

I'm allergic to:

Details/Derivatives

Eggs (albumen/lecithin)

Milk / Dairy (casein, caseinate)

Mustard

Nuts / Seeds

Shellfish / Fish

Soy

Sulfites

Wheat/Gluten (triticale)

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Allergic Reactions

A person experiencing an allergic reaction may have any of the following symptoms:

- Trouble breathing, speaking, or swallowing
- A drop in blood pressure, rapid heart beat, and/or loss of consciousness
- Flushed face, hives or a rash, or red and itchy skin
- Swelling of the eyes, face, lips, throat, and tongue
- Anxiousness, distress, faintness, paleness, sense of doom, and/or weakness
- Cramps, diarrhea, and/or vomiting

Health Canada: Food Allergies. <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/allerg-eng.php>

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