# **Premium Body Care Products**



# Mill Valley Store, Northern California Region

Whole Foods Market's latest exciting venture into offering our shoppers an enhanced shopping experience and lifestyle choice is with our "Premium Body Care" standards. We've done the research for you by finding the highest quality efficacious ingredients which are safer for our bodies and our planet. We believe that taking the best care of yourself and the environment doesn't have to be a sacrifice! We hope that this will also encourage our vendor partners to invest in developing products that meet and exceed our standards which will be beneficial to our shoppers as well.

To learn more about the Premium Body Care Standards, please visit our website at:

http://www.wholefoodsmarket.com/department/article/premium-body-care-standards

The ingredient lists are subject to change as we learn more about new ingredients and as studies are done. All of our Whole Body products meet our rigorous standards, but the Premium Body Care Standards are for those product lines that have submitted detailed documentation about the products and ingredients and meet our enhanced standards. New products will be added periodically, so this list will change. We hope that you enjoy shopping at Whole Foods Market - now more than ever!

# **Baby & Child Products**

#### **Burt's Bees**

Baby Bee Shampoo and Wash Baby Bee Dusting Powder

# **Calendula Body Lotion**

Weleda

# Calendula Face Cream

Weleda

# Calendula Shampoo & Bodywash

Weleda

#### Dr. Bronner's

Mild Liquid Baby Soap Mild Liquid Baby Soap Mild Baby Bar Soap Mild Liquid Baby Soap - 32 oz.

# **Earth Mama Angel Baby**

Natural Nipple Butter Mama Bottom Balm

#### **EveryDay Shea**

Bubble Bath for Babies & Up - Comforting Eucalyptus Mint Shea Butter Conditioner & DeTangler for Babies & Up Bubble Bath for Babies & Up - Calming Lemon-Lavender Shea Butter Shampoo & Body Wash for Babies & Up

# The Honest Company

Healing Balm

Tangerine Dream Bubble Bath

#### Weleda

Calendula Body Cream White Mallow Body Lotion

# **Bar Soap**

**Alaffia** 

#### Alaffia (Cont'd)

Authentic African Black Soap, Peppermint Good Soap Bulk Authentic African Black Soap, Tangerine Citrus Good Soap 3pk

# Dr Bronner's

Rose Bar Soap Almond Bar Soap

#### Dr. Bronner's

Lavender Soap Bar
Orange Citrus Soap Bar
Eucalyptus Soap Bar
Peppermint Soap Bar
Tea Tree Soap Bar
Mild Baby Bar Soap

## **Kiss My Face**

Pure Olive Oil Bar Soap 8 oz Pure Olive Oil Soap - 3pk

#### Weleda

Calendula Soap

# **Whole Foods Market**

WFM Organic Triple Milled Soap Cucumber Lime
WFM Organic Triple Milled Soap Grapefruit Mint
WFM Organic Triple Milled Soap Lemon Verbena
Triple Milled Milk Bar Soap
Triple Milled Lemon Verbena Bar Soap
WFM Organic Triple Milled Soap Honey Almond
WFM Organic Triple Milled Soap Lavender

Triple Milled Sandalwood Bar Soap Triple Milled Green Tea Bar Soap

Triple Milled Lavender Bar Soap

Triple Milled Shea Butter Bar Soap

# Bath Salts/Sugars/Scrubs

#### **Alaffia**

Moisturizing Shea Butter Bubble Bath, Unscented Moisturizing Shea Butter Bubble Bath, Lavender

