



CRUELTY FREE LIVING

The

JAIN

Way

Foreword

Why did you write this e-book?

This e-book was created with the intention of inspiring and teaching us the art of adopting and practicing a compassionate lifestyle. All products listed are free of animal ingredients and are vegetarian or vegan in nature. We have attempted to ensure that these ingredients are also in line with principles of nonviolence towards any living being. Additionally, the products listed do not contain any root vegetables or any animal products. Furthermore, many of these items are certified by either Leaping Bunny or PETA as being cruelty free.

Why should we avoid using products that are tested on animals?

More than 100 million animals are brought in for testing each year by companies. The abuse that these animals experience is unimaginable and inhumane. Amongst many other things, they suffer are neck breaking, decapitation, and poisonous gases. Often, testing persists until the animal dies.

“The commonly used LD50 (lethal dose 50) test involves finding out which dose of a chemical will kill 50% of the animals being used in the experiment.” (Should Animals Be Used for Scientific or Commercial Testing?)

“The question is not, ‘Can they reason?’ nor, ‘Can they talk?’ but ‘Can they suffer?’” (Jeremy Bentham, Quotes About Animal Rights)

Animal testing truly tests our humanity and should be banned.

How can I use this e-book?

This e-book aims to educate consumers in making compassionate purchasing and usage decision when using common everyday products. It provides alternative products that are free of animal ingredients and aids in maintaining a compassionate lifestyle. Please note that most of the products have been certified as cruelty free items by organizations like PETA, Leaping Bunny and in some instances they have been certified by Parent Organizations.

Please note that the products in the e-book are current as of the time of compilation and are subject to change in accordance with corporate policies. Please visit company websites for latest updates.

Acknowledgement

We would like to thank all individuals who have contributed towards making this compilation of

Cruelty Free Products e-book possible.

Dedication

This resource is created as part of EKDO RAJ TAHRO initiative,
a celebration of 10 Years of Transformation!



*Our Deepest Gratitude to Param Krupalu Dev and
Pujya Gurudevshri Rakeshbhai
for inspiring and teaching us the art of
adopting and practicing a compassionate lifestyle*

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Cruelty Free Products



Cheeses

Cheese is a very popular product that is used in each and every household as well as in many recipes and products these days. However, as vegetarians only a few of us are aware as to how these cheeses are made and what kind of ingredients are used to make them. By buying the following cheese products brands you can practice being a vegetarian and also support a cruelty free lifestyle.



Mozzarella



Emmental



Cheddar

Sold in India. Can be found in Indian Grocery Stores outside India.

