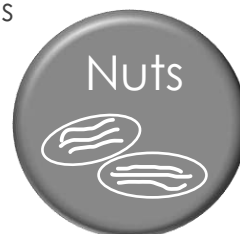
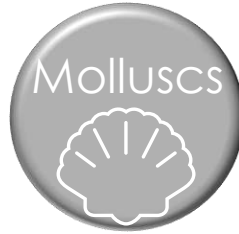


# The 14 Allergens in the UK & EU

The Food Information Regulations 2014 details the way allergens need to be communicated.

There are 14 allergens that need to be mentioned (either on a label, poster or a menu) when present in a food/drink.

Consumers may be allergic or have intolerance to other ingredients, but only the 14 allergens are required to be declared as allergens by food law.



**STC** 