#### **Ancient Secrets**

Nasal Cleansing Salts-8 oz bag

#### **Aura Cacia**

Tranquility Mineral Bath 2.5oz

Relaxing Lavender Aromatherapy Shower Tablets

Meditation Mineral Bath

Lavender Harvest Mineral Bath 2.5oz

#### The Honest Company

Tangerine Dream Bubble Bath

#### The Seaweed Bath Co

Seaweed Bath Ocean Fresh Detox

#### Cosmetics

# Gabriel Cosmetics Inc.

Lipstick - Sheer Pink

Lipstick - Santa Fe

Mascara-Black

Lipstick - Clay

Lipstick - Dune

Lipstick - Currant

Lip Gloss Treatment - Nectar

Lipliner -wine

Mascara-Black Brown

Lipliner-Red

Lipstick - Mauve

Lipstick - Velour

Lipstick - Copper Glaze

# Gabriel Cosmetics, Inc.

Concealer - Medium

Concealer - Light

#### **Gabriel Makeup**

Moisturizing Liquid Foundation-True Beige

Eyeliner - Black

Eye Shadow-dove

Eyeliner - Charcoal

Eyeliner - Chocolate Brown

Blush - Petal

## **Mineral Fusion**

3-in-1 Color Stick - Berry Glow

Pressed Powder Foundation - NEUTRAL 2

Eye Shadow Trio - SULTRY

Liquid Concealer - Neutral

Concealer Duo - Cool

Liquid Lip Gloss - Heat

Blush - FLASHY

Concealer Duo - Neutral

Liquid Concealer - Warm

Sheer Moisture Lip Tint - Shimmer

Volumizing Mascara - Jet

Lipstick - Peony

#### Mineral Fusion (Cont'd)

3-in-1 Color Stick - Magnetic

Lip Pencil - Graceful

Lipstick - Inspire

Sheer Moisture Lip Tint - FLICKER

Bronzer - Luster

Pressed Powder Foundation - NEUTRAL 1

Sheer Moisture Lip Tint - Blush

Concealer Duo - Warm

Liquid Concealer - Cool

Sheer Moisture Lip Tint - Glisten

Eye Shadow Trio - DIVERSITY

Eye Shadow Trio - DENSITY

Pressed Powder Foundation - WARM 2

Pressed Powder Foundation - WARM 1

Sheer Moisture Lip Tint - Glow

#### **Dental Care Products**

# **Botanique by Himalaya**

**Tooth Paste** 

#### **Desert Essence**

Tea Tree Mouthwash

#### Dr. Bronner's

Cinnamon All-One Toothpaste

Peppermint All-One Toothpaste

#### **Eco-Dent Premium Oral Care**

Original Mint Daily Care Toothpowder

#### **Jason**

Sea Fresh Toothpaste

PowerSmile Whitening Toothpaste

Healthy Mouth Naturally Antiseptic Mouthwash

# Deodorant

#### **Burt's Bees**

Men's Deodorant

#### ΕO

Lavender Spray Deodorant

Citrus Spray Deodorant

Vetiver Spray Deodorant

#### **Nourish Organic**

**Unscented Organic Body Deodorant** 

# Schmidt's

Ylang Ylang Calendula Deodorant

Cedarwood + Juniper Deodorant

#### Weleda

Wild Rose Deodorant - small

Citrus Deodorant

Sage Deodorant

# **Facial Care Products**

# 365 Everyday Value®

Daily Facial Cleanser - For Normal to Oily Skin Moisturizing Lotion FOR ALL SKIN TYPES