Cheeses



Boar's Head

American. Bleu

Canadian Colby
Jack

Cream Cheese,

Double Gloucester

Fontina,
Gorgonzola,

Gruyere, Havart

Monterey Jack,

Jalapeno,
Mozzarella

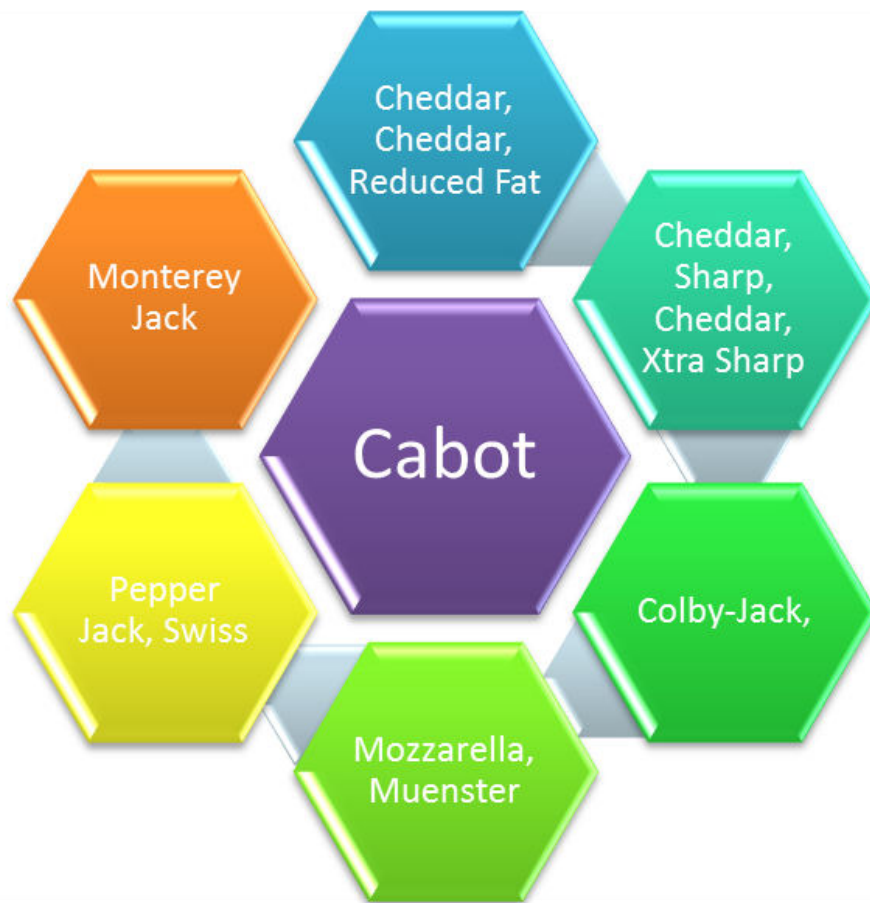
Muenster,
Neufchatel,

Queso Blanco,
Swiss, Baby



*Shredded cheese
generally contains
potato starch Use
cheese blocks.*

Cheeses



All Cabot cheeses, are made without animal rennet or enzymes except processed American slices.

