

# 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	
<b>Calories 190</b>	
% 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 6.6mg	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.

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

**CONTAINS MILK.**

**MANUFACTURED IN A FACILITY THAT ALSO PROCESSES WHEAT.**

## Highly Refined Derivatives are *Not* Considered Allergens

The FDA does *not* designate “highly refined” derivatives of allergens to be allergens. So peanut, tree nut, soybean, sesame and other highly refined oils 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 nine allergens (*peanuts, tree nuts, milk, eggs, soy, wheat, fish, crustacean shellfish and sesame*) as the only ingredients that must be listed as such and does *not* include *molluscan shellfish* like clams and oysters. Other allergens may be hidden under the terms “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 that processes...*” and “*May contain traces of...*” are *not* recognized and *not* required by the FDA. Many major manufacturers do not include them or may include a warning for one allergen and not another.

**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* 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](http://SnackSafely.com) for more information and help finding allergy-friendly foods.