Gentle Skin Cleanser - For All Skin Types

#### **ACURE**

Moroccan Argan Oil

#### ACURE (Cont'd)

Facial Toner Balancing, Rose and Red Tea

Seriously Glowing Facial Serum

Moroccan Argan Oil

Moroccan Argan Oil, Citrus-Ginger

#### Acure

Radical Resurfacing Facial Lotion

Superfruit Facial Cleanser

Chamomile + Carrot Day Cream

Pomegranate Night Cream

Eve Cream

Oil Free Facial Lotion

Olive + Mint Facial Cleanser

Brightening Facial Scrub

Sensitive Facial Cleanser Argan Oil + Probiotic

Sensitive Facial Cream Argan Oil + Probiotic

#### **Alaffia**

Coconut Water Facial Toner

Coconut Face Wash

#### **Andalou Naturals**

Hyaluronic DMAE Age Defying Lift & Firm Cream

Tan Sensitive Moisturizing Color Correct

Probiotic Cleansing Apricot Milk

Blossom + Leaf Toning Refresher

Rose Stem Cells Sensitive Cleansing Foam

Bioactive 8 Berry Enzyme Mask

Rose Stem Cells Sensitive Heavenly Night Cream

Age Defying Beauty Balm

Lemon Sugar Facial Scrub

Probiotic + C Renewal Cream

Rose Stem Cells Sensitive Floral Toner

Sheer Sensitive Moisturizing Color Correct

Rose Stem Cells Sensitive Beautiful Day Cream

Sensitive Moroccan Beauty Oil

Meyer Lemon Brightening Creamy Cleanser

Luminous Eye Serum

Rose Stem Cells Sensitive Rosewater Mask

Rose Stem Cells Sensitive Absolute Serum

Super Goji Peptide Perfecting Cream

Resveratrol Q10 Night Repair Cream

# **Avalon Organics**

Vitamin C Balancing Facial Toner

#### Derma E

Firming Serum with DMAE, Alpha Lipoic and C-Ester

Refining Vitamin A and Glycolic Cleanser

Firming Moisturizer with DMAE, Alpha Lipoic and C-Ester

Hydrating Day Creme with Hyaluronic Acid

**Evenly Radiant Cleanser** 

Hydrating Mist with Hyaluronic Acid

Skinbiotics Treatment Oil with Tea Tree and Oregano

Refining Vitamin A Creme

Deep Wrinkle Reverse Moisturizer with Peptides Plus

Hydrating Serum with Hyaluronic Acid

# Derma E (Cont'd)

Very Clear Scrub Anti-Blemish Complex

Tea Tree and E Antiseptic Creme

Evenly Radiant Day Creme SPF 15

Hydrating Cleanser with Hyaluronic Acid

Hydrating Night Creme with Hyaluronic Acid

#### **Desert Essence**

Skin Ointment

#### Dr. Hauschka

Soothing Cleansing Milk

Rose Day Cream

Regenerating Serum

Daily Hydrating Eye Cream

Cleansing Cream

Melissa Day Cream

Translucent Bronzing Tint

Facial Toner

Rose Day Cream Light

Revitalizing Day Cream 1.0 fl oz

Quince Day Cream

#### EO

Face- Moisture

Facial Cleanse

Face-Exfoiliate

# Juice Beauty

**Hydrating Mist** 

Smoothing Eye Concentrate

**Nutrient Moisturizer** 

SPF 30 Mineral Moisturizer Sheer

SPF 30 Tinted Mineral Moisturizer Sand

Green Apple Peel Sensitive

Organic Facial Wash

#### **Mineral Fusion**

Revitalizing Eye Treatment

# MyChelle

Advanced Argan Oil

#### **Nourish Organic**

Pure Hydrating Argan Face Serum

Lightweight Moisturizing Face Lotion

Ultra Hydrating Face Cream

Refreshing and Balancing Face Toner

Renewing and Cooling Eye Treatment

#### Trilogy

Replenishing Night Cream

Ultra Hydrating Face Cream

Cream Cleanser

Rosehip Oil Antioxidant+

Nutrient Plus Firming Serum

## Weleda

Skin Food

Wild Rose Smoothing Day Cream

Gentle Cleansing Milk

## evanhealy

## evanhealy (Cont'd)

Rose Vetiver Day Moisturizer

Blue Chamomile Moisturizer

French Rose Clay Mask

Rosehip Facial Serum - Rose

Argan Intensive Serum with Frankincense

Shea Butter with Olive Leaf

Lemongrass Facial Polish

# Fragrances & Perfumes

#### **Aura Cacia**

Tangerine/Grapefruit Mist

Lavender Mist

# **Hair Care Products**

#### Acure

Dry Shampoo

#### Alaffia

Passion Fruit Shampoo - All Hair Typles

Curl Enhancing Shea Butter Leave-In Conditioner

Shea Butter Moisturizing Shampoo, Unscented

Shea Butter Curl Defining Gel For Wavy To Curly Hair

Shea Butter Moisturizing Conditioner, Vanilla-Mint

Cleansing Coconut Reishi Conditioner

Coconut Reishi Conditioner

Passion Fruit Conditioner - All Hair Types