Cheeses



Kraft Granulated Parmesan chese



Kirkland Shredded Mozzarella cheese



Mini Babybel Original



Light Gouda



Sharp Original



White Cheddar

Cheeses





Cheeses



Cheddar *



Colby



Feta



Monterey Jack



Mozzarella



Muenster



Parmesan



Pepper Jack



Provolone



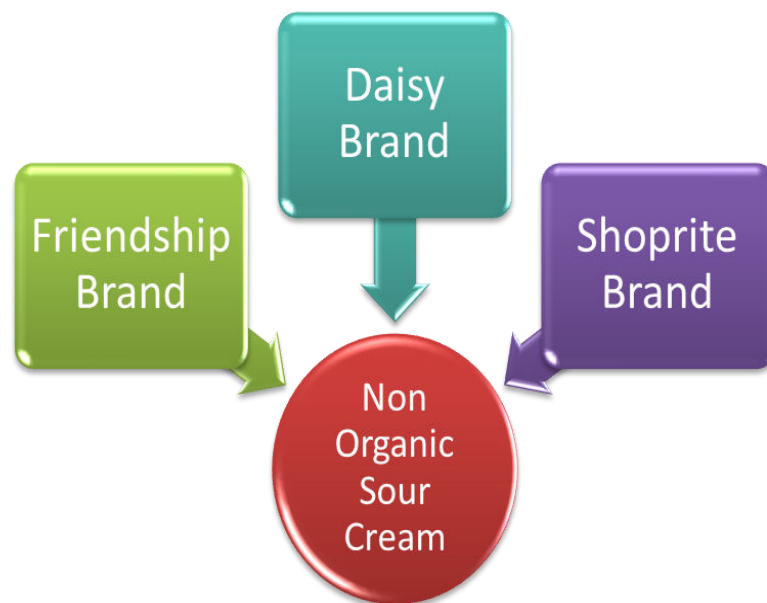
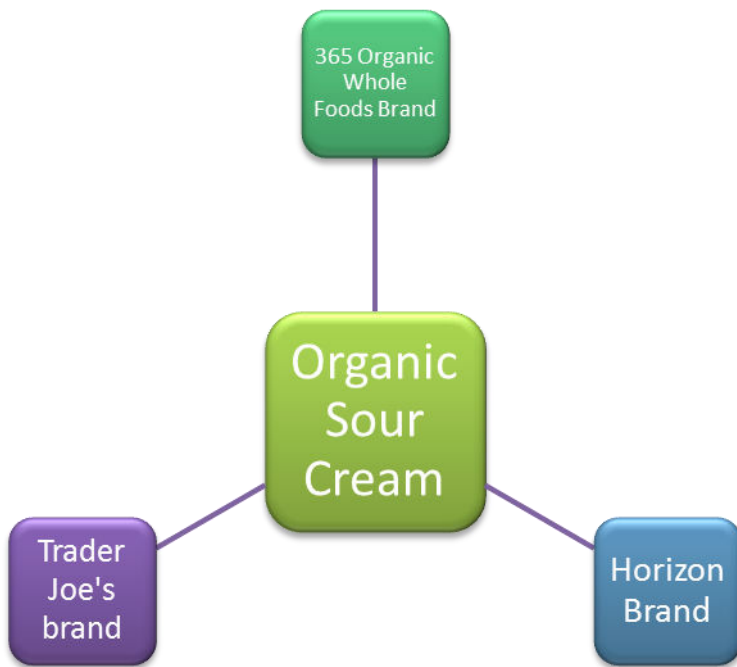
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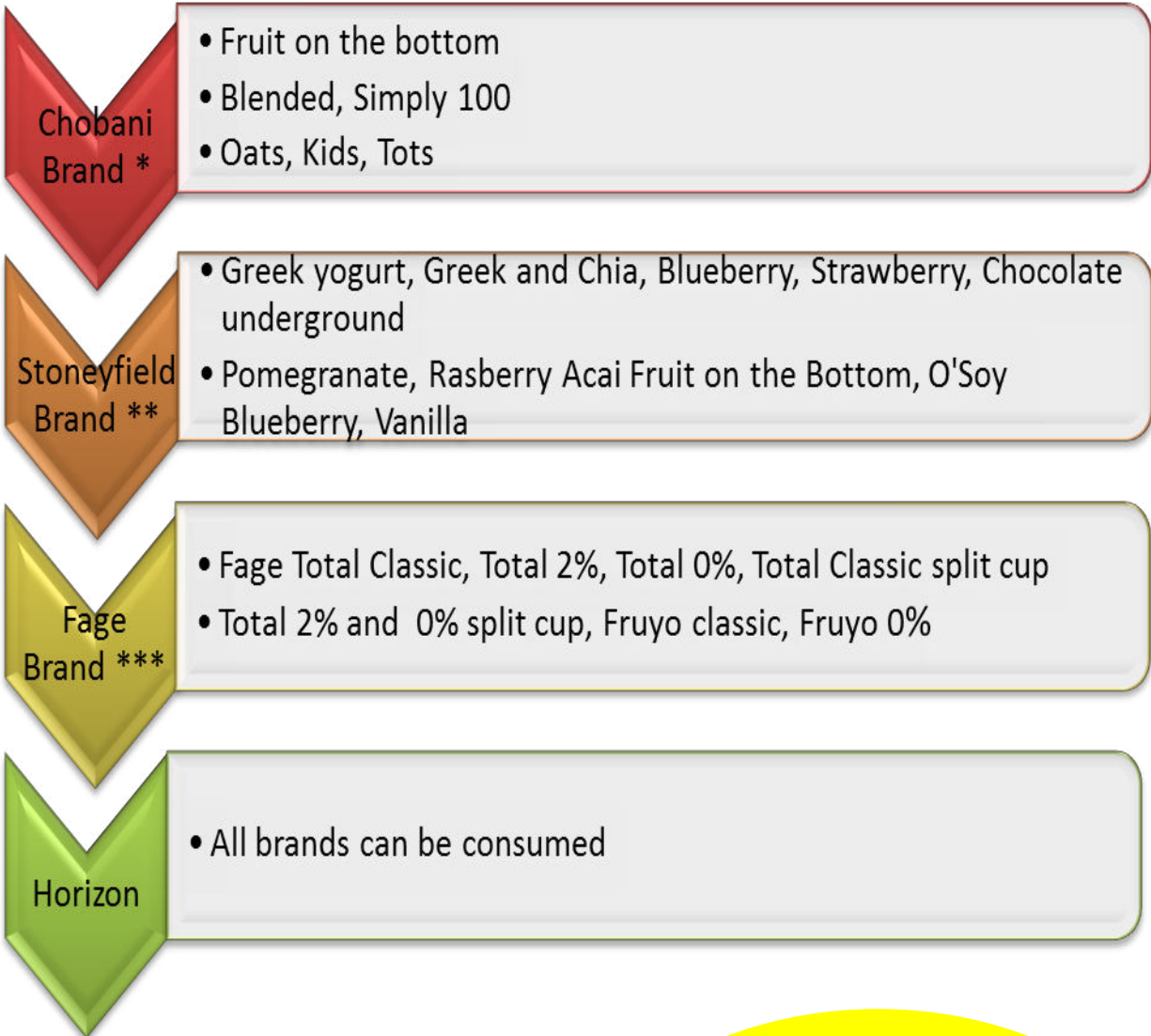
Swiss

Vermont Extra Sharp Cheddar, Vermont Sharp Cheddar and Vermont Medium Cheddar are made with Animal Rennet. Blue and Romano are not okay to consume.

