



BEWARE OF Food Allergens

Itching after eating? Our body releases histamine when exposed to an allergen, which manifests as allergic reaction. You may experience itching or reddening of skin, vomiting, diarrhea, abdominal cramps, and difficulty breathing.

These allergens are commonly found in many foods:

- ✓ Almond
- ✓ Apple
- ✓ Banana
- ✓ Beef
- ✓ Carrot
- ✓ Cashew Nut
- ✓ Chicken
- ✓ Clam
- ✓ Corn Flour
- ✓ Crab
- ✓ Egg White
- ✓ Egg Yolk
- ✓ Garlic
- ✓ Lobster
- ✓ Milk
- ✓ Oyster
- ✓ Peanuts
- ✓ Pineapple
- ✓ Pork
- ✓ Salmon
- ✓ Sardine
- ✓ Shrimp
- ✓ Soya Bean
- ✓ Tuna

Know which food allergens affect you.

Ask your doctor about
IgE 20 Food Allergy Test



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