



## FACTS ABOUT GUMMI KING™ VITAMINS

Gummi King™ recognizes that not everybody thinks about food in the same way. That is why Gummi King™ makes products that vegetarians can enjoy too. Do you know what a vegetarian is?

A vegetarian is someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products and eggs.

A vegetarian does not eat meat, poultry, game, fish, shellfish or crustacean, or by-products such as gelatin or animal fats.

Did you know that there are many kinds of vegetarians?

### **Vegan**

Someone who is vegan, like a vegetarian does not eat meat, poultry, game, fish, shellfish or crustaceans. They also do not eat dairy products, eggs, or any other animal product. They are sometimes called "strict vegetarians."

### **Lacto-vegetarians**

A vegetarian who eats dairy products but not eggs.

### **Ovo-vegetarians**

Someone who eats eggs but not dairy products.

### **Lacto-ovo-vegetarians**

A vegetarian who eats both dairy products and eggs. This is the most common type of vegetarian diet.

### **Macrobiotic Diet**

This is a diet that someone follows for spiritual and philosophical reasons. It aims to maintain a balance between foods seen as ying (positive) or yang (negative). The diet progresses through ten levels, where each level becomes increasingly restrictive. Not all levels are vegetarian, though each level gradually eliminates animal products. The highest levels eliminate fruits and vegetables, eventually reaching the level of a brown rice diet.

