**Products That Can Contain Alpha-Gal**

Note: This list is not exhaustive and is continually being updated.

**Mammals:**

 All mammals except primates, including (but not limited to):

*-Cow, Bison*

*-Pig, Sheep*

*-Deer*

*-Rabbit*

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**Other Animal Meats:**

​*Chicken & Turkey Sausage* (covering made from pork)

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**Dairy:**

*Milk and milk products* (cheese, sour cream, etc.) from all non-primate animals

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**Materials:**

 All materials made from non-primate mammals, including (but not limited to):

*-Leather, Suede*

*-Wool, Cashmere*

*-Alpaca*

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**Lanolin:**

​All products containing lanolin (which comes from domestic sheep), including (but not limited to):

*-Cosmetics / Lipsticks*

*-Ointments / Lotions*

*-Clothing/materials*

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​**Carrageenan** is derived from red and purple seaweed and is used to emulsify food products. Carrageenan contains polysaccharides that can be mistaken by the body to be pork-related alpha-gal sugar.

Carrageenan can be found in many products, including but not limited to:

​-*Chicken*

*-Chicken Sausage*

*-Turkey Sausage*

*-Dairy Alternatives (vegan cheeses, etc.)*

*-Almond Milk*

*-Hemp Milk*

*-Rice Milk*

*-Soy Milk*

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**Gelatin:**

​All medications and supplements containing gelatin.

Check the inactive ingredients on all your supplements and medications.

**Medical Devices:**

​Heart Valves & Grafts

(made from pigs)

​

**Magnesium Stearate**

​All medications and supplements containing stearic acid or magnesium stearate. Check the inactive ingredients on all your medications and supplements.

​

Note: Magnesium stearate can be either mammal or vegetable sourced. If your medications and/or supplements contain magnesium stearate, call your pharmacy or the company to find out whether it is mammal or vegetable sourced.

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**Animal-Derived Medications:**

​Zyrtec

Benadryl

Simvastatin

Omeprazole (Lasec, Prilosec, Zegerid, etc.)

Synthroid

Ceron (pancreatic enzyme)

Heparin

Monoclonal Antibodies

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**Stearic Acid:**

​All products (including medications and supplements) containing stearic acid\*, including but not limited to:

*-Candles*

*-Chewing Gum*

*-Cosmetics / Hair Products*

*-Detergents / House Cleaner*

*-Lubricants*

*-Shaving Cream*

*-Skin Care / Soap*

*-Supplements / Tablets*

*-Textile Softeners*

​

Note: Stearic acid can be either mammal or vegetable sourced. If your medications, supplements contain stearic acid, call your pharmacy or the company to find out whether it is mammal or vegetable sourced.

**Gums:**

​Gums are commonly used as thickeners in food and \*can\* induce Alpha-Gal reactions in many people, including but not limited to:

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Xanthan Gum

Guar Gum

Bean Gum

Gellan Gum