

## Alpha-gal Syndrome (AGS)

+ I have a serious allergy to alpha-gal (galactose-alpha-1,3-galactose).  
Please avoid mammalian products in my food and medications:



No beef, pork, lamb, venison, organ meats



No milk, butter, cheese or creams



Avoid gelatin; check capsules, marshmallows, gummies



Check excipients: gelatin, glycerin, magnesium stearate, carageenan

Preferred alternatives:



Vegetable oils (olive, canola, avocado)



Plant-based butter; non-dairy milks if tolerated



Poultry (chicken, turkey)



Fish/seafood (if otherwise tolerated)



Emergency: treat as anaphylaxis if needed. Use epinephrine if prescribed. Call 911.

More info: [alphagaldata.com](http://alphagaldata.com)