Dairy (Sour Cream)



Dairy (Yogurt)



Note:

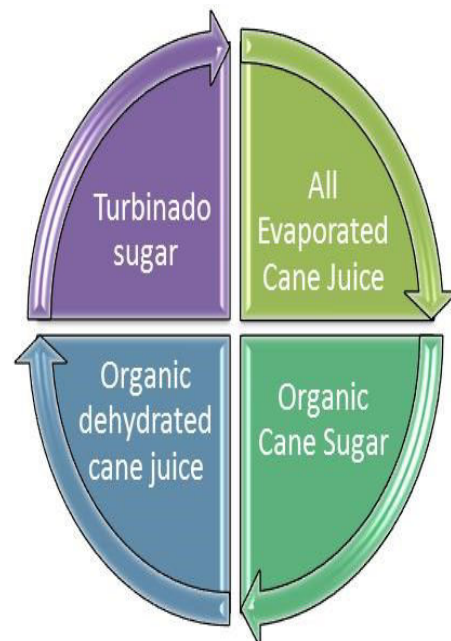
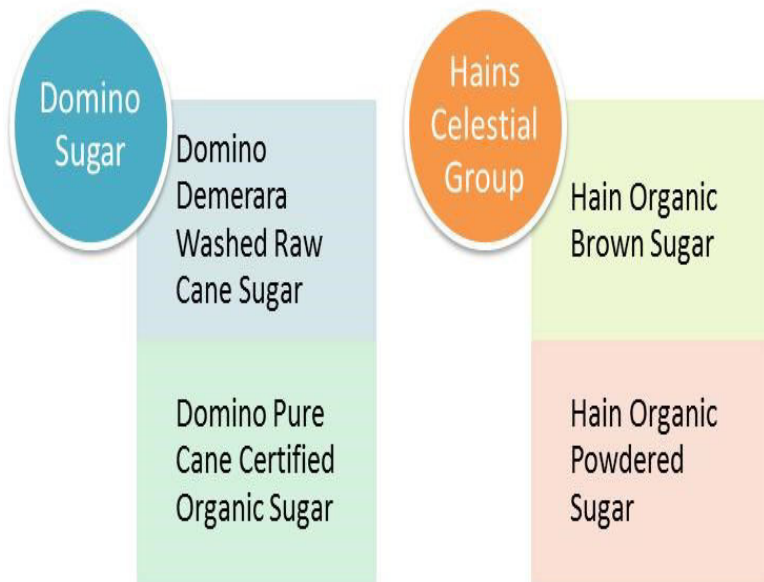
**Made with milk from cows not treated with hormones like rBST.*

*** Cows not treated with antibiotics or hormones*

**** It's not organic but the farmers that supply milk do not treat their cows with antibiotics or rBST hormones*

IMP: All yogurt brands stated above are vegetarian friendly. However, it is not guaranteed to be suitable for strict Jains. Some natural flavor may contain root vegetable extract. Pls. check website for detail ingredients!!

Sugar



Snack and Cookies

Product Name	Usable Products	Special Notes
Chips Ahoy	All	N/A
Oreos	All	N/A
Ritz Crackers	All	N/A
Keebler	Fudge Strip Originals, Coconut Cream	N/A
Quaker Chewy Granola Bars	Chocolate Chip , Peanut Butter	N/A
Pop Corners	Kettle, Sea Salt, Sweet Cinnamon, Caramel, Smooth and Sweet, Twisted Salt	N/A
Cheez It (Sunshine)	Original, Extra Toasty, Mozzarella	Read ingredients for onion and garlic. All enzymes are not animal based.
Fritos	Original Corn Chips, Lightly Salted Corn Chips, Scoops	
Stacy's	Simply Naked Pita Chips, Cinnamon Sugar Pita Chips	
Tostitos	Corn Chips	
Mission	Tortillas	All tortillas have plant based enzymes except "Life Balance Soft Tacos with Omega 3 which contains animal products
365 Organic Tortillas	Corn, Whole Wheat	Available at Whole Food Stores
Follow your Heart	Grapeseed Oil Vegenaïse (Vegetarian Mayo)	Available at Whole Food Stores
Trader Joe's	Jalapeno Pepper Hot Sauce	Available at Trader Joe's
Goya	Hot Sauce, Salsa Picante	Red color is added which could be injurious to health if used daily



