

Know what's inside.



## Analysis of Allergens



since 1989

In Germany, an estimated 20-30 million people suffer from allergies. More than 1 million people are allergic to food and its components. Allergy is the term used to describe the reaction of the immune system to normally harmless substances. In the case of food allergies, the triggering substances are proteins contained in the food, e.g. soy protein or milk protein. The allergic reaction varies greatly from person to person and also from trigger to trigger. Symptoms can be sneezing, rhinitis, asthma, skin reactions and joint pain, but also stomach and intestinal problems and even dangerous respiratory distress and anaphylactic shock.

In order to provide consumers with sufficient information about food allergens, Regulation (EU) 1169/2011 (Food Information Regulation - LMIV) has created a legal basis that regulates the labeling of food allergens. Listed here are 14 foods or components of foods that can trigger allergies or intolerances. Examples are gluten-containing cereals, soybeans, milk, but also eggs, crustaceans and mustard.

These 14 foods or ingredients must be clearly highlighted in the package labeling. However, the rules on allergen labeling also apply to unpackaged foods. For example, foods and ingredients that can trigger allergies and intolerances must also be indicated on menus. In addition, there are also voluntary trace labels on many foods.

The detection methods for food allergens are constantly being improved and expanded worldwide. In order to be able to market your product in accordance with the legal requirements, the GBA Group offers you comprehensive and competent advice as well as a variety of product-specific analyses.



[gba-qualitaetssiegel.com](http://gba-qualitaetssiegel.com)

The GBA Group can perform allergen detection using ELISA (enzyme-linked immunosorbent assay) and PCR (polymerase chain reaction). The ELISA method is based on protein detection, the PCR method detects the DNA of the respective allergen.

We generally recommend the ELISA method, as it is the only method that directly detects the allergen. For those cases in which no ELISA test is available or a method for confirmation is to be used, we offer PCR analysis.

## Food and ingredients that may trigger allergies and intolerances according to Annex II of Regulation (EU) 1169/2011

Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut)

Nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts) and nut products

Crustaceans and crustacean products

Celery and celery products

Eggs and egg products

Mustard and mustard products

Fish and fish products

Sesame seeds and sesame products

Soybeans and soybean products

Lupine and lupine products

Milk and milk products (including lactose)

Molluscs and mollusc products

Peanuts and peanut products

Sulfur dioxide/sulfite

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