

Don't Trust The Label Alone to Determine Whether a Product is Safe from an Allergen

Nutrition Facts	
10 servings per container	
Serving size 2 scoops (34.7g)	
Amount per serving	
Calories 190	
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 6g	40%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 190mg	8%
Total Carbohydrate 6g	3%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	
Erythritol 3g	
Protein 6g	16%
Vitamin D 2.5mcg	15%
Calcium 55mg	4%
Iron 0.2mg	0%
Potassium 297mg	6%
Vitamin A 556mcg	60%
Vitamin C 15mg	15%
Vitamin E 6.8mg	45%
Vitamin K 19mcg	15%
Thiamin 0.4mg	30%
Riboflavin 0.4mg	35%
Niacin 5mg	30%
Vitamin B6 0.5mg	30%
Folate 333mcg DFE	80%
(100 mcg folic acid)	
Vitamin B12 1.5mcg	60%
Biotin 75mcg	250%
Pantothenic acid 2.5mg	50%
Phosphorus 38mg	4%
Magnesium 7mg	2%
Zinc 4mg	35%
Selenium 20mcg	35%
Manganese 0.7mg	30%
Chromium 30mcg	90%
Molybdenum 20mcg	45%

INGREDIENTS: OIL BLEND (PALM, COCONUT, BUTTER), PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, COLLAGEN PEPTIDES), ERYTHRITOL, NATURAL FLAVORS, XANTHAN GUM, SALT, SOY LECITHIN, CARRAGEENAN, DEXTROSE, STEVIA LEAF EXTRACT, SILICA, GUAR GUM.

CONTAINS MILK.

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES WHEAT.

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Highly Refined Derivatives are *Not* Considered Allergens

The FDA does *not* designate “highly refined” derivatives of allergens to be allergens. So peanut and tree nut oils and soy lecithin are *not* required to be labeled as allergens in the ingredient list or the *Contains* statement.

If you avoid these ingredients, you must read the entire label!

The “Contains” Statement is Not Mandatory

The FDA recognizes eight allergens (*peanuts, tree nuts, milk, eggs, soy, wheat, fish, and crustacean shellfish*) and these are the only ingredients that must be listed as such. (Other allergens may be listed as “Spices” or “Natural Flavors”.) The “Contains” statement is not required if the allergen appears in the ingredient list.

Do not rely solely on the presence of a Contains statement!

Allergen Processing Warnings are Voluntary

Statements like “*Manufactured in a facility with...*” and “*May contain traces of...*” are not required by the FDA. Many manufacturers do not include them or may include a warning for one allergen, say milk, and not another, say eggs.

Their absence does not mean the product is safe from your allergen!

Because of these exceptions, the label *can* warn you when a product is *not safe* from your allergens, but it *can't alone* tell you the product *is safe* from your allergens. For that, you need to contact the manufacturer directly and ask.

Visit us at SnackSafely.com for more information and help finding allergy-friendly foods.