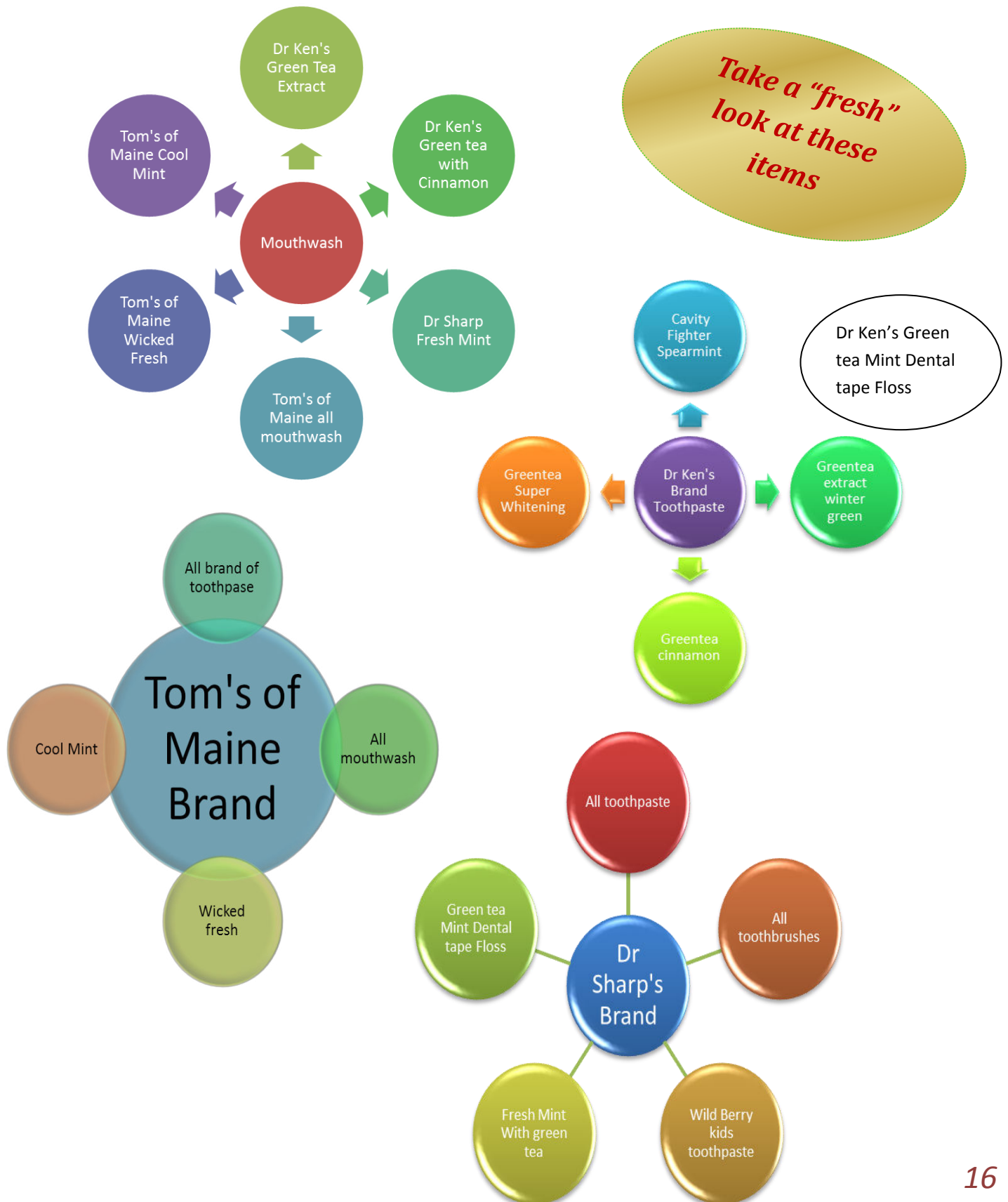
Cosmetics



Don't compromise on the beauty of your soul for the outer glamour.

Product Name	Usable Products
e.l.f. Eyeshadow	Eyeshadow, Studio Baked Eye Shadow, 150 piece, Studio Endless Eyes, Studio Cream Eye Shadow, Waterproof Eye Liner
e.l.f. Lipstick	Lipstick, Studio Matte Lip Color, Studio Mineral, Essential Lipstick, Essential luscious, Studio Lip Balm, e.l.f. lip lock pencil, Mineral Moisturizing Lip Tint
e.l.f. Nail polish	Is useable but contains Isopropyl Alcohol
e.l.f. Skin care	Illuminating eye cream, skin care soothing Serum, Skincare Daily Hydration, Skincare Nourishing Night cream
Clinique By Sephora	All make up is free from fragrances
Cetaphil®	All products can be used except Cetaphil® Gentle Cleansing Bar and Cetaphil® Antibacterial Gentle Cleansing Bar contains sodium tallowate which is derived from an animal source.
NYL Skin Care	

Personal Hygeine (Toothpaste / Mouthwash)



Personal Hygiene (Shampoo)

