VEGETARIAN	VEGAN	REASON
GO 5-HTP 160mg	✓	✓	
GO Adrenal Support	✓	X	Contains duck feather
GO Allergy Support	✓	X	Contains duck feather
GO Antibiotic Support	✓	✓	
GO Apple Cider Vinegar 1,000mg	✓	✓	
GO Apple Cider Vinegar 1,000mg With Capsi-Slim	✓	✓	
GO Ashwagandha 8,000+	✓	✓	
GO B Complex	✓	✓	
GO Beautiful Skin	X	X	Collagen is marine derived
GO Bilberry 30,000mg	✓	✓	
GO Calcium 1-A-Day	X	X	Supplied in a gelatine capsule
GO Capsi-Slim 1-A-Day	✓	✓	
GO Celery 16,000	✓	✓	
GO Chaga Mushroom Antioxidant	✓	✓	
GO Cherry Sleep	✓	✓	
GO Cholesterol Shield	X	X	Supplied in a gelatine capsule
GO Chromium 3,340mcg	✓	✓	
GO Co-Q10 160mg	✓	✓	
GO Co-Q10 300mg	X	X	Supplied in a gelatine capsule, and contains Vitamin D3 derived from sheep lanolin
GO COQ10 400mg	X	X	Supplied in a gelatine capsule

GO HEALTHY PRODUCT	VEGETARIAN	VEGAN	REASON
GO Co-Q10 450mg BioActive 1-A-Day	X	X	Contains seafood, supplied in a gelatine capsule, and contains Vitamin D3 derived from sheep lanolin
GO Co-Q10 Ubiquinol	X	X	Supplied in a gelatine capsule
GO Cold-Sor Support	✓	✓	
GO Collagen for Joints	X	X	Collagen is marine derived, and contains Vitamin D3 derived from sheep lanolin
GO Collagen Powder New Zealand Blackcurrant	X	X	Contains collagen from marine source (fish)
GO Collagen Powder Unflavoured	X	X	Contains collagen from marine source (fish)
GO Cranberry 60,000+	✓	✓	
GO Cranberry Plus Rapid Release	✓	✓	
GO D-Mannose 1,200mg	✓	✓	
GO De-Congest	✓	✓	
GO Evening Primrose Oil	X	X	Supplied in a gelatine capsule
GO Ester-C + Bioflavonoids	✓	✓	
GO Ester-C High Strength + Bioflavonoids	✓	✓	
GO Fenugreek 3,000mg	✓	✓	
GO Fish Oil 1,500mg	X	X	Contains seafood, and supplied in a gelatine capsule
GO Fish Oil 2,000mg Compact	X	X	Contains seafood, and supplied in a gelatine capsule
GO Fish Oil 1-A-Day + Vitamin D3 1,000IU	X	X	Contains seafood, supplied in a gelatine capsule, and contains Vitamin D3 derived from sheep lanolin
GO Flaxseed Oil 1,000mg	X	X	Supplied in a gelatine capsule
GO Flaxseed Oil 1,500mg	X	X	Supplied in a gelatine capsule
GO Flora Repair	✓	✓	

GO HEALTHY PRODUCT	VEGETARIAN	VEGAN	REASON
GO Ginkgo 9,000+	✓	X	Contains duck feather
GO Glucosamine 1-A-Day	X	X	Contains marine derived ingredients
GO Glucosamine Daily	✓	✓	Certified vegan
GO Grape Seed 60,000mg	✓	✓	
GO Hair Skin Nails	X	X	Contains Vitamin D3 derived from sheep lanolin
GO Hemp Seed Oil 1,100mg New Zealand Grown	X	X	Supplied in a gelatine capsule
GO Hemp Seed Oil Plus Tart Cherry & 5-HTP	X	X	Supplied in a gelatine capsule
GO Hemp Seed Oil Plus Turmeric	X	X	Supplied in a gelatine capsule
GO Hormone Support	✓	X	Contains duck feather
GO Iron for Women	✓	✓	
GO K2 75mcg	✓	✓	
GO Kava 4,200mg 1-A-Day	✓	✓	
GO Kids Vir-Defence Immune	✓	X	Contains Vitamin D3 derived from lanolin
GO Kids Vitamin C 260mg	✓	✓	
GO Kombucha 500mg Plus Probiotic 12B 1-A-Day	✓	✓	
GO Krill Oil 750mg	X	X	Contains seafood, and supplied in a gelatine capsule
GO Krill Oil 1,500mg	X	X	Contains seafood, and supplied in a gelatine capsule
GO Lecithin 1,500mg	X	X	Supplied in a gelatine capsule
GO Lion's Mane Mushroom Focus	✓	✓	
GO Liver Detox	✓	✓	
GO Lysine 1,000mg	X	X	Supplied in a gelatine capsule

