

BUILDING A COMPLIANT ALLERGEN LABEL

Step-by-Step

IDEAL FOR F&B BUSINESSES

1

IDENTIFY ALLERGENIC INGREDIENTS:

- Begin by listing all the ingredients in your product.
- Identify which ones are allergens or derived from allergenic sources.

CHOOSE A LABELING METHOD:

- Directly in the Ingredient List: For instance: Peanut butter (peanuts), casein (milk), or spice (sesame).
- Separate "Contains" Statement: For example: Contains peanuts, milk, and sesame.

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ENSURE VISIBILITY:

- The allergen information should be easily visible, using a font size and style that stands out from the rest of the label.

REVIEW SYNONYMS:

- Some allergens might have other names or synonyms. Ensure you're using the most recognizable name for clarity.

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UPDATE REGULARLY:

- If there are changes in your product formulation or if new allergens are recognized by the FDA, update your labels promptly.

EDUCATE YOUR TEAM:

- Ensure everyone involved in the product formulation and labeling process is aware of the allergen labeling requirements.

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SEEK EXPERT ADVICE:

- When in doubt, consult with experts or legal counsel to ensure your labels are compliant. Companies such as Food Label Maker have [an array of nutrition experts](#) who can assist you in identifying any allergens present in your food product or ingredient list.