Product Name	Usable Products
Aubrey - GPB Balancing Protein Shampoo – Rosemary Peppermint Aubrey - Island Naturals Shampoo Aubrey - White Camellia Shampoo	
OGX	"Dandruff Relief® 2 in 1 Treatment Shampoo Dandruff Relief® Treatment Shampoo"
Alba Botanica	"HAWAIIAN DEEP CONDITIONING MINUTE MASK real repair cocoa butter HAWAIIAN DEEP CONDITIONING MINUTE MASK so smooth gardenia"
Jason	"Dandruff Relief® 2 in 1 Treatment Shampoo Flaxseed Hi-Shine Styling Gel Dandruff Relief® Treatment Shampoo"
Burts Bees	"More Moisture Baobab Shampoo Super Shiny Mango Shampoo Very Volumizing Pomegranate Shampoo Baby Bee Shampoo & Wash Avocado Butter Pre-Shampoo Hair Treatment"
Nature's Gate	"Tea Tree + Sea Buckthorn Calming Shampoo Herbal Daily Cleanse Shampoo Pomegranate + Sunflower Hair Defense Shampoo Hemp + Argan Oil Nourishing Shampoo Chamomile + Mimosa Bark Replenishing Shampoo Jojoba + Sacred Lotus Revitalizing Shampoo Henna + Avocado Shine Enhancing Shampoo Nature Baby Shampoo & Wash"

Personal Hygiene (Conditioner)

Product Name	Usable Products
Aubrey - Island Naturals Conditioner	
OGX	<p>" Acai Berry Avocado conditioner All Argan Oil of Morocco products with the exception of the conditioner and intense moisturizing treatment Cherry Blossom Ginseng conditioners All Coconut Water products All Moroccan Argan Crème products Argan Oil & Shea shampoo and weightless oil Australian Teatree Argan of Morocco Body wash, lotion, and dry body oil Teatree body wash and lotion All Vitamin E products All Vitamin B5 products All Coconut Curls products All Kukui Oil products All Lemon Highlights products"</p>
Alba Botanica	<p>"HAWAIIAN DEEP CONDITIONING MINUTE MASK real repair cocoa butter HAWAIIAN DEEP CONDITIONING MINUTE MASK so smooth gardenia "</p>
Jason	<p>"Dandruff Relief® 2 in 1 Treatment Conditioner Flaxseed Hi-Shine Styling Gel"</p>
Burts Bees	<p>"More Moisture Baobab Conditioner Super Shiny Mango Conditioner Very Volumizing Pomegranate Conditioner Hair Repair Shea & Grapefruit Deep Conditioner Avocado Butter Pre-Shampoo Hair Treatment"</p>
Nature's Gate	<p>"Tea Tree + Sea Buckthorn Calming Conditioner Herbal Daily Cleanse Conditioner Pomegranate + Sunflower Hair Defense Conditioner Hemp + Argan Oil Nourishing Conditioner Chamomile + Mimosa Bark Replenishing Conditioner Jojoba + Sacred Lotus Revitalizing Conditioner Henna + Avocado Shine Enhancing Conditioner"</p>

Personal Hygeine (Bodywash & Soap)

Product Name	Usable Products
Jason	Smoothing Coconut Body Wash
The body shop	"TEA TREE BODY WASH SHEA SHOWER CREAM COCONUT SHOWER CREAM MEGA PINK GRAPEFRUIT SHOWER GEL PINK GRAPEFRUIT SHOWER GEL COCOA BUTTER CREAMY BODY WASH MINI PINK GRAPEFRUIT SHOWER GEL MINI SHEA SHOWER CREAM MINI MANGO SHOWER GEL MINI COCONUT SHOWER CREAM FUJI GREEN TEA™ EXFOLIATING SOAP SATSUMA SOAP SHEA SOAP OLIVE SOAP PINK GRAPEFRUIT SOAP COCONUT SOAP MANGO SOAP MORINGA SOAP STRAWBERRY SOAP BRAZIL NUT SOAP CHOCOMANIA SOAP WILD ARGAN OIL MASSAGE SOAP"
Aubrey organics	"Rosa mosuqueta luxurious body wash Herbal liquid everyday body soap"

Cleaning Products

Ingredients not tested on animals

Product Name	Usable Products
Arm & Hammer	Powder Laundry Detergent, Clean Burst Powder Laundry Detergent, Clean Mountain Powder Laundry Detergent, Perfume & Dye Free Powder Laundry Detergent, Lavender & Linen ARM & HAMMER™ Plus the Power of OxiClean™ Stain Fighters, Powder Detergent Fresh Scent ARM & HAMMER™ Plus OxiClean™ Ultra Power - Power Paks Ultra Power - Power Paks ARM & HAMMER™ Plus OxiClean™ HE Compatible Powder Laundry Detergent – Tropical Burst Sensitive Scents-Power Paks

Biokleen	FREE & CLEAR LAUNDRY LIQUID
Caldrea	"Lavender Pine LAUNDRY DETERGENT Rosewater Driftwood DRYER SHEETS Sweet Pea STAIN REMOVER Sea Salt Neroli DELICATE WASH Sea Salt Neroli SPORT WASH Mandarin Vetiver LINEN AND ROOM SPRAY"
Dr. Bronners	"Bronner's Magic Soap Sal Suds Liquid Cleaner - 16 oz. Sal Suds Liquid Cleaner - 1 Gallon Sal Suds Liquid Cleaner - 32 oz."

