

The 14 Allergens

S	M	A	M	E	N	E	L	S	A	P	T	E	E
D	S	I	X	G	Y	E	E	Y	R	E	L	E	C
S	U	S	E	N	E	T	U	L	G	T	T	G	S
A	U	U	D	R	A	T	S	U	M	U	U	U	C
L	B	E	M	A	C	G	K	I	E	R	N	N	S
L	M	F	I	S	H	N	I	P	U	L	A	P	U
S	N	A	E	C	A	T	S	U	R	C	E	K	L
C	A	I	X	L	S	L	H	U	U	D	P	M	O
I	C	S	T	U	N	N	L	S	G	G	E	I	M
E	C	G	I	X	G	E	N	G	C	P	Y	L	S
T	D	S	N	L	S	M	N	R	U	S	L	K	A
S	U	L	P	H	U	R	D	I	O	X	I	D	E
C	L	N	F	S	O	Y	B	E	A	N	S	E	T
H	E	M	A	S	E	S	N	T	U	R	S	L	G

LUPIN
 MILK
 FISH
 SESAME
 SULPHURDIOXIDE
 MUSTARD
 SOYBEANS
 CRUSTACEANS
 EGGS
 PEANUT
 GLUTEN
 NUTS
 MOLUSCS
 CELERY

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