

No-Pain/Have-Pain Foods

List and advice from
Supreme Master Ching Hai (vegan)

Please note: We will update when possible with more
No-pain and Have-pain foods. This is not a complete list.

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SupremeMasterTV.com/NoPainFood **Cilantros/Corianders**
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Cilantros/Corianders

Bolero cilantro

N



Calypso cilantro

N



Caribe cilantro

N



Confetti cilantro

N



Cruiser cilantro

N



Delfino cilantro

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Dwarf Lemon cilantro

N



Leisure cilantro

N



Marino cilantro

N



Poke Joe cilantro

N



Rak Tamachat cilantro

N



Santo (Long Standing) cilantro

N



SupremeMasterTV.com/NoPainFood Cilantros/Corianders
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Standby cilantro

P



Sunmaster cilantro

N



RCr-446 coriander

P



Thüringer coriander

N



Yantar coriander (Jantar)

N



(N = No Pain, P = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Leaf Parsleys

Banquet parsley

N



Champion Moss Curled parsley

N



Darki parsley

P



Extra Triple Curled parsley

N



Festival 68 parsley

N



Forest Green parsley

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Frisé Vert Foncé parsley

N



Gigante d'Italia parsley

P



Gigante di Napoli parsley

N



Green Pearl parsley

N



Hilmar parsley

N



Kaderava parsley

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Krausa parsley

N



Moss Curled II parsley

N



Paramount parsley

N



Petra parsley

N



Plain Leaved 2 parsley

N



Titan parsley

P



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Triple Moss Curled parsley

N



Root Parsleys

Arat parsley

N



Berliner parsley

N



Eagle parsley

P



Hilmar parsley

N



Osborne Root parsley

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Dills

Ambrosia dill

N



Bouquet dill

N



Dukat dill

N



Elephant dill

N



Fernleaf dill

N



Hera dill

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Hercules dill

N



Long Island Mammoth dill

N



Superdukat dill

N



Teddy dill

N



Gold Crown dill

N



Vierling dill

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Radishes

Bainiang radish (白娘)

N



Black Spanish Long radish

P



Black Spanish Round radish

P



Cherry Belle radish

N



Crimson Giant radish

N



Daikon Minowase radish

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Daikon Misato Rose radish

N



Early Scarlet Globe radish

N



French Breakfast radish

N



Korean Mu radish

N



Meihua radish (梅花)

N



Meinong White Jade radish
(美濃白玉)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

München Bier radish

N



Pink Beauty radish

N



Purple Plum radish

N



Rat's Tail radish

N



Red Dragon radish

N



Rudi radish

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Sakurajima radish

N



Shunkyo radish

N



White Beauty radish

N



White Icicle radish

N



Yongxiang radish (永祥)

N



Zlata radish

N



Vietnamese coriander
Vietnamese-grown (Rau răm)

type 1 (grown in Cần Thơ)
N



type 2 (grown in Đà Nẵng)
P



type 3 (grown in Hà Nội)
N



type 4 (grown in HCM CT)
N



Cambodian-grown (Chi krasang)
type 1
N



type 2
P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Indian-grown (Phak phai)

type 1
(grown in Manipur region)
N



type 2
(grown in Manipur region)
P



type 3
(grown in Manipur region)
N



type 4
(grown in Manipur region)
N



French-grown

type 1
P



type 2
P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

German-grown

type 1

N



type 2

N



Indonesian-grown (Daun kesum)

type 1

N



type 2

N



Japanese-grown

type 1

P



type 2

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Laotian-grown (Phak phaew)

type 1

N



type 2

(grown in Xayabouri)

N



Malaysian-grown (Daun kesum)

type 1

N



type 2

N



Philippine-grown

type 1

P



type 2

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Thai-grown (Phak phaew)

type 1
(grown in Maha Sarakham)

P



type 2

N



Australian-grown

N



UK-grown

P



Canadian-grown

N



Chinese-grown

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Dutch-grown

P



Irish-grown

P



Italian-grown

P



Korean-grown

P



Myanmar-grown (Phetphe)

P



New Zealand-grown

P



SupremeMasterTV.com/NoPainFood Vietnamese coriander
(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Singaporean-grown (Daun laksa) **N** Taiwanese-grown **N**



type 1 **P** US-grown type 2 **P**



type 3 **N**



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Bamboo Shoots

Bambusa blumeana
bamboo shoot (刺竹筍)

N



Bambusa edulis (Odashima) Keng
bamboo shoot (烏殼綠竹筍)

N



Bambusa oldhamii
bamboo shoot (綠竹筍)

N



Dendrocalamus brandisii
bamboo shoot (甜龍筍)

N



Dendrocalamus giganteus
bamboo shoot (巨竹筍)

N



Dendrocalamus latiflorus
bamboo shoot (麻竹筍)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Phyllostachys edulis
bamboo shoot (孟宗筍)**

N



**Phyllostachys makinoi Hayata
bamboo shoot (桂竹筍)**

N



**Pseudosasa usawai
bamboo shoot (箭筍)**

N



Endives

Benefine endive

N



Blonde à Coeur Plein endive

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Bubikopf endive

N



Cornet de Bordeaux endive

N



De Meaux endive

N



Eros F1 endive

N



Full Heart Batavian endive

N



Géante Maraîchère endive

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Green Curled Ruffec endive

N



Grosse Pancalière endive

N



Korbi RZ endive

N



Rhodos endive

N



Salad King endive

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Sages

Berggarten sage

N



Extrakta sage

N



Holt's Mammoth sage

N



Peppermints

French-grown

type 1

(grown in Nouvelle-Aquitaine)

P



type 2

(grown in Provence)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

(grown in Île-de-France)

N



type 4

(grown in Grand Est)

P



Australian-grown

type 1

(grown in Tasmanina)

N



type 2

(grown in central Victoria)

N



Italian-grown

type 1

(grown in Puglia)

N



type 2

(grown in Piedmont)

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Tuscany)
N



type 4
(grown in Puglia)
P



type 1
(grown in Maranhão)
N

Brazilian-grown



type 2
P



type 1
(grown in Kentucky)
P

US-grown



type 2
(grown in Arkansas)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Minnesota)

N



type 4
(grown in Pennsylvania)

N



Czech-grown

type 1
(grown in Hradec Králové)

N



type 2

P



type 1
(grown in Matrouh)

N



Egyptian-grown

type 2
(grown in New Valley)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 1
(grown in Uttar Pradesh)**

N



Indian-grown

**type 2
(grown in Uttar Pradesh)**

N



type 1

Iranian-grown

**type 2
(grown in Mazandaran)**

N



N



type 1

Moroccan-grown

type 2

P



N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Taiwanese-grown

type 1
N



type 2
N



Vietnamese-grown

type 1
(grown in Cần Thơ)
N



type 2
(grown in Đà Nẵng)
N



Argentine-grown
N



Austrian-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

UK-grown

P



Canadian-grown

N



Chinese-grown

N



Colombian-grown

N



Danish-grown

N



Dutch-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Finnish-grown

N



German-grown

N



Greek-grown

N



Hungarian-grown

N



Japanese-grown

N



Korean-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Mexican-grown

N



New Zealand-grown

P



Nigerian-grown

N



Polish-grown

N



Russian-grown

N



Slovenian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Spanish-grown

N



Swiss-grown

N



Swedish-grown

N



Thai-grown

N



Turkish-grown

N



Ukrainian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Spearmints
US-grown

type 1 (grown in Alaska)

N



type 2

N



type 3

N



type 4 (grown in Florida)

P



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Egyptian-grown

type 1

N



type 2 (grown in North Sinai)

N



type 3

P



type 4

N



Argentine-grown

type 1

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

German-grown

type 1
P



type 2
N



type 3
N



type 4
N



Bangladeshi-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Greek-grown

type 1
(grown in Central Macedonia)

N

type 2
(grown in Central Macedonia)

P



type 3

N

type 4

N



type 1

N

Colombian-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Spanish-grown

type 1

P



type 2

N



type 3

N



type 4

N



Costa Rican-grown

type 1

P



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Dalarnas län)
N



type 2
N



type 3
N



type 4
N



Finnish-grown

type 1 (grown in Uusimaa)
N



type 2 (grown in Uusimaa)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

French-grown

type 1

N



type 2

N



Indian-grown

type 1

P



type 2

N



Indonesian-grown

type 1

N



type 2

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Italian-grown

type 1

N



type 2

N



Japanese-grown

type 1 (grown in Tokyo)

N



type 2 (grown in Yamaguchi)

N



Philippine-grown

type 1

N



type 2

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N



Vietnamese-grown

type 2
N



Algerian-grown
N



Australian-grown
N



UK-grown
N



Canadian-grown
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Brazilian-grown

type 2

N



type 3

N



Chilean-grown

P



Chinese-grown

N



Danish-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N

Mexican-grown

type 2

N



type 3

N

Dutch-grown

N



Ecuadorian-grown

N

Georgian-grown

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Moroccan-grown

N



type 2

N



type 3

P



Honduran-grown

N



Hungarian-grown

N



Iranian-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Iraqi-grown
P**



**Israeli-grown
N**



**Lebanese-grown
P**



**Malaysian-grown
N**



**Maltese-grown
N**



**Pakistani-grown
N**



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Peruvian-grown
N**



**Polish-grown
N**



**Russian-grown
N**



**Salvadoran-grown
P**



**Singaporean-grown
N**



**Slovak-grown
N**



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

South Korean-grown
P



Sri Lankan-grown
N



Tunisian-grown
N



Turkish-grown
N



Tamarinds
Indian-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Karnataka)

N



type 4
(grown in Tamil Nadu)

N



type 5
(grown in Andhra Pradesh)

N



type 6
(grown in Maharashtra)

N



type 1

N



Brazilian-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in São Paulo)

N



type 4

N



type 1

N



Cambodian-grown

type 2

N



type 1

N



Indonesian-grown

type 2

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
N



type 4
(grown in East Java)
N



type 1Dominican Republic-grown
type 2
N



type 1Kenyan-grown
type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1
(grown in North Sinai)

N



Egyptian-grown

type 2

N



type 1
(grown in Colima)

N



Mexican-grown

type 2
(grown in Jalisco)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Quintana Roo)

N



type 4
(grown in Colima)

N



type 1

N



Guatemalan-grown

type 2

N



type 1

N



Philippine-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1

N



Laotian-grown

type 2
(grown in Vientiane Province)

N



type 1
(grown in Phetchabun)

N



Thai-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Loei)

N



type 4
(grown in Uttaradit)

N



Malaysian-grown

type 1

N



type 2

N



US-grown

type 1
(grown in Florida)

N



type 2
(grown in Florida)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1
(grown in Abuja)

N



Nigerian-grown

type 2

N



Vietnamese-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3

N



type 4

N



type 1

N



Sri Lankan-grown

type 2

N



Tanzanian-grown

type 1

N



type 2
(grown in Dar es Salaam)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N



Ugandan-grown

type 2
N



Australian-grown
N



Bangladeshi-grown
N



Burkinabé-grown
N



Chinese-grown
(grown in Yunnan)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Colombian-grown

N



Grenadian-grown

N



Haitian-grown

N



Iranian-grown

N



Jamaican-grown

N



Myanmar-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Nicaraguan-grown

N



Omani-grown

N



Panamanian-grown

N



Peruvian-grown

N



El Salvador-grown
(grown in San Salvador)

N



Saudi-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Singaporean-grown

N



Taiwanese-grown

N



Zambian-grown

N



Muen Jong tamarind (หมื่นจง)

N



**Phet Amphon tamarind
(เพชรอำพน)**

N



**Phet Manee tamarind
(เพชรมนั)**

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Phet Prakai Thong tamarind
(เพชรประกายทอง)**

N



**Phet Sap Phuiep tamarind
(เพชรซำเป๊อ)**

N



**Sri Chomphu tamarind
(ศรีชมพู)**

N



**Sri Phakdi tamarind
(ศรีภักดี)**

N



Si Thong tamarind (สีทอง)

N



PKM tamarind

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Culantros
US-grown

type 1
(grown in California)
N



type 2
N



type 3
(grown in Florida)
N



type 4
(grown in Hawaii)
N



type 5
(grown in Texas)
N



type 6
(grown in Texas)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
(grown in Puerto Rico)

N



type 8
(grown in Puerto Rico)

N



type 9
(grown in Puerto Rico)

N



type 10
(grown in Puerto Rico)

N



type 1
(grown in Queensland)

N



Australian-grown

type 2
(grown in Queensland)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Thai-grown

type 1

N



type 2

N



type 3

N



type 4

(grown in Nakhon Phanom)

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Honduran-grown
N



type 2
N



type 3
N



type 4
N



type 1 Canadian-grown
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N

Indian-grown



type 2

N



type 3

(grown in Assam)

N



type 4

(grown in Karnataka)

