

Alpha-gal Syndrome (AGS)

Allergy wallet card

I have a serious allergy to alpha-gal (galactose-; Ó Ã2Ð galactose).

Please avoid mammalian products in my food and medications:

- No beef, pork, lamb, venison, organ meats
- Avoid gelatin; check capsules, marshmallows, gummies
- Avoid lard/tallow/suet; use vegetable oils instead
- Check excipients: gelatin, glycerin, magnesium stearate (animal sources)

Emergency: treat as anaphylaxis if needed. Use

epinephrine autoinjector if prescribed. Call 911.

More info: alphagaldata.com/downloads