



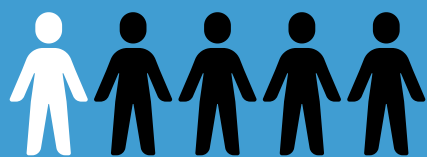
"... **BETTER
PROTECTION
FOR ALLERGIC
CONSUMERS**"

Food Standards Agency

NATASHA'S LAW

14 ALLERGENS THAT MUST BE DECLARED IN THE INGREDIENTS LIST

- **Celery**
Inc. celeriac
- **Cereals**
Containing gluten (inc Rye, Wheat, Barley & Oats)
- **Crustaceans**
I.e. Shellfish inc. Prawn, Crab, Shrimp & Lobster
- **Eggs**
- **Fish**
- **Lupins**
- **Milk**
Inc. lactose products
- **Molluscs**
Inc. Squid, Mussels, Cockles & Snails
- **Mustard**
- **Nuts**
Specifically tree nuts
- **Peanuts**
- **Sesame**
Tahini
- **Soya**
Soy and Soybean
- **Sulphur Dioxide or Sulphites**
At levels above 10mg per kilogram or litre



1 in 5

people suffer from food allergy

4500

hospitalisations each year due to food allergies

Ensure compliance by highlighting your allergens

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