N



type 1

N

Colombian-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N Taiwanese-grown



type 2
N



type 3
(grown in Kaohsiung)
N



type 4
N



type 1
(grown in Alajuela)
N Costa Rican-grown



type 2
(grown in San José)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Vietnamese-grown

N



type 2

N



type 3

N



type 4

N



type 1 Guatemalan-grown

(grown in Alta Verapaz)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 New Zealand-grown

N



type 2
(grown in Waikato)

N



type 1 Panamanian-grown

N



type 2

N



type 1 Sri Lankan-grown

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 **Bangladeshi-grown**

N



type 2

N



type 3

N



Bolivian-grown

N



**Cambodian-grown
(grown in Kampong Chhnang)**

N



**Chinese-grown
(grown in Yunnan)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Jamaican-grown

N



type 2

N



type 3

N



Antiguan-grown

N



Salvadoran-grown

N



Indonesian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N



Malaysian-grown

type 2
N



type 3
(grown in Selangor)
N



Laotian-grown
N



French-grown
(grown in Martinique)
N



Mexican-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Trinidadian-grown
type 1

N



type 2

N



type 3

N



Myanmar-grown

N



Nepalese-grown

N



Nicaraguan-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Oxfordshire)

N



UK-grown

type 2
(grown in Warwickshire)

N



type 3
(grown in British Virgin Islands)

N



Singaporean-grown

N



Philippine-grown
(grown in Pampanga)

N



Peruvian-grown
(grown in Mariscal Ramón Castilla)

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Venezuelan-grown
N



Ceylon Cinnamon
Malagasy-grown

type 1
N



type 2
N



type 3
N



type 4
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Sri Lankan-grown

type 1
(grown in Matara)
N



type 2
(grown in Matara)
N



type 3
(grown in Matara)
N



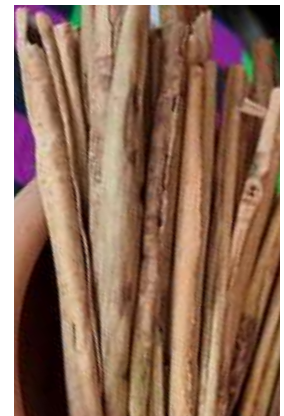
type 4
(grown in Kalutara)
N



type 5
(grown in Galle)
N



type 6
(grown in Galle)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Mexican-grown

type 1
(grown in Puebla)
N



type 2
(grown in Jalisco)
N



type 3
N



type 4
N



Grenadian-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in Hawaii)
N



type 2
(grown in Hawaii)
N



type 3
(grown in Connecticut)
N



type 4
(grown in California)
N



Indonesian-grown

type 1
N



type 2
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Tanzanian-grown

type 1

N



type 2

(grown in Tanga Region)

N



type 3

(grown in Zanzibar)

N



Indian-grown

N



Dominican Republic-grown

N



**Honduran-grown
(grown in Colón)**

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Japanese-grown

N



Malaysian-grown

N



Spanish-grown

N



**Sri Gemunu
ceylon cinnamon**

N



**Sri Wijaya
ceylon cinnamon**

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Cassia Cinnamon

Vietnamese-grown

type 1

(grown in Nghệ An)

N



type 2

(grown in Nghệ An)

N



type 3

(grown in Quảng Nam)

N



type 4

(grown in Quảng Nam)

N



type 5

(grown in Quảng Nam)

N



type 6

(grown in Quảng Nam)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 7
(grown in Yên Bái)**

N



**type 8
(grown in Yên Bái)**

N



**type 9
(grown in Quảng Ngãi)**

N



**type 10
(grown in Quảng Ngãi)**

N



**type 11
(grown in Quảng Ngãi)**

N



**type 12
(grown in Thái Nguyên)**

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Chinese-grown

type 1
(grown in Guangdong)
P

type 2
(grown in Luoding, Guangdong)
P



type 3
(grown in Guangxi)
P

type 4
(grown in Guangxi)
P



type 5
(grown in Fangcheng, Guangxi)
P

type 6
(grown in Yunnan)
P



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in West Sumatra)
P



Indonesian-grown

type 2
(grown in West Sumatra)
N



type 3
(grown in Jambi)
P



type 4
(grown in Jambi)
P



type 5
(grown in Jambi)
N



type 6
(grown in Jambi)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Sabah)
N



type 2
(grown in Sabah)
N



type 1
N



type 2
(grown in California)
N



Indian-grown
N



Taiwanese-grown
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Native Cinnamon

Indian Native Cinnamon

type 1 (*Cinnamomum tamala*)

N



type 2

N



type 3

P



type 4

P



Cambodian Native Cinnamon
(*Cinnamomum cambodianum*)

type 1

N



type 2

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Taiwanese Native Cinnamon
(*Cinnamomum osmophloeum*)

type 1
P



type 2
(grown in Taipei)
N



type 3
(grown in Taichung)
N



type 4
(grown in Pingtung)
N



Japanese Native Cinnamon
(*Cinnamomum sieboldii*)

type 1
P



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Curry Leaves

type 1
(grown in Melbourne)
N

Australian-grown

type 2
(grown in New South Wales)
N



type 3
(grown in Queensland)
N

type 4
N



type 5
N

type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Leicester)

N



UK-grown

type 2
(grown in East Sussex)

N



type 3
(grown in Nuneaton)

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Kerala)

N



Indian-grown

type 2

N



type 3

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Philippine-grown

type 1
(grown in Laguna)
N



type 2
(grown in Mindanao)
N



type 3
(grown in Davao City)
N



type 4
(grown in Bulacan)
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Kaohsiung)
N



Taiwanese-grown

type 2
(grown in Tainan)
N



type 3
(grown in Nantou)
N



type 4
N



type 5
N



Botswanan-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in Phonenix)
N



type 2
(grown in Texas)
N



type 3
N



type 4
N



Bangladeshi-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Brazilian-grown

type 1

N



type 2

N



Malaysian-grown

type 1

(grown in Johor)

N



type 2

(grown in Johor)

N



Mexican-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 New Zealand-grown
(grown in Auckland)
N



type 2
N



type 1 Thai-grown
N



type 2
N



type 1 Bhutanese-grown type 2
(grown in Lhuentse) (grown in Tsirang)
N **N**



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 **Canadian-grown**
(grown in Alberta)
N



type 2
(grown in Toronto)
N



type 3
(grown in Ontario)
N



Chinese-grown
N



type 1 **Ugandan-grown**
(grown in Kampala)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N

Indonesian-grown



type 2

N



type 3

N

Colombian-grown

N



type 1

Vietnamese-grown
(grown in HCM CT)

N

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
N



type 2
N



type 3
(grown in Miyazaki)
N



German-grown
N



Ghanaian-grown
N



Myanmar-grown
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



Nepalese-grown

type 2

N



type 3

N



Pakistani-grown

N



**Palauan-grown
(grown in Ngeremlengui)**

N



**South African-grown
(grown in Johannesburg)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Singaporean-grown

N



type 2

N



type 3

N



Sri Lankan-grown

N



Tanzanian-grown

N



Zambian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Lemon Basils
US-grown

type 1
(grown in Florida)

N



type 2
(grown in Los Angeles)

N



type 3
(grown in Tennessee)

N



type 4
(grown in Texas)

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Indian-grown

type 2

N



type 3

N



type 4

N



type 1

N



Australian-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Indonesian-grown

type 2

N



type 3

N



type 4

N



type 1

N



UK-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N

Malaysian-grown

type 2

N



type 3

N

type 4

N



Chinese-grown
(grown in Guangxi)

N

Hong Kong-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Thai-grown

type 2

N



type 3

N



type 4

N



type 1

N



German-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Canadian-grown

type 2

N



type 3

N



Dutch-grown

N



type 1

(grown in Kobe City)

N



Japanese-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Nigerian-grown

type 2

N



type 3

N



Emirati-grown

N



type 1

South African-grown

(grown in Eastern Cape)

N



type 2

(grown in Gauteng)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Bahawalpur)
N



type 2
N



type 3
N



French-grown
(grown in Martinique)
N



type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Philippine-grown

type 2

N



type 3

N



Ghanaian-grown

N



Laotian-grown

N



South Korean-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Singaporean-grown

N



type 2

N



type 3

N



Swedish-grown

N



Vietnamese-grown

N



Zambian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Perilla Leaves

type 1
(grown in Chongqing)

N



type 2
(grown in Fujian)

N



type 3
(grown in Guangdong)

N



type 4
(grown in Guangxi)

N



type 5
(grown in Guizhou)

N



type 6
(grown in Hubei)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
(grown in Hunan)

N



type 8
(grown in Jiangxi)

N



type 9

P



type 10

N



type 1

N



Hong Kong-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Chiayi)

N



type 2
(grown in Hsinchu)

N



type 3
(grown in Hualien)

N



type 4
(grown in Taichung)

N



type 5
(grown in Taipei)

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7

N



type 8

N



type 9

N



type 10

N



type 11

P



type 12

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Ibaraki)
N



Japanese-grown

type 2
(grown in Kochi)
P



type 3
(grown in Kyoto)
P



type 4
(grown in Wakayama)
P



type 5
N



type 6
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 7

N



type 8

N



Thai-grown

type 1

(grown in Chiang Mai)

N



type 2

(grown in Chiang Rai)

N



type 3

(grown in Khon Kaen)

N



type 4

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in California)
P



type 2
(grown in Hawaii)
P



type 3
(grown in Texas)
N



type 4
N



type 5
P



type 6
P



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
N



type 8
P



type 1
N

Canadian-grown



type 2
P



type 1
N

French-grown



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Indian-grown

type 2

(grown in Arunachal Pradesh)

(grown in Himachal Pradesh)

N

N



type 3

(grown in Himachal Pradesh)

type 4

(grown in Karnataka)

N

N



type 5

(grown in Uttarakhand)

type 6

P

P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Geumsan)
N



type 2
(grown in Miryang)
N



type 3
(grown in Sancheong)
N



type 4
N



type 5
P



type 6
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Vietnamese-grown

type 1
(grown in An Giang)
N



type 2
(grown in Cà Mau)
N



type 3
(grown in Lâm Đồng)
N



type 4
(grown in Đồng Nai)
N



type 5
(grown in Tiền Giang)
P



type 6
P



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Melbourne)

N



Australian-grown

type 2
(grown in Melbourne)

N



type 3

N



Argentine-grown

N



type 1

N



Philippine-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in West Java)

N



Indonesian-grown

type 2
(grown in West Java)

P



type 3

P



Belgian-grown

P



type 1

N



Spanish-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
P

Swedish-grown



type 2

N



Brazilian-grown

N



Chilean-grown

P



German-grown

N



Italian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Malaysian-grown

N



New Zealand-grown

P



Ukrainian-grown

N



Uruguay-grown

P



Perilla Seeds
Nepalese-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Chinese-grown
type 1
(grown in Heilongjiang)
N



type 2
(grown in Jilin)
P



type 3
(grown in Jilin)
N



type 4
(grown in Shandong)
N



type 5
(grown in Shanxi)
N



type 6
(grown in Sichuan)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Fukushima)
N



type 2
(grown in Hokkaido)
N



type 3
(grown in Iwate)
N



type 4
(grown in Kyushu)
N



type 5
(grown in Nagano)
N



type 6
(grown in Saitama)
P



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Indian-grown

type 2

N

N



type 3

type 4

N

N



type 1

South Korean-grown

type 2

(grown in Gyeongsangbuk-do)

(grown in Jeollanam-do)

N

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
N



type 4
N



type 1
N



Thai-grown

type 2
N



type 3
N



Bangladeshi-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Fish Mints
Chinese-grown

type 1
(grown in Guangxi)

N



type 2
(grown in Guizhou)

N



type 3
(grown in Hubei)

N



type 4
(grown in Sichuan)

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Thai-grown

type 2

N



type 3

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Assam)
N



Indian-grown

type 2
(grown in Uttarakhand)
N



type 3
(grown in West Bengal)
N



type 4
N



type 5
N



Australian-grown
(grown in Queensland)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1

(grown in Massachusetts)

N



type 2

(grown in North Carolina)

N



type 3

N



type 4

N



type 5

N



Bangladeshi-grown
(grown in Rajshahi)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



Japanese-grown

type 2

N



type 3

N



type 4

N



Austrian-grown

type 1

(grown in Steiermark)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Taiwanese-grown
(grown in Hsinchu)
N



type 2
N



type 3
N



type 4
N



type 1 Chilean-grown
N



type 2
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Thái Bình)
N



type 2
N



type 3
N



type 4
N



type 1
(grown in Luang Prabang)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Canadian-grown
type 1
(grown in British Columbia)
N



type 2
N



type 3
P



Bhutanese-grown
N



New Zealand-grown
type 1
(grown in Auckland)
N



type 2
(grown in Auckland)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Indonesian-grown
type 1
(grown in West Java)
N



type 2
N



type 3
N



Brazilian-grown
N



South Korean-grown
type 1
(grown in North Gyeongsang)
N



type 2
(grown in South Chungcheong)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

