

# The Reference Point's Shopping List Helper

## Snacks

- Almond Clusters
- Almonds
- Apricots, dried
- Brazil Nuts
- Cashew Clusters
- Cashews
- Chia Seeds
- Cran/Blueberry Clusters
- Energy Nut Mix
- Hemp Seeds
- Nut & Berry Clusters
- Nuts about Berries
- Organic Food Bars
- Oriental Rice Snacks
- Pea Protein
- Pecans
- Pineapple Rings
- Popcorn
- Pumpkin Clusters
- Pumpkin Seeds
- Sesame Sticks
- Sunflower Seeds
- Tamari Almonds
- Triple Omega Seed Mix
- Tropical Fruit Dices
- Walnuts

## Convenience

- Black Ointment
- Cold Sore Relief
- Colostrum Cream
- Heal Cream
- Injur-Heal Balm
- Ozene
- Rash Ointment
- Sitting Pretty

## Dental Care

- Toothpaste
- Mouth Tonic
- Travel Spritz

## Cooking

- Coco Mix
- Coco Powder
- Coconut Oil
- EFA Oil
- Flax Oil
- Honey
- Olive Oil
- Pine Nuts
- Sesame Oil
- Stevia Packets

## Face & Beauty

- Coconut Oil
- Conditioner
- Dark Spot Serum
- Deodorant
- Deodorant Refills
- Facial Cleanser
- Facial Tonic
- HA Repair Cream
- Hand & Body Lotion
- Handmade Soaps
- Shampoo
- Skin Brushes
- Skin Serum

## Body Pain

- Arnica Gel
- Cayenne Heat
- DeepBlue Rub
- Fibro Cream
- Nerve Cream
- Varicose Cream
- Zeo Mineral Cream

## Notes

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