Sulfation

**Caffeine**
Coffee, cocoa, black tea, and green tea

**Retinoic acid (bioactive form of vitamin A)**
Meat (especially liver), fish, egg, and dairy products

**Animal products**
Fish, shellfish, lamb, beef, chicken, pork, duck, goose, turkey, egg, and cheese

**Legumes**
Lentils, peas, and butter beans

**Grains**
Barley, oatmeal

**Vegetables and fruits**
Cabbage, horseradish, Brussel sprouts, leeks, cress, haricot beans, apricots, peaches, spinach, and watercress

**Nuts and seeds**
Brazil nuts, almonds, peanuts, and walnuts

**Herbs and spices**
Mustard, ginger