Super Hydrating Coconut Shampoo for Normal to Dry Hair

Shea Butter Moisturizing Shampoo, Vanilla-Mint

Super Hydrating Coconut Conditioner for Normal to Dry Hair

#### **Andalou Naturals**

Lavender & Biotin Full Volume Shampoo

Sunflower & Citrus Brilliant Shine Conditioner

Argan & Sweet Orange Moisture Rich Shampoo

Argan & Sweet Orange Moisture Rich Conditioner

Lavender & Biotin Full Volume Conditioner

Age Defying Scalp Intensive Thinning Hair Treatment

Age Defying Shampoo Thinning Hair Treatment

Age Defying Conditioner Thinning Hair Treatment

Sunflower & Citrus Brilliant Shine Shampoo

#### **Avalon Organics**

Lavender Nourishing Shampoo

Peppermint Revitalizing Shampoo

Rosemary Volumizing Shampoo

Tea Tree Scalp Treatment Shampoo

Nourishing Lavender Shampoo

Rosemary Volumizing Conditioner

# **Everyday Coconut**

Pure African Coconut Oil for Hair and Skin

Ultra Hydrating Coconut Lime Conditioner for Extra Dry Hair

#### Giovanni

Pineapple & Ginger Shampoo

Pineapple & Ginger Hair Mask

Pineapple & Ginger Conditioner

## Giovanni (Cont'd)

Pineapple & Ginger Leave in Conditioner

#### **Mineral Fusion**

Smoothing Dry Hair Oil

Volumizing Mineral Conditioner

Volumizing Shampoo

#### **The Honest Company**

Sweet Orange Vanilla Conditioner

Sweet Orange Vanilla Shampoo and Body Wash

Conditioning Mist

#### The Seaweed Bath Co.

Argan Shampoo - Euc. & Pepp.

Argan Shampoo - Citrus

Argan Conditioner - Euc. & Pep

# **Hand & Body Lotions**

#### 365 Everyday Value®

Moisturizing Lotion FOR ALL SKIN TYPES

Maximum Moisture Body Lotion

Maximum Moisture Body Lotion

Maximum Moisturizing Lotion

Maximum Moisturizing Lotion

#### **Acure**

Marula Oil

Lavender + Lotus Flower Lotion

## Alaffia

Super Hydrating Coconut Body Lotion for Normal to Dry Skin

## Alba Botanica

Aloe Vera Lotion

#### **Andalou Naturals**

Kukui Cocoa Nourishing Body Butter

Citrus Verbena Uplifting Body Lotion

1000 Roses Soothing Body Lotion

Lavender Shea Firming Body Butter

#### **Aura Cacia**

Organic Cocoa Butter

#### **Avalon Organics**

Lavender Hand & Body Lotion

#### **Burt's Bees**

Farmer's Friend Hand Salve - 3 oz.

Shea Butter Hand Creme

Almond Hand Creme

#### EO

Unscented Body Lotion

Body Lotion Rose & Chamomile

**Everyone Lotion Citrus & Mint** 

Everyone Lotion Lavender & Aloe

Body Lotion French Lavender

Body Lotion Coconut & Vanilla With Tangerine

Everyone Lotion Lemon & Coconut

# **Egyptian Magic**

Skin Cream

# **EveryDay Shea**

#### **EveryDay Shea (Cont'd)**

Lavender Body Lotion Unscented Body Lotion

#### ShiKai

Borage Dry Skin Therapy Lotion

#### The Honest Company

Face and Body Lotion

#### Weleda

Sea Buckthorn Hand Cream Weleda Skin Food, Small

Pomegranate Regenerating Hand Cream

# Hand & Body Washes

#### 365 Everyday Value®

Lavender Translucent Bar Soap Olive & Aloe Translucent Bar Soap Unscented Translucent Bar Soap Vitamin E Translucent Bar Soap

#### Acure

Sensitive Unscented CoQ10 + Argan Stem Cell Body Wash

Cell Stimulating Argan Stem Cell + Argan Oil Body Wash

#### **Alaffia**

Foaming Shea Butter Hand Soap, Vanilla-Mint

Coconut Mint Hand Soap Lemon Verbena Hand Soap Purely Coconut Hand Soap

Foaming Shea Butter Hand Soap, Unscented

Coconut Mango Hand Soap Vanilla Passion Fruit Hand Soap

Super Hydrating Coconut Body Wash for Normal to Dry Skin

Foaming Shea Butter Hand Soap, Lavender

Vanilla Almond African Black Soap

Lavender Spice Hand Soap

Coconut Shampoo & Body Wash

## **Andalou Naturals**

Citrus Verbena Uplifting Shower Gel Lavender Thyme Refreshing Shower Gel 1000 Roses Soothing Shower Gel

#### **Aura Cacia**

Lavender Foam Bath-2.5 oz Ginger/Mint Foam Bath-2.5 oz

# **Avalon Organics**

Lavender Bath & Shower Gel Lavender Bath & Shower Gel

#### Dr Bronner's

Rose Liquid Soap-2 oz. Almond Liquid Soap-8 oz. Almond Liquid Soap-32 oz. Rose Liquid Soap-32 oz.