N



Malaysian-grown

type 2

N



type 3

N



UK-grown

N



type 1

N



Spanish-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

French-grown

N



**Italian-grown
(grown in Trentino-Alto Adige)**

N



Nepalese-grown

N



**Russian-grown
(grown in North Ossetia)**

N



Sri Lankan-grown

N



Swedish-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Vietnamese Balm
Japanese-grown

type 1
(grown in Ibaraki)
N



type 2
(grown in Kanagawa)
N



type 3
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Vietnamese-grown

type 1

N



type 2

N



type 3

N



type 4

P



type 5

N



type 6

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Indian-grown

type 1

(grown in Himachal Pradesh)

N



type 2

(grown in Uttarakhand)

N



type 3

(grown in Uttarakhand)

P



type 4

(grown in Uttarakhand)

P



Bhutanese-grown

type 1

(grown in Punakha)

N



type 2

(grown in Trongsa)

P



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

Russian-grown

type 2

(grown in Novosibirsk Oblast)

(grown in Novosibirsk Oblast)

N

N



type 3

type 4

(grown in Oryol Oblast)

(grown in Pskov Oblast)

N

N



type 1

Chinese-grown

type 2

(grown in Guizhou)

(grown in Yunnan)

P

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 South Korean-grown
(grown in Seoul)

N



type 2
(grown in South Jeolla)

N



type 3

N



type 4

N



type 1 Tibetan-grown

P



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



US-grown

type 2

N



type 3

N



type 4

N



type 1

(grown in Kyiv)

N



Ukrainian-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Changhua)
N



type 2
(grown in Miaoli)
N



type 3
N



Argentine-grown
N



Australian-grown
(grown in Melbourne)
N



Belarusian-grown
(grown in Grodno Region)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Canadian-grown

N



German-grown

N



**Dutch-grown
(grown in North Holland)**

N



Latvian-grown

N



Lithuanian-grown

N



Nepalese-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**New Zealand-grown
(grown in Auckland)**

N



Norwegian-grown

N



Philippine-grown

N



**Polish-grown
(grown in Warsaw)**

P



**Portuguese-grown
(grown in Faro District)**

N



Singaporean-grown

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Rice Paddy Herb
Australian-grown

type 1
(grown in Melbourne)
N



type 2
(grown in Queensland)
N



type 3
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Thai-grown

type 1
(grown in Bangkok)

N



type 2
(grown in Kalasin)

N



type 3

N



type 4

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Vietnamese-grown

type 1
(grown in Quảng Bình)
N



type 2
N



type 3
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown
type 1
(grown in Texas)
N



type 2
N



type 3
N



type 4
N



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7

N



type 8

P



type 1

N



Cambodian-grown

type 2

N



type 3

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Japanese-grown
type 1
(grown in Hyogo)
N



type 2
N



type 3
N



type 4
N



Bangladeshi-grown
type 1
(grown in Mymensingh Division)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Taipei)

N



Taiwanese-grown

type 2
(grown in Taichung)

N



type 3

N



type 4

N



type 1
(grown in Jiangxi)

N



Chinese-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Hong Kong-grown

type 1

N



type 2

N



French-grown

type 1

N



type 2

N



Malaysian-grown

type 1

P



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 New Zealand-grown
(grown in Wellington)
N



type 2
N



UK-grown
N



German-grown
(grown in Berlin)
N



Indian-grown
(grown in Kerala)
N



Laotian-grown
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Myanmar-grown
(grown in Yangon Region)**

N



**Philippine-grown
(grown in Cavite)**

N



Singaporean-grown

N



**Sri Lankan-grown
(grown in Ampara)**

N



Swedish-grown

N



Swiss-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Wild Betel Leaves
Indonesian-grown

type 1
(grown in Bali)

N



type 2
(grown in Central Java)

N



type 3
(grown in Java)

N



type 4
(grown in West Java)

N



type 5

N



type 6

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Malaysian-grown
type 1
(grown in Selangor)
N



type 2
N



type 3
N



type 4
P



type 5
N



type 6
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Thai-grown
type 1
(grown in Bangkok)
N



type 2
(grown in Bangkok)
N



type 3
(grown in Nonthaburi)
N



type 4
(grown in Pattani)
N



type 5
N



type 6
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

US-grown

**type 1
(grown in Florida)**

N



**type 2
(grown in Hawaii)**

N



**type 3
(grown in Puerto Rico)**

N



**type 4
(grown in South Carolina)**

N



**type 5
(grown in Texas)**

N



type 6

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Vietnamese-grown

**type 1
(grown in Đồng Nai)
N**



**type 2
(grown in HCM CT)
N**



**type 3
(grown in Quảng Nam)
N**



**type 4
N**



**type 5
N**



**type 6
N**



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Hiroshima)

N



Japanese-grown

type 2
(grown in Okinawa)

N



type 3

N



type 4

N



type 1

N



Australian-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1

N



Philippine-grown

type 2

N



type 3

N



type 4

N



type 1

**Chinese-grown
(grown in Guangdong)**

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Kaohsiung)

N



Taiwanese-grown

type 2
(grown in Kaohsiung)

N



type 3
(grown in Yilan)

N



type 4

N



type 5

N



Hong Kong-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 **Cambodian-grown**

N



type 2

N



type 1 **Indian-grown**
(grown in Kerala)

N



type 2
(grown in Tamil Nadu)

N



type 1 **Laotian-grown**
(grown in Vientiane Province)

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 New Zealand-grown

N



type 2

N



type 1 Sri Lankan-grown
(grown in Colombo)

N



type 2
(grown in Matale)

N



**Bhutanese-grown
(grown in Mongar)**

N



Brunei-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Canadian-grown

N



**Federated States of Micronesia-grown
(grown in Pohnpei)**

N



German-grown

N



Palauan-grown

N



Polish-grown

N



Singaporean-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Caulerpa lentillifera

(Sea Grapes)

Japanese-grown

type 1
(grown in Okinawa)

N



type 2
(grown in Okinawa)

N



type 3

N



type 4

N



type 1

N



Australian-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1 **Vietnamese-grown**
(grown in Khánh Hòa)
N



type 2
N



type 3
N



type 4
N



type 1 **Philippine-grown**
(grown in Cebu)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Taiwanese-grown
(grown in Keelung)
N



type 2
(grown in Penghu)
N



type 3
(grown in Taitung)
N



Indonesian-grown
(grown in West Java)
N



type 1 Thai-grown
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Malaysian-grown

N



Singaporean-grown

N



Caulerpa racemosa

(Sea Grapes)

type 1

(grown in Bali)

N



Indonesian-grown

type 2

(grown in Banten)

N



type 3

(grown in East Kalimantan)

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 5

N



type 6

N



type 7

N



Maldivian-grown

N



Malaysian-grown
(grown in Sabah)

N



Philippine-grown
(grown in Cebu)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Codium fragile
(Green Sea Fingers)

South Korean-grown

type 1
(grown in Jeollanam-do)
N



type 2
(grown in Jeollanam-do)
N



type 3
N



type 4
N



type 1
(grown in Kamakura)
N



Japanese-grown

type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Codium tomentosum

(Velvet Horn)

Brazilian-grown

N



UK-grown

N



French-grown
(grown in Brittany)

N



Greek-grown

N



Portuguese-grown
(grown in Beja District)

N



Spanish-grown
(grown in Andalusia)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Codium edule

(Pukpuklo)

Philippine-grown

type 1

N



type 2

N



US-grown

type 1

(grown in Hawaii)

N



type 2

(grown in Hawaii)

N



Caulerpa intricatum

Philippine-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Monostroma nitidum

(Hitoegusa)

Japanese-grown

type 1

(grown in Hyogo)

N



type 2

(grown in Mie)

N



type 3

(grown in Kagoshima)

N



type 4

(grown in Okinawa)

N



type 5

(grown in Okinawa)

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in New Taipei)
N



type 2
(grown in New Taipei)
N



type 3
(grown in Penghu)
N



type 4
(grown in Penghu)
N



Ulva lactuca

Angolan-grown
(grown in Namibe)
N



Brazilian-grown
(grown in São Paulo)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

US-grown

**type 1
(grown in Hawaii)**

N



**type 2
(grown in New York)**

N



**type 3
(grown in Rhode Island)**

N



**type 4
(grown in Washington)**

N



**type 1
(grown in South Australia)**

N



Australian-grown

type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

UK-grown

**type 1
(grown in England)**

N



type 2

N



Canadian-grown

**type 1
(grown in British Columbia)**

N



**type 2
(grown in Nova Scotia)**

N



Indonesian-grown

**type 1
(grown in Bali)**

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Bulgarian-grown
(grown in Burgas)**

N



**Chinese-grown
(grown in Sangdong)**

N



Dutch-grown

N



**French-grown
(grown in Normandy)**

N



**Greek-grown
(grown in Sithonia)**

N



**Icelandic-grown
(grown in Reykjavík)**

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Indian-grown
(grown in Andhra Pradesh)**

N



**Italian-grown
(grown in Veneto)**

N



Japanese-grown

N



Moroccan-grown

N



**New Zealand-grown
(grown in Canterbury)**

N



Portuguese-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Russian-grown
(grown in Magadan Oblast)**

N



**South African-grown
(grown in Western Cape)**

N



South Korean-grown

N



**Spanish-grown
(grown in Baleares)**

N



**Taiwanese-grown
(grown in New Taipei)**

N



**Vietnamese-grown
(grown in Ninh Thuận)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Ulva intestinalis

(Gutweed)

UK-grown

type 1

(grown in Lunderston Bay)

N



type 2

(grown in Welsh coast)

N



type 3

N



type 4

N



type 1

N



Indian-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N

Norwegian-grown



type 2
N



Australian-grown
N



French-grown
N



Greek-grown
N



Swedish-grown
(grown in Västra Götaland)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Ulva prolifera

(Suji-Aonori)

Taiwanese-grown

type 1

(grown in Changhua)

N



type 2

(grown in New Taipei)

N



type 3

N



South Korean-grown
(grown in Jeollanam-do)

N



type 1

(grown in Qingdao)

N



Chinese-grown

type 2

(grown in Zhejiang)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Ōita)
N



Japanese-grown

type 2
(grown in Tokushima)
N



Ulva compressa

French-grown (Green Laver)
(grown in Île de Sein)
N



New Zealand-grown
(grown in Auckland)
N



Portuguese-grown
(grown in Leiria District)
N



US-grown
(grown in Hawaii)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Alaria esculenta

(Dabberlocks)
Norwegian-grown

type 1
(grown in Frøya)
N



type 2
(grown in Frøya)
N



type 3
(grown in Vestland)
N



type 4
N



type 1
(grown in Muntervary)
N

Irish-grown



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

UK-grown
(grown in the Isles of Scilly)

N



Icelandic-grown
(grown in Stykkishólmur)

N



French-grown
(grown in Brittany)

N



US-grown
(grown in Maine)

N



Alaria marginata

US-grown

type 1
(grown in Alaska)

N



type 2
(grown in Alaska)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Ascophyllum nodosum

**(Knotted Wrack)
Norwegian-grown**

**type 1
(grown in Finnmark)**

N



**type 2
(grown in Møre og Romsdal)**

N



**UK-grown
(grown in Scotland)**

N



**Canadian-grown
(grown in Nova Scotia)**

N



**Irish-grown
(grown in Tralee Bay)**

N



**US-grown
(grown in Maine)**

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Cladosiphon okamuranus

(Mozuku)

Japanese-grown

type 1

(grown in Miyako Island)

N



type 2

(grown in Okinawa)

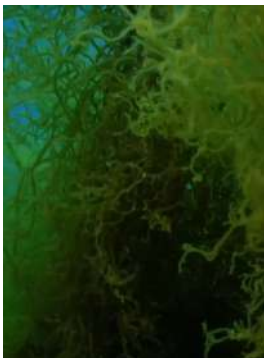
N



type 3

(grown in Okinawa)

N



N



type 4

(grown in Okinawa)

N



Durvillaea incurvata

(Cochayuyo)

Chilean-grown

type 1

(grown in Chiloé)

N



N



type 2

(grown in Lipimavida)

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Durvillaea antarctica

(Bull Kelp)

New Zealand-grown

type 1

(grown in Manurewa Point)

N



type 2

(grown in Mens Bay)

N



type 3

N



Chilean-grown

N



Ecklonia cava

Japanese-grown
(grown in Chiba)

N



(Kajime)

South Korean-grown
(grown in Jeju Island)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Ecklonia kurome

type 1
(grown in Ehime)
N



(Kurome)
Japanese-grown

type 2
(grown in Oita)
N



Ecklonia stolonifera

Japanese-grown
(grown in Tobishima Island)
N



(Tsuru-arame)

South Korean-grown
(grown in South Chungcheong)
N



Eisenia bicyclis

Japanese-grown
(grown in Kanagawa)
N



(Arame)

