



## Allergen

### What Is an Allergen?

An allergen is a substance which sensitive people's immune systems recognise as foreign or dangerous. The immune system responses can range from a runny nose to death and due to the potential for a lethal response, robust allergen management is critical.



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### What are the main food allergens?

Food allergens vary across the globe but those which must be declared in the UK and Europe are:

- Cereals containing gluten, which is a protein found in cereals mainly wheat, Crustaceans, Eggs, Fish, Peanuts, Soybeans, Milk, Nuts, Celery, Mustard, Sesame seeds, Sulphur dioxide and sulphites, Lupin and Molluscs.
- Allergen management must occur across the whole supply chain with the application of Good Agricultural Practice (GAP), robust HACCP and Good Management Practices (GMP).

### How does the Chilli Doctor Technical Team Manage Allergens?

- ✓ Awareness of the regulations applicable to the consumer groups in the country of sale.
- ✓ Knowledge of the points in the supply chain where contamination could occur ensuring that adequate controls are in place.
- ✓ By having great and long-term relationships with our global growers and producers we can guarantee full traceability of our chillies from field to factory.
- ✓ Assessing the level of supplier knowledge about allergen contamination to ensure they have adequate controls in place.
- ✓ Helping customers to organise testing in ISO 17025 accredited laboratories using approved test methods.