#### Dr. Bronner's

Peppermint Liquid Soap Peppermint Liquid Soap Lavender Liquid Soap

## Dr. Bronner's (Cont'd)

Tea Tree Liquid Soap - 32 oz.

Lavender Liquid Soap

Peppermint Liquid Soap - 32 oz.

Lavender Liquid Soap - Pump

Tea Tree Liquid Soap

Eucalyptus Liquid Soap - 32 oz.

Peppermint Liquid Soap - 16 oz.

Liquid Soap Pump Unscented

Liquid Soap Peppermint Spearmint

Citrus Orange Liquid Soap - 32 oz.

Mild Liquid Baby Soap - 32 oz.

Liquid Soap Peppermint Spearmint

Mild Liquid Baby Soap

Lavender Liquid Soap - 16 oz.

Citrus Orange Liquid Soap

Mild Liquid Baby Soap

Lavender Liquid Soap - 32 oz.

# **EveryDay Shea**

EveryDay Shea Moisturizing Body Wash, Unscented EveryDay Shea Moisturizing Body Wash, Lavender EveryDay Shea Moisturizing Body Wash, Vanilla Mint

#### Mrs. Meyer's

Bluebell Hand Soap Rosemary Hand Soap

#### **The Honest Company**

Sweet Orange Vanilla Shampoo and Body Wash

## The Seaweed Bath Co.

Body Wash - Euc. & Pepp.

# Weleda

Sea Buckthorn Creamy Body Wash Citrus Creamy Body wash Wild Rose Creamy body wash

# Lip Balms

# Alaffia

Shea & Cocoa Butter Lip Balm

#### Alba Botanica

Coconut Cream Lip Balm

# **Andalou Naturals**

Argan + Mint Lip Remedy

#### **Badger**

Unscented Lip Care

#### **Burt's Bees**

Watermelon Lip Shimmer

Ultra Conditioning Lip Balm with Kokum Butter

Honey Lip Balm

Nourishing Lip Balm with Mango Butter (tube)

Beeswax Lip Balm Lip Shimmer Peony

Vanilla Bean Moisturizing Lip Balm

Guava Lip Shimmer

Coconut & Pear Moisturizing Lip Balm

Fig Lip Shimmer

Dr. Bronner's

Peppermint Lip Balm-12 pack Lemon Lime Lip Balm-12 pack

**Kiss My Face** 

Organic Cranberry Orange Lip Balm

**Plantlife Natural Body Care** 

Herb-P Lip Balm

**Trilogy** 

Rosehip Oil Lip Balm

Weleda

**EVERON Lip Balm** 

**Whole Foods Market** 

Organic Lip Balm Tangerine

Organic Lip Balm Pomegranate Orange

Organic Lip Balm Vanilla Honey
Organic Lip Balm Peppermint

Oils - Essential/Massage/Aromatic

365 Everyday Value®

365 Tea Tree Essential Oil

365 Peppermint Essential Oil

365 Lavender Essential Oil

365 Eucalyptus Essential Oil

**ACURE** 

Moroccan Argan Oil, Citrus-Ginger

Moroccan Argan Oil

Moroccan Argan Oil

**Aura Cacia** 

Rose Absolute Precious Essentials

Neroli Precious Essentials

Vanilla Precious Essentials

Mellow Mix Essential Solutions Oil

Lemongrass

Deep Rosehip Facial Oil Serum

Tea Tree

Lavender

Jasmine Absolute Precious Essentials

Love Potion Essential Solutions Oil

Orange, Sweet

Grapefruit

Roman Chamomile Precious Essentials

Eucalyptus Essential Oil

Lavender Essential Oil

Sandalwood Precious Essentials

Clary Sage

Vetiver

Geranium

Lavender

Sage

Wintergreen

Frankincense Precious Essentials

Organic Castor Oil (4OZ)

Peppermint, Natural

Eucalyptus

Aura Cacia (Cont'd)