South Korean-grown
(grown in Ulleungdo Island)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Fucus vesiculosus

(Bladderwrack)

Canadian-grown

type 1

N



French-grown
(grown in Brittany)

N



type 2

(grown in Nova Scotia)

N



UK-grown
(grown in Scotland)

N



Himanthalia elongata

(Sea Spaghetti)

UK-grown

type 1

(grown in Cornwall)

N



type 2

(grown in Dorset)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 3
(grown in Northumberland)
N



type 4
N



type 1
(grown in Brittany)
N



French-grown

type 2
(grown in Quéménès)
N



type 3
(grown in Roscoff)
N



type 4
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Carreroe)

N



Irish-grown

type 2
(grown in Galway)

N



type 3
(grown in Galway)

N



Spanish-grown
(grown in Galicia)

N



Laminaria digitata

(Oarweed)
UK-grown

type 1
(grown in Cornwall)

N



type 2
(grown in Scotland)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

French-grown
type 1
(grown in Roscoff)

N



type 2

N



Irish-grown
type 1
(grown in Kilkee)

N



type 2

N



Russian-grown
(grown in Murmansk Oblast)

N



US-grown
(grown in Penobscot Bay)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Laminaria hyperborea

(Cuvie Kelp)
Norwegian-grown

type 1
(grown in Nordland)
N



type 2
(grown in Vestland)
N



Lessonia nigrescens

(Black Huiro)
Chilean-grown

type 1
N



type 2
N



Nemacystus decipiens

(Ito-mozuku)
Japanese-grown

type 1
(grown in Hyogo)
N



type 2
(grown in Okinawa)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Saccharina angustata

(Hidaka-kombu)
Japanese-grown

type 1
(grown in Hokkaido)

N



type 2
(grown in Hokkaido)

N



Saccharina japonica

(Kombu)
Japanese-grown

type 1
(grown in Hokkaido)

N



type 2
(grown in Hokkaido)

N



type 3
(grown in Iwate)

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Fujian)

N



Chinese-grown

type 2
(grown in Shandong)

N



type 3

N



South Korean-grown
(grown in Wando)

N



Saccharina latissima

(Sugar Kelp)

French-grown

type 1
(grown in Brittany)

N



type 2
(grown in Brittany)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Alaska)

N



US-grown

type 2
(grown in Connecticut)

N



type 3
(grown in Long Island)

N



type 4
(grown in Maine)

N



type 5
(grown in Maine)

N



type 6
(grown in Moriches Bay)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
(grown in Puget Sound)

N



type 8
(grown in Rhode Island)

N



type 1
(grown in Cornwall)

N



type 2

N



type 3

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Norwegian-grown
(grown in Harøya)
N



type 2
N



Canadian-grown
(grown in Prince Rupert)
N



Irish-grown
(grown in County Donegal)
N



Sargassum fulvellum
(Gulfweed)

type 1 South Korean-grown
(grown in Jeju Island)
N



type 2
(grown in South Jeolla)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Sargassum fusiforme

(Hijiki)

Japanese-grown

type 1
(grown in Hokkaido)

N



type 2
(grown in Seto Inland Sea)

N



South Korean-grown

type 1
(grown in Jindo)

N



type 2
(grown in Wando)

N



Sargassum horneri

(Akamoku)

Japanese-grown

type 1
(grown in Hyogo)

N



type 2
(grown in Miyagi)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Undaria pinnatifida

(Wakame)

Japanese-grown

type 1
(grown in Fukui)

N



type 2
(grown in Kyoto)

N



type 3
(grown in Shizuoka ken)

N



type 4

N



South Korean-grown
(grown in Jeollanam-do)

N



French-grown
(grown in Brittany)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Asparagopsis taxiformis

(Limu Kohu)
US-grown

type 1
(grown in Hawaii)
N



type 2
(grown in Hawaii)
N



Chondrus crispus

(Irish moss)
Canadian-grown

type 1
(grown in New Brunswick)
N



type 2
(grown in Nova Scotia)
N



type 1
(grown in Clare)
N



type 2
(grown in Louth)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

US-grown

type 1
(grown in Maine)

N



type 2
(grown in Massachusetts)

N



Eucheuma denticulatum

Indonesian-grown

type 1
(grown in Southeast Sulawesi)

N



type 2

N



Philippine-grown

type 1
(grown in Cebu)

N



type 2

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Gelidium amansii

(Tokoroten)
South Korean-grown

type 1
(grown in Jeju Island)
N



type 2
(grown in Pohang)
N



type 1
N

Taiwanese-grown



type 2
N



Gelidium corneum

French-grown
(grown in Basque Coast)
N



Spanish-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Gelidium elegans

(Agar Weed)
Japanese-grown

type 1
N



type 2
N



type 1
N



Taiwanese-grown

type 2
N



Gracilaria coronopifolia

(Limu Manauea)
US-grown

type 1
(grown in Hawaii)
N



type 2
(grown in Hawaii)
N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Gracilaria edulis

Indian-grown

type 1

(grown in Lakshadweep Islands)

N



type 2

(grown in Tamil Nadu)

N



Gracilaria parvispora

(Ogo)

US-grown

type 1

(grown in Hawaii)

N



type 2

(grown in Hawaii)

N



Gracilaria tenuistipitata

Vietnamese-grown

type 1

(grown in Hà Tĩnh)

N



type 2

(grown in Quảng Ngãi)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Kappaphycus alvarezii

(Elkhorn Sea Moss)

Indonesian-grown

type 1

(grown in North Kalimantan)

N



type 2

(grown in Nusa Penida)

N



type 3

(grown in South Sulawesi)

N



Brazilian-grown

N



Dominica-grown

N



Malaysian-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

type 1
(grown in Cebu)

N



Philippine-grown

type 2
(grown in Western Visayas)

N



type 3

N



Maldives-grown
(grown in Huvadhoo Atoll)

N



Tanzanian-grown
(grown in Zanzibar)

N



Vietnamese-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Palmaria palmata

(Dulse)
US-grown

type 1
(grown in Maine)

N



type 2
(grown in Maine)

N



Icelandic-grown

N



Irish-grown

N



Norwegian-grown
(grown in Lofoten Islands)

N



UK-grown

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

Devaleraea mollis

(Pacific Dulse)
US-grown

type 1
(grown in Alaska)
N



type 2
(grown in Oregon)
N



Pyropia dentata

(Toothed laver)

South Korean-grown

type 1
(grown in Haenam)
N



type 2
(grown in Muan)
N



Pyropia haitanen

(Haitan laver)

Chinese-grown

type 1
(grown in Fujian)
N



type 2
(grown in Guangdong)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Pyropia yezoensis

(Susabi-nori)
Japanese-grown

type 1
(grown in Mie Prefecture)

N



type 2
(grown in Mie Prefecture)

N



type 3

N



Chinese-grown
(grown in Jiangsu)

N



type 1
(grown in Jeollanam-do)

N



South Korean-grown

type 2
(grown in Jeollanam-do)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Osmundea pinnatifida

(Pepper dulse)

French-grown

type 1
(grown in Concarneau)

N



type 2

N



type 1
(grown in Clare)

N



Irish-grown

type 2
(grown in Kerry)

N



type 1
(grown in Lourinhã–Peniche)

N



Portuguese-grown

type 2
(grown in Porto District)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

UK-grown

type 1
(grown in Dorset)

N



type 2

N



Porphyra umbilicalis

(Purple Laver)

UK-grown

type 1
(grown in Cornwall)

N



type 2
(grown in Somerset)

N



Irish-grown
(grown in Clare)

N



US-grown
(grown in Maine)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Mastocarpus stellatus

(False Irish Moss)

Canadian-grown

N



French-grown
(grown in Brittany)

N



Irish-grown
(grown in Clare)

N



Portuguese-grown
(grown in Leiria District)

N



UK-grown
(grown in Northern Ireland)

N



US-grown
(grown in Maine)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Black Gold jackfruit

Australian-grown

type 1
(grown in Queensland)
N



type 2
N



US-grown

type 1
(grown in South Florida)
N



type 2
(grown in Washington)
N



type 3
N



type 4
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Bangkok Lemon jackfruit
US-grown

type 1
(grown in South Florida)
N



type 2
N



Cheena jackfruit

Australian-grown
(grown in Western Australia)
N



US-grown
(grown in Florida)
N



Cochin jackfruit
US-grown

type 1
(grown in Florida)
N



type 2
(grown in Miami)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Dang Rasimi jackfruit

type 1

US-grown

type 2

(grown in Florida)

(grown in Hawaii)

N

N



Dang Suria jackfruit

type 1

Indian-grown

type 2

(grown in Karnataka)

(grown in Kerala)

N

N

N



type 3

N



Malaysian-grown
(grown in Pahang)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Eviarc Sweet jackfruit

type 1 Philippine-grown
(grown in Abuyog)
N



type 2
N



Golden Nugget jackfruit

type 1 US-grown
(grown in Florida)
N



type 2
N



Jamaican-grown

N



New Zealand-grown

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Golden Pillow jackfruit

Thai-grown

N



**US-grown
(grown in Florida)**

N



Hong-niang jackfruit

type 1

Taiwanese-grown

(grown in Pingtung)

N



type 2

(grown in Taichung)

N



Magnolia jackfruit

Philippine-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Malleshwaram Red jackfruit

Indian-grown

type 1

N



type 2

N



NS1 jackfruit

US-grown

type 1

(grown in Florida)

N



type 2

N



Nangka J29 jackfruit

Indonesian-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

———— Nangka J33 (Tekam Yellow) jackfruit ————

Indonesian-grown

type 1

(grown in Tulungagung)

N



type 2

N



Malaysian-grown

type 1

(grown in Pahang)

N



type 2

N



Indian-grown

N



Philippine-grown
(grown in Bukidnon)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Phet Dam Rong jackfruit

Indian-grown
(grown in Karnataka)

N



Thai-grown
(grown in Chiang Mai)

N



Phet Racha jackfruit

Indian-grown

N



Thai-grown

N



PLR-1 jackfruit
Indian-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Red Rudrakshi jackfruit

type 1
(grown in Karnataka)
N



Indian-grown

type 2
N



Shankara jackfruit

type 1
N



Indian-grown

type 2
N



Siddu Jack jackfruit

type 1
(grown in Tamil Nadu)
N



Indian-grown

type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Thong Ploy jackfruit

Indonesian-grown

N



Thai-grown

N



Thong Prasert jackfruit

type 1
(grown in Chon Buri)

N



Thai-grown

type 2

N



type 3

N



Indian-grown
(grown in Karnataka)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Yellow Rudrakshi jackfruit

type 1 Indian-grown
(grown in Karnataka)

N

N



type 2

N



type 3

N



type 4

N



Ziman Pink jackfruit

type 1 US-grown

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

J31 jackfruit

US-grown
(grown in Florida)

N



Tabouey jackfruit

Vietnamese-grown

N



Cambodian Orange jackfruit

type 1

N



Indian-grown

type 2

N



Thai jackfruit

type 1

N



Vietnamese-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Taiwan Honey Jackfruit

Vietnamese-grown

type 1
(grown in Bến Tre)

N



type 2

N



Super Early Thai Jackfruit

Vietnamese-grown

type 1
(grown in Tiền Giang)

N



type 2

N



Malaysia Long Jackfruit

Vietnamese-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Jaca Dura jackfruit
Brazilian-grown

type 1
N



type 2
N



Jaca Manteiga jackfruit
Brazilian-grown

type 1
N



type 2
N



Jaca Mini jackfruit
Brazilian-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Arancillo durian
Philippine-grown

type 1
(grown in Mindanao)

N



type 2

N



Bawor durian
Indonesian-grown

type 1
(grown in Banyumas)

N



type 2
(grown in Banyumas)

N



Black Thorn (D200) durian
Indonesian-grown

type 1
(grown in Central Java)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Negeri Sembilan)
N



type 2
(grown in Penang)
N



type 1
N

Vietnamese-grown

type 2
N



Hainan-grown
N



Thai-grown
N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Chanee (D123) durian
Malaysian-grown

type 1
(grown in Negeri Sembilan)
N



type 2
(grown in Sabah)
N



Thai-grown

type 1
(grown in Trat)
N



type 2
(grown in Koh Chang)
N



type 3
N



Indonesian-grown
N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

D13 durian

Malaysian-grown

type 1
(grown in Johor)

N

type 2
(grown in Johor)

