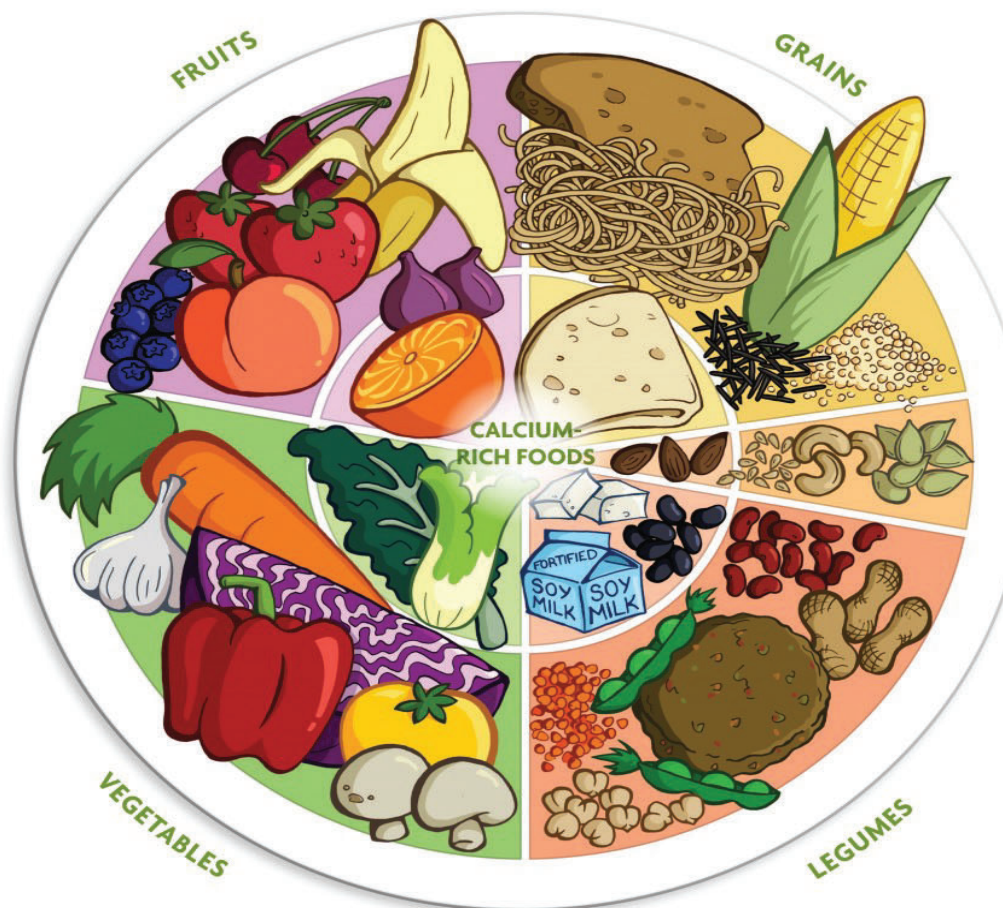


## Appendix One: Eat Well Guide

### THE VEGAN PLATE



\*Omega 3s  
Vitamin B<sub>12</sub>  
Vitamin D  
Iodine

## Appendix Two: Medicines derived from animal products

Drug(s)/ Product	Source
Creon capsules, Fragmin	Currently derived from porcine sources
Havrix, Engerix B, Avaxim, Adcal D3 (except caplets) , Accrete D3	Derived from bovine sources
Epoietin-alfa	Derived from Chinese hamster ovaries
Infliximab	Currently derived from murine (mouse) sources
Influenza vaccine	Majority of influenza vaccines are derived from eggs (a product not derived from eggs is available)
Premarin tablets	Derived from equine sources
Bee pollen	Gathered by bees and collected from legs of bees
Chitin	From insects and crustaceans
Chymotrypsin	Ox pancreas
Cochineal/carmine/carmineic acid	Red pigment from crushed cochineal insects
Disodium inosinate	From meat extract
Gelatin	From cows or pigs. Used for many capsules
Lactose	From cows' milk. Usually made synthetically (Common filler in tablets)
Lanolin	Fat extracted from sheep's wool
Oleic oil and oleostearin	From pressed tallow - rendered form of beef or mutton fat
Stearic acid	Fat from cows, sheep, dogs or cats. Can be obtained from vegetable sources
Trypsin	Enzyme from pork pancreas