

# Do you know your allergens?

There are **14 allergens** that consumers must be notified about.

**How many can you name?**



**Gluten**



**Crustaceans**



**Eggs**



**Fish**



**Peanuts**



**Soybeans**



**Milk**



**Nuts**



**Celery**



**Mustard**



**Sesame**



**Sulphites**



**Lupin**



**Molluscs**

## Remember...

If any of these allergens are used in your products,  
**you must inform the consumer.**