N



D101 durian

Malaysian-grown

type 1

N

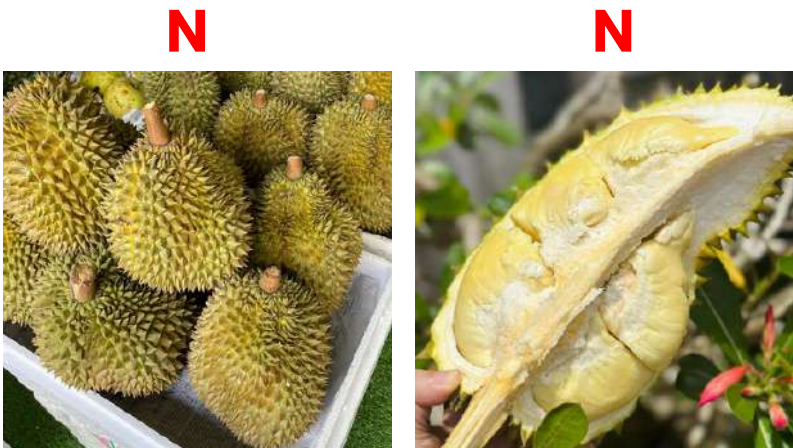
type 2

N



Dona durian

Vietnamese-grown



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Duyaya durian
Philippine-grown

type 1
N



type 2
N



Golden Phoenix (D198) durian
Malaysian-grown

type 1
(grown in Johor)
N



type 2
(grown in Johor)
N



Hor Lor (D163) durian
Malaysian-grown

type 1
N



type 2
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

IOI (D168) durian

Indonesian-grown

**type 1
(grown in Java)**

N



type 2

N



Malaysian-grown

**type 1
(grown in Johor)**

N



type 2

N



Kradum Thong durian

**Australian-grown
(grown in Far North Queensland)**

N



Thai-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Kanyao (D158) durian
Thai-grown

type 1
(grown in Nonthaburi)
N



type 2
N



Australian-grown
(grown in Queensland)
N



Malaysian-grown
(grown in Perak)
N



Musang King (D197) durian
Hainan-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Bentong)
N

Malaysian-grown

type 2
(grown in Kelantan)
N



type 3
(grown in Raub)
N

type 4
(grown in Raub)
N



type 1
(grown in Rayong)
N

Thai-grown

type 2
N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in East Java)

Indonesian-grown

type 2
(grown in North Sumatra)

N

N



type 3
(grown in West Sumatra)

Taiwanese-grown

N

N



type 1
(grown in An Giang)

Vietnamese-grown

type 2
(grown in Cần Thơ)

N

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

———— **Monthong (Golden Pillow/D159) durian** ————

Indonesian-grown

type 1

(grown in Parigi Moutong)

N



type 2

(grown in Sulawesi)

N



Thai-grown

type 1

N



type 2

(grown in Chanthaburi)

N



Vietnamese-grown

type 1

(grown in Đắk Lắk)

N



type 2

(grown in the Mekong Delta region)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Matahari durian
Indonesian-grown

type 1
(grown in Bogor)

N



type 2
(grown in Bogor)

N



type 3
(grown in Bogor)

N



type 4
(grown in Sukabumi)

N



Petruk durian
Indonesian-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Puang Manee durian

Thai-grown

type 1

N



type 2

N



Puyat durian

Philippine-grown

type 1

(grown in Davao)

N



type 2

N



Red Prawn (D175) durian

Malaysian-grown

type 1

(grown in Balik Pulau)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Ri6 durian

Vietnamese-grown

type 1
(grown in Cần Thơ)
N



type 2
N



Sitokong durian

Indonesian-grown

type 1
(grown in Central Java)
N



type 2
N



Sultan (D24) durian

Malaysian-grown

type 1
(grown in Raub)
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Sunan durian
Indonesian-grown

type 1
(grown in East Java)
N



type 2
(grown in Central Java)
N



Tekka (D160) durian
Malaysian-grown

type 1
(grown in Pahang)
N



type 2
N



XO (D24 variant) durian
Malaysian-grown

type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Jicamas

Mexican-grown

type 1
(grown in Guanajuato)

N



type 2
(grown in Guerrero)

N



type 3
(grown in Morelos)

N



type 4
(grown in Nayarit)

N



type 5
(grown in Yucatán)

N



type 6

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

Vietnamese-grown

**type 1
(grown in Hải Phòng)**

N



**type 2
(grown in Phú Yên)**

N



**type 3
(grown in Quảng Ngãi)**

N



**type 4
(grown in Vĩnh Long)**

N



type 5

N



type 6

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Chinese-grown

type 1
(grown in Guangdong)
N



type 2
(grown in Guangxi)
N



type 3
(grown in Guizhou)
N



type 4
(grown in Sichuan)
N



type 5
(grown in Yunnan)
N



Hong Kong-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Cambodian-grown

type 1
(grown in Kampong Cham)

N



type 2

N



type 3

N



type 4

N



Guatemalan-grown

type 1
(grown in Petén)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Indonesian-grown

type 1

(grown in Ponorogo, East Java)

N



type 2

N



type 3

N



type 4

N



Honduran-grown

type 1

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Philippine-grown

type 1
(grown in Tarlac, Luzon)

N



type 2

N



type 3

N



type 4

N



Indian-grown

type 1
(grown in West Bengal)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

South Korean-grown

type 1

(grown in Gyeongsangbuk-do)

N



type 2

(grown in Gyeongsangnam-do)

N



type 3

(grown in Jeollanam-do)

N



type 4

N



Japanese-grown

type 1

(grown in Saitama Prefecture)

N



type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Taiwanese-grown
(grown in Pingtung)

N



type 2
(grown in Pingtung)

N



type 3
(grown in Yunlin)

N



type 4

N



type 1 Laotian-grown
(grown in Savannakhet)

N



type 2

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 1
(grown in Borabue)**

N



Thai-grown

**type 2
(grown in Bueng Kan)**

N



**type 3
(grown in Maha Sarakham)**

N



**type 4
(grown in Nakhon Phanom)**

N



**type 1
(grown in Batang Padang)**

N



Malaysian-grown

**type 2
(grown in Batang Padang)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Queensland)

N



Australian-grown

type 2

N



type 3

N



Brazilian-grown

N



type 1

N



Salvadoran-grown

type 2

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in California)

N



US-grown

type 2
(grown in Hawaii)

N



Myanmar-grown
(grown in Shan State)

N



Panamanian-grown

N



Rajendra Mishrikand-1 jicama

Indian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Pouteria lucuma
Peruvian-grown

type 1
(grown in Áncash)

N



type 2
(grown in Arequipa)

N



type 3
(grown in Ica)

N



type 4
(grown in Ica)

N



type 5
(grown in La Libertad)

N



type 6
(grown in La Libertad)

N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 7
(grown in Lima)**

N



**type 8
(grown in Lima)**

N



**type 9
(grown in Lima)**

N



**type 10
(grown in Pachacámac, Lima)**

N



**type 11
(grown in Pachacámac, Lima)**

N



type 12

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in La Paz)

N



Bolivian-grown

type 2
(grown in La Paz)

N



type 3
(grown in Santa Cruz)

N



type 4

N



type 1
(grown in Canary Islands)

N



Spanish-grown

type 2
(grown in Málaga)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Chilean-grown

type 2

(grown in La Cruz, Valparaíso)

(grown in La Cruz, Valparaíso)

N



N



type 3

type 4

(grown in La Cruz, Valparaíso)

N



N



type 1

Colombian-grown

type 2

(grown in Boyacá)

(grown in Huila)

N



N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Ecuadorian-grown

type 1
(grown in Girón)

N



type 2
(grown in Loja)

N



type 3
(grown in Napo)

N



type 4
(grown in Napo)

N



Australian-grown

N



Indonesian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in California)

N



US-grown

type 2
(grown in California)

N



type 3
(grown in Hawaii)

N



type 4
(grown in Kentucky)

N



New Zealand-grown

N



Portuguese-grown
(grown in Algarve)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Common licorice
(*Glycyrrhiza glabra*)

Afghan-grown

N



Azerbaijani-grown

N



Bulgarian-grown
(grown in Danubian Plain)

N



Canadian-grown
(grown in British Columbia)

N



Dutch-grown
(grown in Limburg)

N



Finnish-grown
(grown in Parainen)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Egyptian-grown

type 2

N

N



French-grown
(grown in Grand Est)

Georgian-grown

N

N



type 1

Greek-grown

type 2

(grown in Chalkidiki)

(grown in Crete Region)

N

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Indian-grown
(grown in Kolkata)
N



type 2
N



type 1 Iranian-grown
(grown in Fars)
N



type 2
N



type 1 Iraqi-grown
(grown in Duhok)
N



type 2
(grown in Nineveh)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**Irish-grown
(grown in Clare)**

N



Israeli-grown

N



**type 1
(grown in Calabria)**

N



Italian-grown

**type 2
(grown in Cosenza)**

N



**type 3
(grown in Cosenza)**

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Iwate)
N



Japanese-grown

type 2
(grown in Kyoto)
N



type 1
(grown in Dagestan)
N



Russian-grown

type 2
(grown in Krasnodar Krai)
N



type 3
(grown in Moscow)
N



type 4
(grown in Rostov Oblast)
N



**(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)**

**type 1
(grown in Atyrau Region)**

N



Kazakh-grown

**type 2
(grown in Atyrau Region)**

N



**type 3
(grown in Kyzylorda Region)**

N



type 4

N



type 5

N



**Kyrgyz-grown
(grown in Jumgal District)**

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Madrid)

N



Spanish-grown

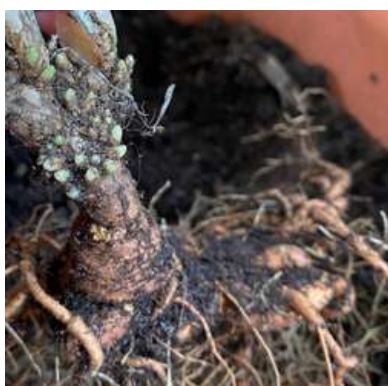
type 2
(grown in Zaragoza)

N



type 1
(grown in Västra Götaland)

N



Swedish-grown

type 2

N



type 1
(grown in Al-Hasakah Governorate)

N



Syrian-grown

type 2
(grown in Idlib Governorate)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Ağrı)

N



Turkish-grown

type 2
(grown in Diyarbakır)

N



type 3
(grown in Diyarbakır)

N



type 4
(grown in Şanlıurfa Province)

N



Tajik-grown
(grown in Khatlon Region)

N



Ukrainian-grown
(grown in Crimea)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Fergana)

N



Uzbek-grown

type 2
(grown in Khorezm)

N



type 3
(grown in Tashkent)

N



UAE-grown
(grown in Ras Al Khaimah)

N



UK-grown

N



US-grown
(grown in Washington)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Chinese licorice
(*Glycyrrhiza uralensis*)

Chinese-grown

type 1
(grown in Gansu)
N



type 2
(grown in Gansu)
N



type 3
(grown in Gansu)
N



type 4
(grown in Hanggin Banner, Inner Mongolia)
N



type 5
(grown in Hanggin Banner, Inner Mongolia)
N



type 6
(grown in Inner Mongolia)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
(grown in Inner Mongolia)

N



type 8
(grown in Xinjiang Uyghur
Autonomous Region)

N



type 1
(grown in Almaty Region)

N



Kazakh-grown

type 2
(grown in Karagandy Region)

N



type 3

N



Canadian-grown
(grown in British Columbia)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Chiba)
N



Japanese-grown

type 2
(grown in Hokkaido)
N



type 3
(grown in Iwate)
N



type 4
(grown in Kyoto)
N



Kyrgyz-grown
(grown in Issyk-Kul)
N



Norwegian-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

Mongolian-grown

type 2

(grown in Bayankhongor Province)

(grown in Bulgan River Basin)

N

N



type 1

Russian-grown

type 2

(grown in Altai Krai)

(grown in Novosibirsk Oblast)

N

N



South Korean-grown

US-grown

(grown in Gyeongsangbuk-do)

(grown in California)

N

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Inflated licorice

(*Glycyrrhiza inflata*)

Chinese-grown

type 1

(grown in Gobi Desert)

N



type 2

(grown in Xinjiang)

N



type 3

(grown in Xinjiang)

N



type 4

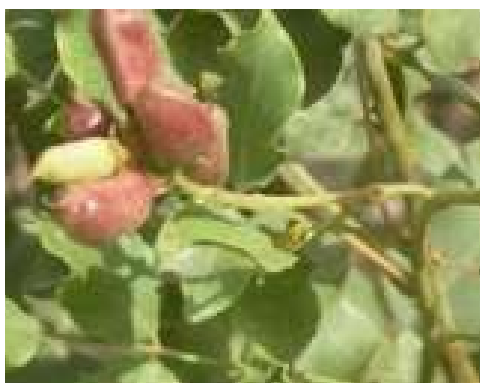
(grown in Xinjiang)

N



type 5

N



Mongolian-grown
(grown in Govi-Altay)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Cashews

type 1
(grown in Queensland)

N



Australian-grown

type 2

N



type 1
(grown in Collines)

N



Beninese-grown

type 2

N



type 3

N



Bangladeshi-grown
(grown in Cumilla, Chattogram Division)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Goiás)
N