DIY Vegan Laundry Detergent	"Vegan Laundry Detergent 1/2 bar of Dr. Bronner's peppermint pure-castile organic bar soap 1/2 cup Borax 1/2 cup washing soda Grate the soap with a cheese or carrot grater. Combine with the borax and washing soda in an airtight container (a Mason jar or Tupperware will work). Shake! Makes 1½ cups detergent"
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Cleaning Products

Product Name	Usable Products
Earth friendly	<p>"Ecos Plus Lavender with Enzymes available at Sam's Club Baby Ecos Laundry Detergent Free and Clear or Chamomile & Lavender Baby Ecos Stain & Odor Remover ECOS 4X Concentrated Laundry Detergent - Magnolia & Lillies, Lavender, Lemongrass, Free and Clear Ecos Liquid Laundry Detergent Magnolia & Lily , Lavender, Lemongrass Ecos Free & Clear Liquid Laundry Detergent ECOS Packs Laundry Detergent Baby Laundry Detergent OXO Brite Non-chlorine Bleach OXO Brite laundry booster packs Everyday Stain & Odor Remover Baby Ecos Bottle & Dishwashing Cleaner Creamy Cleanser Dishmate - Almond, APRICOT, GRAPEFRUIT, LAVENDER, PEAR, FREE AND CLEAR Everyday Stain & Odor Remover Stainless Steel Cleaner Wave Gel Wave Packs"</p>
Earth Spirit EcoLogic Detergent	<p>"Laundry Eco-Cleaner Naturally Unscented Laundry Eco-Cleaner Lavender Dishwash Eco-Cleaner Lemon-Lime"</p>
Eco-Me Laundry Detergent Ecover	<p>"Auto Dish Rinse Aid Laundry Whitener Brightener, Fragrance-Free" "2X LAUNDRY DETERGENT (Alpine Mint, Lavender Field, DELICATE WASH FABRIC SOFTENER STAIN REMOVER ZERO 2X LAUNDRY DETERGENT ZERO LAUNDRY POWDER DISHWASHER POWDER DISHWASHER TABLETS LIQUID DISH SOAP RINSE AID ZERO DISHWASHER POWDER ZERO DISH SOAP ZERO DISHWASHER TABLETS "</p>

Cleaning Products

Product Name	Usable Products
Forever New	"Liquid Fabric Care Wash Powder 1Kg (32 loads) Powder 150g - Travel Size (10 washes) Liquid 910ML (32 loads) Powder 3 Kg Pouch (96 loads)"
Nature Clean	"Natural Laundry Liquids 3X Concentrate Laundry Liquid Laundry Tabs Laundry Powder Fabric Softener Oxygen Liquid Bleach Oxy Stain Remover Natural Dishwashing Liquids Automatic Dishwasher Pacs Automatic Dishwasher Powder Dishwasher Rinse Agent"
Puracy	"Natural Laundry Detergent Natural stain remover"
Pure & Gentle	"Anti-Allergen Laundry Detergent BABY CARE LAUNDRY SOAP ECONCENTRATE LIQUID LAUNDRY SENSITIVE SKIN LAUNDRY SOAP ECONCENTRATE AUTO DISHWASHER GEL ECONCENTRATE LIQUID DISH SOAP"

Cleaning Products

Product Name	Usable Products
Mrs. Meyers	"Basil 68 Load Laundry Detergent Lavender 68 Load Laundry Detergent Lemon Verbena 68 Load Laundry Detergent Sunflower 68 Load Laundry Detergent Basil 64 Load Laundry Detergent LAVENDER 64 LOAD LAUNDRY DETERGENT LEMON VERBENA 64 LOAD LAUNDRY DETERGENT GERANIUM 64 LOAD LAUNDRY DETERGENT BABY BLOSSOM 64 LOAD LAUNDRY DETERGENT BASIL FABRIC SOFTENER LAVENDER FABRIC SOFTENER LEMON VERBENA FABRIC SOFTENER GERANIUM FABRIC SOFTENER SUNFLOWER FABRIC SOFTENER BASIL DRYER SHEETS LAVENDER DRYER SHEETS LEMON VERBENA DRYER SHEETS GERANIUM DRYER SHEETS BASIL AUTOMATIC DISH PACKS LAVENDER AUTOMATIC DISH PACKS LEMON VERBENA AUTOMATIC DISH PACKS"

