

EU exemptions from allergen labelling

Introduced in November 2004, and due for total enforcement by 25 November 2005, EU Directive (2003/89/EC) requires food makers to provide a comprehensive ingredients listing on the label of potential food allergens; essentially to flag to the consumer any potentially harmful ingredient.

The allergen labelling rules include the mandatory inclusion on food labels of the most common food allergen ingredients and their derivatives: cereals containing gluten, fish, crustaceans, egg, peanut, soy, milk and dairy products including lactose, nuts, celery, mustard, sesame seed, and sulphites.

Commission Directive 2005/26/EC of 21 March 2005 gives details of the non-allergenic derivatives of the specified allergenic food ingredients for which there are exemptions from the labelling requirement specified in Annex IIIa of Directive 2000/13/EC (as amended by Directive 2003/89/EC), on the basis that they are not likely to produce an allergic reaction. These are:

Cereals containing gluten	Wheat based glucose syrups including dextrose** Wheat based maltodextrins** Glucose syrups based on barley Cereals used in distillates for spirits
Eggs	Lysozyme (produced from egg) used in wine Albumin (produced from egg) used as fining agent in wine and cider
Fish	Fish gelatine used as carrier for vitamins and flavours Fish gelatine or Isinglass used as fining agent in beer, cider and wine
Soybean	Fully refined soybean oil and fat** Natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate, natural D-alpha tocopherol succinate from soybean sources Vegetable oils derived phytosterols and phytosterol esters from soybean sources

	Plant stanol ester produced from vegetable oil sterols from soybean sources
Milk	Whey used in distillates for spirits Lactitol Milk (casein) products used as fining agents in cider and wines
Nuts	Nuts used in distillates for spirits Nuts (almonds, walnuts) used (as flavour) in spirits
Celery	Celery leaf and seed oil Celery seed oleoresin
Mustard	Mustard oil Mustard seed oil Mustard seed oleoresin

**And products thereof, in so far as the process that they have undergone is not likely to increase the level of allergenicity assessed by the EFSA (European Food Safety Authority) for the relevant product from which they originated.

In addition the European Food Safety Authority's scientific panel on dietetic products, nutrition and allergies (NDA) has also given its opinion on the following allergen derivatives, which relate to the above legislation:

- DMV application for exemption for milk products, egg products and fish products used in the manufacture of wine
- ONIVINS application for exemption on milk products, egg products and fish products used as fining agents in wines
- CTPC application on milk products, egg products and fish products used as fining agents in cider
- AMAFE application for exemption on egg lysozyme used as additive in food
- Raisio Life Sciences application for exemption on plant stanol esters produced from soybean oil sterols
- Cognis, ADM and Cargill applications for exemptions on vegetable oils-derived phytosterols and phytosterol esters from soybean sources
- Cognis, ADM and Cargill applications for exemptions on natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate and natural D-alpha tocopherol succinate from soybean sources
- AIIBP and FAIBP applications for exemption on acid hydrolysed vegetable protein from soy.