Brazilian-grown

type 2
(grown in Rio Grande do Norte)
N



type 3
(grown in São Paulo)
N



type 4
N



type 5
N



Belizean-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Houet)
N



Burkinabe-grown

type 2
(grown in Houet)
N



type 3
(grown in Kénédougou)
N



Cameroonian-grown
(grown in Bénoué)
N



type 1
N

Cambodian-grown

type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Hainan-grown
N



Costa Rican-grown
N



type 1
(grown in Córdoba)
N



Colombian-grown
type 2
(grown in Sucre)
N



type 3
N



type 4
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Iffou)
N



Ivorian-grown

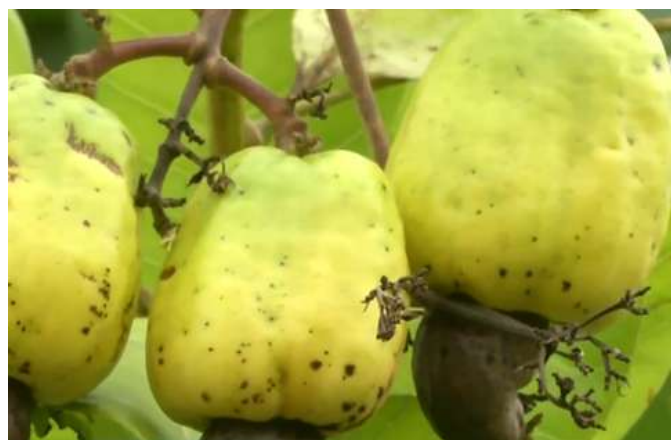
type 2
(grown in Iffou)
N



type 3
N



type 4
N



type 5
N



Dominican Republic-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Ecuadorian-grown

N



French-grown
(grown in Réunion Island)

N



Ghanaian-grown

type 1

(grown in Bono Region)

N



type 2

N



type 3

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Guinea-Bissauan-grown
(grown in Cacheu Region)
N



type 2
N



type 3
N



Gambian-grown
N



Grenadian-grown
N



Guyanese-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
N Haitian-grown



type 2
N



Honduran-grown
N



Kenyan-grown
N



type 1
(grown in Santa Cruz)
N



type 2
(grown in Saint Elizabeth)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Kerala)

N



Indian-grown

type 2
(grown in Konkan)

N



type 3
(grown in Maharashtra)

N



type 4
(grown in Mysore)

N



type 5
(grown in Odisha)

N



type 6
(grown in Odisha)

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 7
(grown in Tamil Nadu)

N



type 8

N



type 1
(grown in Bali)

N



Indonesian-grown

type 2
(grown in Yogyakarta)

N



type 3
(grown in Yogyakarta)

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

Laotian-grown
(grown in Ban Nadi)

N



Malagasy-grown

N



type 1
(grown in Penang)

N



Malaysian-grown

type 2
(grown in Penang)

N



type 3

N



type 4

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Bougouni Region)

N



Malian-grown

type 2
(grown in Bougouni Region)

N



type 1
N

Mexican-grown



type 2
N



Myanmar-grown
(grown in Tanintharyi)

N



Nepalese-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Gaza)
N



type 2
N



type 3
N



type 4
N



type 1
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Coron)

N



Philippine-grown

type 2

N



type 3

N



type 4

N



type 5

N



Nigerian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Panamanian-grown
N



type 2
N



Peruvian-grown
N



Senegalese-grown
(grown in Ziguinchor Region)
N



type 1 Seychellois-grown
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in San Vicente)
N



type 2
(grown in San Vicente)
N



type 3
N



type 4
N



type 1
(grown in Kambia District)
N



type 2
(grown in Port Loko District)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Sri Lankan-grown

N



type 2

N



type 1 Tanzanian-grown
(grown in Mtwara)

N



type 2

N



type 3

N



type 4

N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1 Taiwanese-grown
(grown in Taichung)
N



type 2
N



type 1 Togolese-grown
N



type 2
N



type 1 Trinidadian-grown
N



type 2
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Khon Buri)
N



Thai-grown

type 2
(grown in Uttaradit)
N



type 3
(grown in Uttaradit)
N



type 4
N



type 5
N



Venezuelan-grown
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in Florida)
N

US-grown

type 2
(grown in Hawaii)
N



type 3
(grown in Miami)
N

type 4
(grown in Puerto Rico)
N



type 1
N

Zambian-grown

type 2
N



(N = No Pain, P = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1
(grown in An Giang)
N

Vietnamese-grown

type 2
(grown in Bình Phước)
N



type 3
(grown in Phú Quốc Island)
N

type 4
N



AB0508 cashew
Vietnamese-grown

type 1
N

type 2
(grown in Lâm Đồng)
N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

AB29 cashew

type 1

N



Vietnamese-grown

type 2

N



BRS 189 cashew

Brazilian-grown

N



BRS 226 cashew

Brazilian-grown

N



BRS 265 cashew

Brazilian-grown

N



Embrapa 50 cashew

Brazilian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from
Supreme Master Ching Hai (vegan)

type 1

CCP 09 cashew
Brazilian-grown

type 2



type 1

CCP 76 cashew
Brazilian-grown

type 2



Embrapa 51 cashew
Brazilian-grown

H09 cashew
Cambodian-grown



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

———— **M23 cashew** —————
Cambodian-grown

N



———— **Meteor YK cashew** —————
Indonesian-grown

N



———— **PN1 cashew** —————
Vietnamese-grown

type 1
(grown in Lâm Đồng)

N



type 2
(grown in Bình Phước)

N



— **Si Sa Ket 60-1 cashew** ———
Thai-grown

N



— **Vengurla-4 cashew** ———
Indian-grown

N



(**N** = No Pain, **P** = Have Pain) selections from

Supreme Master Ching Hai (vegan)

———— Vengurla-7 cashew ————

Indian-grown

N



———— Vengurla-9 cashew ————

Indian-grown

N



———— WUCC-2 cashew ————

Sri Lankan-grown

N



———— WUCC-7 cashew ————

Sri Lankan-grown

N



———— WUCC-16 cashew ————

Sri Lankan-grown

N



(All foods below are No-Pain)

No-Pain foods - simple list

Please note: We will update when possible with more No-pain foods. This is not a complete list.

Cilantros/Corianders

- Bolero cilantro
- Calypso cilantro
- Caribe cilantro
- Confetti cilantro
- Cruiser cilantro
- Delfino cilantro
- Dwarf Lemon cilantro
- Leisure cilantro
- Marino cilantro
- Poke Joe cilantro
- Rak Tamachat cilantro
- Santo (Long Standing) cilantro
- Sunmaster cilantro
- Thüringer coriander
- Yantar coriander (Jantar)

Leaf Parsleys

- Banquet parsley
- Champion Moss Curled parsley
- Extra Triple Curled parsley
- Festival 68 parsley
- Forest Green parsley
- Frisé Vert Foncé parsley
- Gigante di Napoli parsley
- Green Pearl parsley
- Hilmar parsley
- Kaderava parsley
- Krausa parsley
- Moss Curled II parsley
- Paramount parsley
- Petra parsley
- Plain Leaved 2 parsley
- Triple Moss Curled parsley

Root Parsleys

- Arat parsley
- Berliner parsley
- Hilmar parsley
- Osborne Root parsley

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Dills

- Ambrosia dill
- Bouquet dill
- Dukat dill
- Elephant dill
- Fernleaf dill
- Hera dill
- Hercules dill
- Long Island Mammoth dill
- Superdukat dill
- Teddy dill
- Gold Crown dill
- Vierling dill

Vietnamese corianders

View photos for details

- Vietnamese-grown (Rau răm)
(grown in Can Tho, Ha Noi, HCM CT)
- Cambodian-grown (Chi krasang) (type 1)
- Indian-grown (Phak phai) (type 1,3,4)
- German-grown
- Indonesian-grown (Daun kesum)
- Laotian-grown (Phak phaew)
- Malaysian-grown (Daun kesum)
- Thai-grown (Phak phaew) (type 2)
- Australian-grown
- Canadian-grown
- Singaporean-grown (Daun laksa)
- Taiwanese-grown
- US-grown (type 3)

Radishes

- Bainiang radish (白娘)
- Cherry Belle radish
- Crimson Giant radish
- Daikon Minowase radish
- Daikon Misato Rose radish
- Early Scarlet Globe radish
- French Breakfast radish
- Korean Mu radish
- Meihua radish (梅花)
- Meinong White Jade radish
(美濃白玉)
- München Bier radish
- Pink Beauty radish
- Purple Plum radish
- Rat's Tail radish
- Red Dragon radish
- Rudi radish
- Sakurajima radish
- Shunkyo radish
- White Beauty radish
- White Icicle radish
- Yongxiang radish (永祥)
- Zlata radish

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Bamboo Shoots

- *Bambusa blumeana*
bamboo shoot (刺竹筍)
- *Bambusa edulis* (Odashima) Keng
bamboo shoot (烏殼綠竹筍)
- *Bambusa oldhamii*
bamboo shoot (綠竹筍)
- *Dendrocalamus brandisii*
bamboo shoot (甜龍筍)
- *Dendrocalamus giganteus*
bamboo shoot (巨竹筍)
- *Dendrocalamus latiflorus*
bamboo shoot (麻竹筍)
- *Phyllostachys edulis*
bamboo shoot (孟宗筍)
- *Phyllostachys makinoi* Hayata
bamboo shoot (桂竹筍)
- *Pseudosasa usawai*
bamboo shoot (箭筍)

Endives

- Benefine endive
- Blonde à Coeur Plein endive
- Bubikopf endive
- Cornet de Bordeaux endive
- De Meaux endive
- Eros F1 endive
- Full Heart Batavian endive
- Géante Maraîchère endive
- Green Curled Ruffec endive
- Grosse Pancalière endive
- Korbi RZ endive
- Rhodos endive
- Salad King endive

Sages

- Berggarten sage
- Extrakta sage
- Holt's Mammoth sage

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Spearmints

View photos for details

- US-grown (type 1, 2, 3, 5, 6)
- Egyptian-grown (type 1, 2, 4)
- Argentine-grown
- German-grown (type 2, 3, 4)
- Bangladeshi-grown
- Greek-grown (type 1, 3, 4)
- Colombian-grown
- Spanish-grown (type 2, 3, 4)
- Costa Rican-grown (type 2)
- Swedish-grown
- Finnish-grown
- French-grown
- Indian-grown (type 2)
- Indonesian-grown (type 1)
- Italian-grown
- Japanese-grown
- Philippine-grown (type 1)
- Saudi-grown
- Taiwanese-grown
- Thai-grown
- Vietnamese-grown
- Algerian-grown
- Australian-grown
- UK-grown
- Brazilian-grown
- Chinese-grown
- Danish-grown
- Mexican-grown
- Dutch-grown
- Ecuadorian-grown
- Moroccan-grown (type 1, 2)
- Honduran-grown
- Hungarian-grown
- Iranian-grown
- Israeli-grown
- Malaysian-grown
- Maltese-grown
- Pakistani-grown
- Peruvian-grown
- Polish-grown
- Russian-grown
- Singaporean-grown
- Slovak-grown
- Sri Lankan-grown
- Tunisian-grown
- Turkish-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Tamarinds

View photos for details

- Indian-grown
- Brazilian-grown
- Cambodian-grown
- Indonesian-grown
- Dominican Republic-grown
- Kenyan-grown
- Egyptian-grown
- Mexican-grown
- Guatemalan-grown
- Philippine-grown
- Laotian-grown
- Thai-grown
- Malaysian-grown
- US-grown
- Nigerian-grown
- Vietnamese-grown
- Sri Lankan-grown
- Tanzanian-grown
- Ugandan-grown
- Australian-grown
- Bangladeshi-grown
- Burkinabé-grown
- Chinese-grown (grown in Yunnan)
- Colombian-grown
- Grenadian-grown
- Haitian-grown
- Iranian-grown
- Jamaican-grown
- Myanmar-grown
- Nicaraguan-grown
- Omani-grown
- Panamanian-grown
- Peruvian-grown
- El Salvador-grown (grown in San Salvador)
- Saudi-grown
- Singaporean-grown
- Taiwanese-grown
- Zambian-grown
- Muen Jong tamarind (หมั่นจง)
- Phet Amphon tamarind (เพชรอำพน)
- Phet Manee tamarind (เพชรเมณี)
- Phet Prakai Thong tamarind (เพชรประกายทอง)
- Phet Sap Phuep tamarind (เพชรซบเปบ)
- Sri Chomphu tamarind (ศรีชมพู)
- Sri Phakdi tamarind (ศรีภักดี)
- Si Thong tamarind (สีทอง)
- PKM tamarind