Cleaning Products

Product Name	Usable Products
Method	<p>"4x concentrated laundry detergent - Spring Garden 4x concentrated laundry detergent - fresh clover 4x concentrated laundry detergent - beach sage 4x concentrated laundry detergent - free + clear laundry detergent refill - lavender cedar laundry detergent – 25 loads- free + clear laundry detergent – 25 loads - lavender + cedar laundry detergent – 50 loads- free + clear laundry detergent – 50 loads - lavender + cedar laundry detergent – 50 loads - fresh air baby laundry detergent - sweet pea laundry detergent – 50 loads - beach sage laundry detergent – 50 loads - sunset breeze laundry detergent – 75 loads- free + clear laundry detergent – 75 loads - lavender + cedar laundry detergent – 75 loads - fresh air dryer-activated fabric softener - fresh air dryer-activated fabric softener - lavender lilac dryer-activated fabric softener - sunset breeze fabric softener – 50 loads - fresh air fabric softener – 50 loads - lavender lilac laundry detergent refill - free + clear laundry detergent refill - fresh air dish pump - beach sage dish pump - basil dish pump - clementine dish pump - cucumber dish pump - fresh currant dish pump - lemon mint dish pump - lime + sea salt dish pump - pink grapefruit dish pump - sea minerals power foam dish soap - French lavender power foam dish soap - lemon mint power foam dish soap - pink grapefruit power foam dish soap - waterfall dish + hand soap - ocean plastic sea minerals dish + hand soap - ocean plastic sweet water smarty dish dishwasher tabs - fragrance free smarty dish dishwasher tabs - pink grapefruit smarty dish plus 24CT - fragrance free smarty dish plus 24CT - lemon mint smarty dish plus 45CT - fragrance free smarty dish plus 45CT - lemon mint"</p>

Cleaning Products

Product Name	Usable Products
Seventh Generation	<p>"Natural 4X Concentrated Laundry Detergent - Free & Clear Natural 4X Concentrated Laundry Detergent - Geranium Blossoms and Vanilla Natural Laundry Detergent Powder - Free & Clear Natural Laundry Detergent Powder - Mandarin & Sandalwood Natural Oxy Stain Remover - Free & Clear Natural Laundry Stain Remover - Free & Clear Baby Natural 4X Laundry Detergent - Fresh & Clean Natural Laundry Detergent - Free & Clear Natural Laundry Detergent - Fresh Citrus Breeze Natural Laundry Detergent - Blue Eucalyptus & Lavender Natural Powdered Laundry Detergent - Free & Clear Natural Powdered Laundry Detergent - Real Citrus & Wild Lavender Natural Liquid Fabric Softener - Blue Eucalyptus & Lavender - 32 oz./42 loads Natural Liquid Fabric Softener - Free & Clear - 32 oz./42 loads Natural Fabric Softener Sheets - Free & Clear Natural Fabric Softener Sheets - Blue Eucalyptus & Lavender Baby Natural Laundry Stain & Spot Spray - Free & Clear Chlorine Free Bleach - Free & Clear Natural Laundry Detergent Packs - Free & Clear Natural Laundry Detergent Packs - Mandarin & Sandalwood Ultra Power Plus™ Natural Laundry Detergent - Free & Clear Ultra Power Plus™ Natural Laundry Detergent - Fresh Scent Dish Liquid - Free & Clear - 50 oz. (Lavender Floral & Mint, Lemongrass & Clementine Zest) Dish Liquid - Free & Clear - 25 oz. Dish Liquid - Lemongrass & Clementine Zest - 25 oz. Dish Liquid - Lavender Floral & Mint - 25 oz. Dish Liquid - Lavender Floral & Mint - 50 oz. Dish Liquid Refill - Free & Clear - 36 oz. Auto Dish Powder - Free & Clear - 75 oz. Auto Dish Packs - Lemon - 20 ct. Auto Dish Packs - Free & Clear - 20 ct. Auto Dish Packs - Free & Clear - 45 ct. Auto Dish Gel - Free & Clear - 42 oz. Auto Dish Gel - Lemon - 42 oz. Rinse Aid - Free & Clear - 8 oz. / 75 loads Ultra Power Plus™ Natural Dish Liquid - Fresh Scent - 22 oz. Ultra Power Plus™ Dishwasher Detergent Gel - Fresh Scent - 65 oz. Purely Clean™ Natural Dish Liquid & Hand Wash - Fresh Lemon & Tea Tree - 22 oz."</p>

Cleaning Products

Product Name	Usable Products
The Good Home Co.	"Beach Days Laundry Detergent Good Home Laundry Bar Soap Lavender Laundry Detergent Summer Cottage Lemon Verbena Laundry Detergent Beach Days Dish Soap Lavender Dish Soap Summer Cottage Lemon Verbena Dish Soap"
Trader Joe's	Liquid Laundry Detergent
Whole Foods, 365	Laundry Products & Dish Detergents