

Ticks



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# Products That May Contain Alpha-gal

## Food products that may contain alpha-gal

AGS can be severe, and even life-threatening. Seek immediate emergency care if you are having a severe allergic reaction.

Not all patients with AGS have reactions to every ingredient containing alpha-gal. The following foods or food ingredients may contain alpha-gal. This is not a list of all products or ingredients that may contain alpha-gal.

- Mammalian meat (such as beef, pork, lamb, venison, rabbit, etc.) can contain high amounts of alpha-gal.

- Certain cuts of meat may contain more alpha-gal than others. For example, organ meat of mammals, including liver, lung, heart, kidneys, intestines

(tripe), sweetbreads, scrapple, and Rocky Mountain or prairie oysters generally contain high amounts of alpha-gal.

- Food products that contain milk and milk products typically contain alpha-gal.
  - Many patients with AGS can tolerate milk products.
  - Cow's milk is the only alpha-gal containing ingredient classified as a major food allergen. Under the [Food Allergen Labeling Requirements of the Food, Drug, and Cosmetic Act](#),  food labels must clearly identify the food source names of any ingredients that are one of the [major food allergens](#)  or contain protein derived from a major food allergen in the ingredient list or a separate "Contains" statement.
- Some people with AGS may also be sensitive to alpha-gal found in
  - Gelatin made from beef or pork
  - Products made from or cooked with mammalian fat (such as lard, tallow, or suet)
  - Meat broth, bouillon, stock, and gravy



Meat and dairy contain alpha-gal, which can lead to a severe allergic reaction.

Foods that do NOT contain alpha-gal:

- Poultry, such as chicken, turkey, duck, or quail
- Eggs
- Fish and seafood, such as shrimp
- Fruits and vegetables

## Non-food products that may contain alpha-gal

- Some medications and vaccines may contain small amounts of alpha-gal-containing additives, stabilizers, or coatings. **Not all patients with AGS react to these ingredients.**
- Lists of additives to specific vaccines (called vaccine excipients) are available through [CDC's Pink Book](#)  [PDF – 4 pages] and the [Institute for Vaccine Safety](#) . Ingredients that may contain alpha-gal include, but are not limited to:
  - Gelatin
  - Glycerin
  - Magnesium stearate
  - Bovine extract
- Other medical products, such as heart valves from pigs or cows, monoclonal antibodies, heparin, and certain antivenoms are animal-derived and may contain alpha-gal.
- As with any severe allergy, patients with AGS should work with their healthcare providers to make decisions about individual risk and benefit from specific vaccines and medications.

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