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Culantros

View photos for details

- US-grown
- Australian-grown
- Thai-grown
- Honduran-grown
- Canadian-grown
- Indian-grown
- Colombian-grown
- Taiwanese-grown
- Costa Rican-grown
- Vietnamese-grown
- Guatemalan-grown
- New Zealand-grown
- Panamanian-grown
- Sri Lankan-grown
- Bangladeshi-grown
- Bolivian-grown
- Cambodian-grown (grown in Kampong Chhnang)
- Chinese-grown (grown in Yunnan)
- Jamaican-grown
- Antiguan-grown
- Salvadoran-grown
- Indonesian-grown
- Malaysian-grown
- Laotian-grown
- French-grown (grown in Martinique)
- Mexican-grown
- Trinidadian-grown
- Myanmar-grown
- Nepalese-grown
- Nicaraguan-grown
- UK-grown
- Singaporean
- Philippine-grown (grown in Pampanga)
- Peruvian-grown (grown in Mariscal Ramón Castilla)
- Venezuelan-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Ceylon Cinnamons

View photos for details

- Malagasy-grown
- Sri Lankan-grown
- Mexican-grown
- Grenadian-grown
- US-grown
- Indonesian-grown
- Tanzanian-grown
- Indian-grown
- Dominican Republic-grown
- Honduran-grown (grown in Colón)
- Japanese-grown
- Malaysian-grown
- Spanish-grown
- Sri Gemunu ceylon cinnamon
- Sri Wijaya ceylon cinnamon

Native Cinnamons

View photos for details

- Indian Native Cinnamon
(*Cinnamomum tamala*) (type 1, 2)
- Cambodian Native Cinnamon
(*Cinnamomum cambodianum*)
(type 1)
- Taiwanese Native Cinnamon
(*Cinnamomum osmophloeum*)
(type 2, 3, 4)
- Japanese Native Cinnamon
(*Cinnamomum sieboldii*) (type 2)

Cassia Cinnamons

View photos for details

- Vietnamese-grown
- Indonesian-grown (type 2, 5, 6)
- Malaysian-grown
- US-grown
- Indian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Curry Leaves

View photos for details

- Australian-grown
- UK-grown
- Indian-grown
- Philippine-grown
- Taiwanese-grown
- Botswanan-grown
- US-grown
- Bangladeshi-grown
- Brazilian-grown
- Malaysian-grown
- Mexican-grown
- New Zealand-grown
- Thai-grown
- Bhutanese-grown
- Canadian-grown
- Chinese-grown
- Ugandan-grown
- Indonesian-grown
- Colombian-grown
- Vietnamese-grown
- Japanese-grown
- German-grown
- Ghanaian-grown
- Myanmar-grown
- Nepalese-grown
- Pakistani-grown
- Palauan-grown (grown in Ngeremlengui)
- South African-grown (grown in Johannesburg)
- Singaporean-grown
- Sri Lankan-grown
- Tanzanian-grown
- Zambian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Peppermints

View photos for details

- French-grown (type 2, 3)
- Australian-grown
- Italian-grown (type 1, 3)
- Brazilian-grown (type 1)
- US-grown (type 2, 3, 4)
- Czech-grown (type 1)
- Egyptian-grown
- Indian-grown
- Iranian-grown
- Moroccan-grown (type 2)
- Taiwanese-grown
- Vietnamese-grown
- Argentine-grown
- Austrian-grown
- Canadian-grown
- Chinese-grown
- Colombian-grown
- Danish-grown
- Dutch-grown
- Finnish-grown
- German-grown
- Greek-grown
- Hungarian-grown
- Japanese-grown
- Korean-grown
- Mexican-grown
- Nigerian-grown
- Polish-grown
- Russian-grown
- Slovenian-grown
- Spanish-grown
- Swiss-grown
- Swedish-grown
- Thai-grown
- Turkish-grown
- Ukrainian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Lemon Basils

View photos for details

- US-grown
- Indian-grown
- Australian-grown
- Indonesian-grown
- UK-grown
- Malaysian-grown
- Chinese-grown (grown in Guangxi)
- Hong Kong-grown
- Thai-grown
- German-grown
- Canadian-grown
- Dutch-grown
- Japanese-grown
- Nigerian-grown
- Emirati-grown
- South African-grown
- Pakistani-grown
- French-grown (grown in Martinique)
- Taiwanese-grown
- Philippine-grown
- Ghanaian-grown
- Laotian-grown
- South Korean-grown
- Singaporean-grown
- Swedish-grown
- Vietnamese-grown
- Zambian-grown

Perilla Leaves

View photos for details

- Chinese-grown (type 1, 2, 3, 4, 5, 6, 7, 8, 10)
- Hong Kong-grown
- Taiwanese-grown (type 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12)
- Japanese-grown (type 1, 5, 6, 7, 8)
- Thai-grown (type 1, 2, 3)
- US-grown (type 3, 4, 7)
- Canadian-grown (type 1)
- French-grown
- Indian-grown (type 1, 2, 3, 4)
- South Korean-grown (type 1, 2, 3, 4)
- Vietnamese-grown (type 1, 2, 3, 4)
- Australian-grown
- Philippine-grown
- Indonesian-grown (type 1)
- Spanish-grown
- Swedish-grown (type 2)
- Brazilian-grown
- German-grown
- Italian-grown
- Malaysian-grown
- Ukrainian-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Perilla Seeds

View photos for details

- Nepalese-grown
- Chinese-grown (type 1, 3, 4, 5, 6)
- Japanese-grown (type 1, 2, 3, 4, 5)
- Indian-grown
- South Korean-grown
- Thai-grown
- Bangladeshi-grown

Fish Mints

View photos for details

- Chinese-grown
- Thai-grown
- Indian-grown
- Australian-grown (grown in Queensland)
- US-grown
- Bangladeshi-grown (grown in Rajshahi)
- Japanese-grown
- Austrian-grown
- Taiwanese-grown
- Chilean-grown
- Vietnamese-grown
- Laotian-grown
- Canadian-grown (type 1, 2)
- Bhutanese-grown
- New Zealand-grown (grown in Auckland)
- Indonesian-grown
- Brazilian-grown
- South Korean-grown
- Malaysian-grown
- UK-grown
- Spanish-grown
- French-grown
- Italian-grown (grown in Trentino-Alto Adige)
- Nepalese-grown
- Russian-grown (grown in North Ossetia)
- Sri Lankan-grown
- Swedish-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Vietnamese Balm

View photos for details

- Japanese-grown
- Vietnamese-grown (type 1, 2, 3, 5, 6)
- Indian-grown (type 1, 2)
- Bhutanese-grown (type 1)
- Russian-grown
- Chinese-grown (type 2)
- South Korean-grown
- Tibetan-grown (type 2)
- US-grown
- Ukrainian-grown
- Taiwanese-grown
- Argentine-grown
- Australian-grown (grown in Melbourne)
- Belarusian-grown (grown in Grodno Region)
- Canadian-grown
- German-grown
- Dutch-grown (grown in North Holland)
- Latvian-grown
- Lithuanian-grown
- Nepalese-grown
- New Zealand-grown (grown in Auckland)
- Norwegian-grown
- Philippine-grown
- Portuguese-grown (grown in Faro District)
- Singaporean-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Rice Paddy Herb

View photos for details

- Australian-grown
- Thai-grown
- Vietnamese-grown
- US-grown (type 1, 2, 3, 4, 5, 6, 7)
- Cambodian-grown
- Japanese-grown
- Bangladeshi-grown
- Taiwanese-grown
- Chinese-grown
- Hong Kong-grown
- French-grown
- Malaysian-grown (type 2)
- New Zealand-grown
- UK-grown
- German-grown (grown in Berlin)
- Indian-grown (grown in Kerala)
- Laotian-grown
- Myanmar-grown (grown in Yangon Region)
- Philippine-grown (grown in Cavite)
- Singaporean-grown
- Sri Lankan-grown (grown in Ampara)
- Swedish-grown
- Swiss-grown

Wild Betel Leaves

View photos for details

- Indonesian-grown
- Malaysian-grown (type 1, 2, 3, 5, 6)
- Thai-grown
- US-grown
- Vietnamese-grown
- Japanese-grown
- Australian-grown
- Philippine-grown
- Chinese-grown
- Taiwanese-grown
- Hong Kong-grown
- Cambodian-grown
- Indian-grown
- Laotian-grown
- New Zealand-grown
- Sri Lankan-grown
- Bhutanese-grown (grown in Mongar)
- Brunei-grown
- Canadian-grown
- Federated States of Micronesia-grown (grown in Pohnpei)
- German-grown
- Palauan-grown
- Polish-grown
- Singaporean-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

Green Algae

View photos for details

***Caulerpa lentillifera* (Sea Grapes)**

- Japanese-grown
- Australian-grown
- Vietnamese-grown
- Philippine-grown
- Taiwanese-grown
- Indonesian-grown (grown in West Java)
- Thai-grown
- Malaysian-grown
- Singaporean-grown

- Portuguese-grown (grown in Beja District)
- Spanish-grown (grown in Andalusia)

***Codium edule* (Pukpuklo)**

- Philippine-grown
- US-grown

Caulerpa intricatum

- Philippine-grown

***Caulerpa racemosa* (Sea Grapes)**

- Indonesian-grown
- Maldivian-grown
- Malaysian-grown (grown in Sabah)
- Philippine-grown (grown in Cebu)

***Monostroma nitidum* (Hitoegusa)**

- Japanese-grown
- Taiwanese-grown

***Codium fragile* (Green sea fingers)**

- South Korean-grown
- Japanese-grown

***Ulva lactuca* (Sea Lettuce)**

- Angolan-grown (grown in Namibe)
- Brazilian-grown (grown in São Paulo)
- US-grown
- Australian-grown
- UK-grown
- Canadian-grown
- Indonesian-grown
- Bulgarian-grown (grown in Burgas)

***Codium tomentosum* (Velvet Horn)**

- Brazilian-grown
- UK-grown
- French-grown (grown in Brittany)
- Greek-grown

Be Vegan, Keep Peace.

(All foods below are No-Pain)

- Chinese-grown (grown in Sangdong)
- Dutch-grown
- French-grown (grown in Normandy)
- Greek-grown (grown in Sithonia)
- Icelandic-grown (grown in Reykjavík)
- Indian-grown (grown in Andhra Pradesh)
- Italian-grown (grown in Veneto)
- Japanese-grown
- Moroccan-grown
- New Zealand-grown (grown in Canterbury)
- Portuguese-grown
- Russian-grown (grown in Magadan Oblast)
- South African-grown (grown in Western Cape)
- South Korean-grown
- Spanish-grown (grown in Baleares)
- Taiwanese-grown (grown in New Taipei)
- Vietnamese-grown (grown in Ninh Thuận)

Ulva intestinalis (Gutweed)

- UK-grown
- Indian-grown
- Norwegian-grown
- Australian-grown
- French-grown
- Greek-grown
- Swedish-grown (grown in Västra Götaland)

Ulva prolifera (Suji-Aonori)

- Taiwanese-grown
- South Korean-grown (grown in Jeollanam-do)
- Chinese-grown
- Japanese-grown

Ulva compressa (Green Laver)

- French-grown (grown in Île de Sein)
- New Zealand-grown (grown in Auckland)
- Portuguese-grown (grown in Leiria District)
- US-grown (grown in Hawaii)

Be **Vegan**, Keep **Peace**.

