



You *Can'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	% Daily Value*
Calories 190	
Total Fat 15g	30%
Saturated Fat 10g	20%
Trans Fat 0g	0%
Cholesterol 20mg	40%
Sodium 100mg	20%
Total Carbohydrate 5g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Protein 15g	30%
Vitamin D 2.5mcg	50%
Calcium 100mg	20%
Iron 10mg	20%
Potassium 200mg	40%

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, 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 whether the product is *safe*. For that, you need to contact the manufacturer directly and ask.