Ylang Ylang III Essential Oil

Freshen, Essential Oil Blend

Organic Cocoa Butter

Pillow Potion Essential Solutions Oil

Gray Matter Batter Essential Solutions Oil

Eucalyptus

Fir Needle, Balsam

Frankincense

Lemon

Spearmint Essential Oil

Sweet Almond Skin Care Oil 4oz

Sweet Almond Skin Care Oil 16oz

Peppermint Essential Oil

Peppermint, Natural

**Desert Essence** 

Eco-Harvest Tea Tree Oil

FC

Body Oil, French Lavender

Jason

Vitamin E Oil 32,000 IU w wand

Vitamin E Oil 45.000 IU

Tea Tree Oil Nail Saver - 70% Organic

Vitamin E Oil 14,000 IU

MyChelle

Advanced Argan Oil

**NOW Essential Oils** 

Lavender Oil

Rosemary Oil

Cinnamon Cassia Oil

Tea Tree Oil

**Eucalyptus Oil** 

Cedarwood Oil

Camphor Oil

**NOW Foods** 

100% Pure Orange Oil

100% Pure Clove Oil

Nature's Gate

Vitamin E 40,000 IU

Trilogy

Certified Organic Rosehip Oil 20 ml

Weleda

Arnica Massage Oil

Wild Rose Body Oil

Ointments/Salves/Gels/Antiseptics

Alba Botanica

Aloe Vera Gel

**Badger** 

Organic Smoothing Shea Butter Cuticle Care

**-**0

Hand Sanitiazer Spray Peppermint Citrus

Organic Lavender Hand Sanitizing Spray

Hand Cleansing Wipes Lavender

# EO (Cont'd)

Hand Cleansing Wipes Large Tub

Organic Peppermint Hand Sanitizing Spray

Organic Peppermint Hand Sanitizing Spray

Organic Lavender Hand Sanitizing Spray

Hand Sanitizer Spray Coconut Lemon

Organic Sweet Orange Hand Sanitizing Spray

#### Earth Mama Angel Baby

Natural Nipple Butter

#### **Medicine Mama's Apothecary**

Medicine Mama's Bee Magic 4 oz

#### **The Honest Company**

Healing Balm

#### Weleda

Calendula Diaper Care

# **Personal Care**

#### Derma E

Itch Relief Lotion with Tea Tree, Vitamin E and Chamomile

Skinbiotics Treatment Oil with Tea Tree and Oregano

Psorzema Creme

Very Clear Moisturizer

Tea Tree and E Antiseptic Creme

Scar Gel

Skinbiotics Treatment Creme with Tea Tree and Oregano

#### EO

Body Lotion Rose & Chamomile

Body Lotion Coconut & Vanilla With Tangerine

Hand Sanitizer Spray Coconut Lemon

Body Lotion French Lavender

Hand Sanitiazer Spray Peppermint Citrus

# **Shaving Aids**

#### 145

Smooth Start Shave Cream

#### **Avalon Organics**

Aloe Unscented Moisturizing Shaving Cream

# **Burt's Bees**

Men's Aftershave

Men's Shave Cream

## Dr. Bronner's

Shaving Gel Lavender

Shaving Gel Spearmint Peppermint

#### **Every Man Jack**

Sandalwood Shave Gel

# **Kiss My Face**

Lavender Shea Moisture Shave

Lavender & Shea Moisture Shave 11 oz

4in1 Moisture Shave Green Tea & Bamboo

Fragrance Free Moisture Shave

Natural Man 4N1 Shave

Fragrance Free Moisture Shave 11 oz

Cool Mint Moisture Shave 11 oz

Pomegranate Grapefruit Moisture Shave

#### **Thrive**

# Thrive (Cont'd)

Shave Oil

## **Sun Protection**

# **Badger**

Sport Unscented SPF 35 Sunscreen

Baby Sunscreen SPF 30+

Mineral Kids SPF 30 Tangerine Vanilla Sunscreen

#### **Elemental Herbs**

Sunstick SPF 30 Unscented

#### **Goddess Garden**

Kids Sport Natural Sunscreen Continuous Spray SPF 30

Kid's Sport Natural Sunscreen SPF 30 Tube

Everyday Natural Sunscreen SPF 30 Tube

Kid's Natural Sunscreen SPF 30

Natural Sunscreen SPF 30

Kids Sport Natural Sunscreen Continuous Spray SPF 30

Sport Natural Sunscreen SPF 30 Tube

Kids Natural Sunscreen Continuous Spray SPF 30