(All foods below are No-Pain)

Brown Algae

View photos for details

Alaria esculenta (Dabberlocks)

- Norwegian-grown
- Irish-grown
- UK-grown (grown in the Isles of Scilly)
- Icelandic-grown (grown in Stykkishólmur)
- French-grown (grown in Brittany)
- US-grown (grown in Maine)

Alaria marginata

- US-grown

Ascophyllum nodosum (Knotted Wrack)

- Norwegian-grown
- UK-grown (grown in Scotland)
- Canadian-grown (grown in Nova Scotia)
- Irish-grown (grown in Tralee Bay)
- US-grown (grown in Maine)

Cladosiphon okamuranus (Mozuku)

- Japanese-grown

Durvillaea incurvata (Cochayuyo)

- Chilean-grown

Durvillaea antarctica (Bull Kelp)

- New Zealand-grown
- Chilean-grown

Ecklonia cava (Kajime)

- Japanese-grown (grown in Chiba)
- South Korean-grown (grown in Jeju Island)

Ecklonia kurome (Kurome)

- Japanese-grown

Ecklonia stolonifera (Tsuru-arame)

- Japanese-grown (grown in Tobishima Island)
- South Korean-grown (grown in South Chungcheong)

Eisenia bicyclis (Arame)

- Japanese-grown (grown in Kanagawa)
- South Korean-grown (grown in Ulleungdo Island)

Fucus vesiculosus (Bladderwrack)

- Canadian-grown
- French-grown (grown in Brittany)
- UK-grown (grown in Scotland)

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(All foods below are No-Pain)

***Himanthalia elongata* (Sea Spaghetti)**

- UK-grown
- French-grown
- Irish-grown
- Spanish-grown (grown in Galicia)

***Laminaria digitata* (Oarweed)**

- UK-grown
- French-grown
- Irish-grown
- Russian-grown (grown in Murmansk Oblast)
- US-grown (grown in Penobscot Bay)

***Laminaria hyperborea* (Cuvie Kelp)**

- Norwegian-grown

***Lessonia nigrescens* (Black Huiro)**

- Chilean-grown

***Nemacystus decipiens* (Ito-mozuku)**

- Japanese-grown

***Saccharina angustata* (Hidaka-kombu)**

- Japanese-grown

***Saccharina japonica* (Kombu)**

- Japanese-grown
- Chinese-grown
- South Korean-grown (grown in Wando)

***Saccharina latissima* (Sugar Kelp)**

- French-grown
- US-grown
- UK-grown
- Norwegian-grown
- Canadian-grown (grown in Prince Rupert)
- Irish-grown (grown in County Donegal)

***Sargassum fulvellum* (Gulfweed)**

- South Korean-grown

***Sargassum fusiforme* (Hijiki)**

- Japanese-grown
- South Korean-grown

***Sargassum horneri* (Akamoku)**

- Japanese-grown

***Undaria pinnatifida* (Wakame)**

- Japanese-grown
- South Korean-grown (grown in Jeollanam-do)
- French-grown (grown in Brittany)

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(All foods below are No-Pain)

Red Algae

View photos for details

Asparagopsis taxiformis (Limu Kohu)

- US-grown

Chondrus crispus (Irish moss)

- Canadian-grown
- Irish-grown
- US-grown

Eucheuma denticulatum

- Indonesian-grown
- Philippine-grown

Gelidium amansii (Tokoroten)

- South Korean-grown
- Taiwanese-grown

Gelidium corneum (Agar Weed)

- French-grown (grown in Basque Coast)
- Spanish-grown

Gelidium elegans (Agar Weed)

- Japanese-grown
- Taiwanese-grown

Gracilaria coronopifolia (Limu Manaua)

- US-grown

Gracilaria edulis

- Indian-grown

Gracilaria parvispora (Ogo)

- US-grown

Gracilaria tenuistipitata

- Vietnamese-grown

Kappaphycus alvarezii

(Elkhorn Sea Moss)

- Indonesian-grown
- Brazilian-grown
- Dominica-grown
- Malaysian-grown
- Philippine-grown
- Maldives-grown (grown in Huvadhoo Atoll)
- Tanzanian-grown (grown in Zanzibar)
- Vietnamese-grown

Palmaria palmata (Dulse)

- US-grown
- Icelandic-grown
- Irish-grown
- Norwegian-grown (grown in Lofoten Islands)
- UK-grown

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(All foods below are No-Pain)

Devaleraea mollis (Pacific Dulse)

- US-grown

Pyropia dentata (Toothed laver)

- South Korean-grown

Pyropia haitanen (Haitan laver)

- Chinese-grown

Pyropia yezoensis (Susabi-nori)

- Japanese-grown
- Chinese-grown (grown in Jiangsu)
- South Korean-grown

Osmundea pinnatifida (Pepper dulse)

- French-grown
- Irish-grown
- Portuguese-grown
- UK-grown

Porphyra umbilicalis (Purple Laver)

- UK-grown
- Irish-grown (grown in Clare)
- US-grown (grown in Maine)

Mastocarpus stellatus (False Irish Moss)

- Canadian-grown
- French-grown (grown in Brittany)
- Irish-grown (grown in Clare)
- Portuguese-grown (grown in Leiria District)
- UK-grown (grown in Northern Ireland)
- US-grown (grown in Maine)

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(All foods below are No-Pain)

Jackfruits

View photos for details

Black Gold jackfruit

- Australian-grown
- US-grown

Golden Pillow jackfruit

- Thai-grown
- US-grown (grown in Florida)

Bangkok Lemon jackfruit

- US-grown

Hong-niang jackfruit

- Taiwanese-grown

Cheena jackfruit

- Australian-grown (grown in Western Australia)
- US-grown (grown in Florida)

Magnolia jackfruit

- Philippine-grown

Malleshwaram Red jackfruit

- Indian-grown

Cochin jackfruit

- US-grown

NS1 jackfruit

- US-grown

Dang Rasimi jackfruit

- US-grown

Nangka J29 jackfruit

- Indonesian-grown

Dang Suria jackfruit

- Indian-grown
- Malaysian-grown (grown in Pahang)

Nangka J33 (Tekam Yellow) jackfruit

- Indonesian-grown
- Malaysian-grown
- Indian-grown
- Philippine-grown (grown in Bukidnon)

Eviarc Sweet jackfruit

- Philippine-grown

Golden Nugget jackfruit

- US-grown
- Jamaican-grown
- New Zealand-grown

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(All foods below are No-Pain)

Phet Dam Rong jackfruit

- Indian-grown (grown in Karnataka)
- Thai-grown (grown in Chiang Mai)

Phet Racha jackfruit

- Indian-grown
- Thai-grown

PLR-1 jackfruit

- Indian-grown

Red Rudrakshi jackfruit

- Indian-grown

Shankara jackfruit

- Indian-grown

Siddu Jack jackfruit

- Indian-grown

Thong Ploy jackfruit

- Indonesian-grown
- Thai-grown

Thong Prasert jackfruit

- Thai-grown
- Indian-grown (grown in Karnataka)

Yellow Rudrakshi jackfruit

- Indian-grown

Ziman Pink jackfruit

- US-grown

J31 jackfruit

- US-grown (grown in Florida)

Tabouey jackfruit

- Vietnamese-grown

Cambodian Orange jackfruit

- Indian-grown

Thai jackfruit

- Vietnamese-grown

Taiwan Honey Jackfruit

- Vietnamese-grown

Super Early Thai Jackfruit

- Vietnamese-grown

Malaysia Long Jackfruit

- Vietnamese-grown

Jaca Dura jackfruit

- Brazilian-grown

Jaca Manteiga jackfruit

- Brazilian-grown

Jaca Mini jackfruit

- Brazilian-grown

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(All foods below are No-Pain)

Durians

View photos for details

Arancillo durian

- Philippine-grown

Bawor durian

- Indonesian-grown (grown in Banyumas)

Black Thorn (D200) durian

- Indonesian-grown
- Malaysian-grown
- Vietnamese-grown
- Hainan-grown
- Thai-grown

Chanee (D123) durian

- Malaysian-grown
- Thai-grown
- Indonesian-grown

D13 durian

- Malaysian-grown (grown in Johor)

D101 durian

- Malaysian-grown

Dona durian

- Vietnamese-grown

Duyaya durian

- Philippine-grown

Golden Phoenix (D198) durian

- Malaysian-grown (grown in Johor)

Hor Lor (D163) durian

- Malaysian-grown

IOI (D168) durian

- Indonesian-grown
- Malaysian-grown

Kradum Thong durian

- Australian-grown (grown in Far North Queensland)
- Thai-grown

Kanyao (D158) durian

- Thai-grown
- Australian-grown (grown in Queensland)
- Malaysian-grown (grown in Perak)

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(All foods below are No-Pain)

Musang King (D197) durian

- Hainan-grown
- Malaysian-grown
- Thai-grown
- Indonesian-grown
- Taiwanese-grown
- Vietnamese-grown

Monthong (Golden Pillow/D159) durian

- Indonesian-grown
- Thai-grown
- Vietnamese-grown

Matahari durian

- Indonesian-grown

Petruk durian

- Indonesian-grown

Puang Manee durian

- Thai-grown

Puyat durian

- Philippine-grown

Red Prawn (D175) durian

- Malaysian-grown

Ri6 durian

- Vietnamese-grown

Sitokong durian

- Indonesian-grown

Sultan (D24) durian

- Malaysian-grown

Sunan durian

- Indonesian-grown

Tekka (D160) durian

- Malaysian-grown

XO (D24 variant) durian

- Malaysian-grown

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(All foods below are No-Pain)

Jicamas

View photos for details

- Mexican-grown
- Vietnamese-grown
- Chinese-grown
- Hong Kong-grown
- Cambodian-grown
- Guatemalan-grown
- Indonesian-grown
- Honduran-grown
- Philippine-grown
- Indian-grown
- South Korean-grown
- Japanese-grown
- Taiwanese-grown
- Laotian-grown
- Thai-grown
- Malaysian-grown
- Australian-grown
- Brazilian-grown
- Salvadoran-grown
- US-grown
- Myanmar-grown (grown in Shan State)
- Panamanian-grown

Rajendra Mishrikand-1 jicama

- Indian-grown

Pouteria lucuma

View photos for details

- Peruvian-grown
- Bolivian-grown
- Spanish-grown
- Chilean-grown
- Colombian-grown
- Ecuadorian-grown
- Australian-grown
- Indonesian-grown
- US-grown
- New Zealand-grown
- Portuguese-grown (grown in Algarve)

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(All foods below are No-Pain)

Licorices

View photos for details

Common licorice (*Glycyrrhiza glabra*)

- Afghan-grown
- Azerbaijani-grown
- Bulgarian-grown (grown in Danubian Plain)
- Canadian-grown (grown in British Columbia)
- Dutch-grown (grown in Limburg)
- Finnish-grown (grown in Parainen)
- Egyptian-grown
- French-grown (grown in Grand Est)
- Georgian-grown
- Greek-grown
- Indian-grown
- Iranian-grown
- Iraqi-grown
- Irish-grown (grown in Clare)
- Israeli-grown
- Italian-grown
- Japanese-grown
- Russian-grown
- Kazakh-grown
- Kyrgyz-grown (grown in Jumgal District)
- Spanish-grown
- Swedish-grown
- Syrian-grown
- Turkish-grown

- Tajik-grown (grown in Khatlon Region)
- Ukrainian-grown (grown in Crimea)
- Uzbek-grown
- UAE-grown (grown in Ras Al Khaimah)
- UK-grown
- US-grown (grown in Washington)

Chinese licorice (*Glycyrrhiza uralensis*)

- Chinese-grown
- Kazakh-grown
- Canadian-grown (grown in British Columbia)
- Japanese-grown
- Kyrgyz-grown (grown in Issyk-Kul)
- Norwegian-grown
- Mongolian-grown
- Russian-grown
- South Korean-grown (grown in Gyeongsangbuk-do)
- US-grown (grown in California)

Inflated licorice (*Glycyrrhiza inflata*)

- Chinese-grown
- Mongolian-grown (grown in Govi-Altay)

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(All foods below are No-Pain)

Cashews

View photos for details

- Australian-grown
- Beninese-grown
- Bangladeshi-grown (grown in Cumilla, Chattogram Division)
- Brazilian-grown
- Belizean-grown
- Burkinabe-grown
- Cameroonian-grown (grown in Bénoué)
- Cambodian-grown
- Hainan-grown
- Costa Rican-grown
- Colombian-grown
- Ivorian-grown
- Dominican Republic-grown
- Ecuadorian-grown
- French-grown (grown in Réunion Island)
- Ghanaian-grown
- Guinea-Bissauan-grown
- Gambian-grown
- Grenadian-grown
- Guyanese-grown
- Haitian-grown
- Honduran-grown
- Kenyan-grown
- Jamaican-grown
- Indian-grown
- Indonesian-grown
- Laotian-grown (grown in Ban Nadi)
- Malagasy-grown
- Malaysian-grown
- Malian-grown
- Mexican-grown
- Myanmar-grown (grown in Tanintharyi)
- Nepalese-grown
- Mozambican-grown
- Nicaraguan-grown
- Philippine-grown
- Nigerian-grown
- Panamanian-grown
- Peruvian-grown
- Senegalese-grown (grown in Ziguinchor Region)
- Seychellois-grown
- Salvadoran-grown
- Sierra Leonean-grown
- Sri Lankan-grown
- Tanzanian-grown
- Taiwanese-grown
- Togolese-grown
- Trinidadian-grown
- Thai-grown
- Venezuelan-grown
- US-grown
- Zambian-grown
- Vietnamese-grown

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(All foods below are No-Pain)

AB0508 cashew

- Vietnamese-grown

AB29 cashew

- Vietnamese-grown

BRS 189 cashew

- Brazilian-grown

BRS 226 cashew

- Brazilian-grown

BRS 265 cashew

- Brazilian-grown

Embrapa 50 cashew

- Brazilian-grown

CCP 09 cashew

- Brazilian-grown

CCP 76 cashew

- Brazilian-grown

Embrapa 51 cashew

- Brazilian-grown

H09 cashew

- Cambodian-grown

M23 cashew

- Cambodian-grown

Meteor YK cashew

- Indonesian-grown

PN1 cashew

- Vietnamese-grown

Si Sa Ket 60-1 cashew

- Thai-grown

Vengurla-4 cashew

- Indian-grown

Vengurla-7 cashew

- Indian-grown

Vengurla-9 cashew

- Indian-grown

WUCC-2 cashew

- Sri Lankan-grown

WUCC-7 cashew

- Sri Lankan-grown

WUCC-16 cashew

- Sri Lankan-grown

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