



Examples of ingredients which may contain allergens

Foods	Ingredients
Milk	Artificial butter flavour, butter, butter fat, buttermilk, casein, caseinates (sodium, calcium, etc.), cheese, cream, cottage cheese, curds, custard, hydrolysates (casein, milk, whey), lactalbumin, lactose, milk (derivatives, protein, solids, malted, condensed, evaporated, dry, whole, low-fat, non-fat, skim), nougat, pudding, rennet casein, sour cream, sour cream solids, sour milk solids,
May contain milk and/or egg	Brown sugar flavouring, natural flavouring, chocolate, caramel flavouring, high protein flour, margarine, Albumin, egg (white, yolk, dried, powdered, solids), egg substitute, eggnog, globulin, livetin, lysozyme, mayonnaise, meringue, ovalbumin, ovomucin, ovomucoid.
Wheat	Bread crumbs, bran, cereal extract, cracker meal, enriched flour, farina, gluten, graham flour, high gluten flour, high protein flour, malt, vital gluten, wheat bran, wheat germ, wheat gluten, wheat starch, heat treated wheat flour, spelt.
May contain wheat	Gelatinised starch, hydrolysed vegetable protein, modified food starch, modified starch, natural flavouring, soy sauce, starch, vegetable gum, vegetable starch.
Soy	Hydrolysed vegetable protein, miso, shoyu sauce, soy (flour, grits, nuts, milk, sprouts), soybean (granules, curd), soy protein (concentrate, isolate), soy sauce, textured vegetable protein (TVP), tofu.
May contain soy	Hydrolysed plant protein, hydrolysed soy protein, hydrolysed vegetable protein, natural flavouring, vegetable broth, vegetable gum, vegetable starch.
Peanut	Cold pressed peanut oil, ground nuts, mixed nuts, artificial nuts, peanut, peanut butter, peanut flour.
May contain peanut	African, Chinese, Thai and other ethnic dishes, baked goods (pastries, cookies, etc.) candy, chilli, chocolate candy, egg rolls, hydrolysed plant protein, hydrolysed vegetable protein, marzipan, nougat.

We recommend that you get your epigenetics analysed every 88 days to prevent allergy and wellbeing challenges.