GO HEALTHY PRODUCT	VEGETARIAN	VEGAN	REASON
GO Magnesium 1-A-Day	✓	✓	
GO Magnesium 725mg Aspartate Complex	✓	✓	
GO Magnesium 800	✓	✓	
GO Magnesium Powder	✓	X	Contains Vitamin D3 derived from sheep lanolin
GO Magnesium Sleep	✓	✓	
GO Man Plus	✓	X	Contains deer velvet
GO Men's Multi Advanced	✓	X	Contains vitamin D3 derived from sheep lanolin, and calcium from oyster shell
GO Meno-Free	✓	✓	
GO Milk Thistle 50,000	✓	✓	
GO Multi Everyday	✓	X	Contains Vitamin D3 derived from sheep lanolin
GO Mushroom Immune Complex	✓	✓	
GO Mussel 2,600mg	X	X	Contains mussel
GO Mussel 19,000mg	X	X	Contains mussel, and supplied in a gelatine capsule
GO Mussel Oil 35,000 New Zealand Green Lipped 1-A-Day	X	X	Contains mussel, and supplied in a gelatine capsule
GO Olive Leaf 20,000mg	✓	✓	
GO Oyster + Zinc	X	X	Contains oyster
GO Placenta 20,000mg	X	X	Animal derived, and supplied in a gelatine capsule
GO Probiotic 40 Billion	✓	✓	
GO Probiotic 75 Billion	✓	✓	
GO Propolis	X	X	Bee derived, and supplied in a gelatine capsule
GO Prostate Protect	✓	✓	

GO HEALTHY PRODUCT	VEGETARIAN	VEGAN	REASON
GO Reishi Mushroom Relax	✓	✓	
GO Royal Jelly	X	X	Bee derived, and supplied in a gelatine capsule
GO Selenium 150mcg	✓	✓	
GO Shark Cartilage 750mg	X	X	Animal derived, and supplied in a gelatine capsule
GO Sleep Support	✓	✓	
GO Slim Garcinia Gold	X	X	Supplied in a gelatine capsule
GO Slippery Elm 600mg	✓	✓	
GO Squalene 1,000mg	X	X	Animal derived, and supplied in a gelatine capsule
GO Stress Remedy	✓	✓	
GO Thyroid Protect	✓	✓	
GO Turmeric 30,000+ 1-A-Day	✓	✓	
GO Turmeric & Glucosamine 1-A-Day	X	X	Contains marine derived ingredients
GO Vir-Defence	✓	✓	
GO Vir-Defence Extra + Ester-C®	✓	✓	
GO Vir-Defence Rapid Release	✓	✓	
GO Vision Protect	✓	✓	
GO Vitamin C 500mg Chewables	✓	✓	
GO Vitamin C + Manuka Honey Chews	✓	X	Contains honey
GO Vitamin D3 1000IU	✓	X	Contains Vitamin D3 derived from sheep lanolin
GO Vitamin D3 1,000IUs Plus with Vitamin C & Zinc	✓	X	Contains Vitamin D3 derived from sheep lanolin
GO Vitamin E 500IU + Co-Q10	X	X	Supplied in a gelatine capsule

GO HEALTHY PRODUCT	VEGETARIAN	VEGAN	REASON
GO Woman Plus	✓	X	Contains deer velvet
GO Women's Multi Advanced	✓	X	Contains vitamin D3 derived from sheep lanolin
GO Zinc Complex	✓	✓	