

True Essentials Nutritional Supplements

Chart of Common Allergens

Common Allergen	Product	Notes
Cereals containing gluten, such as barley, buckwheat, oats, spelt, triticale, and wheat.	<i>Fat and Carb Control</i>	Fat and Carb Control contains wheat starch amylase inhibitor which may have some small gluten fragments.
	<i>Mineral pH (gluten-free)</i>	Even though Mineral pH contains Barley grass juice, it is gluten free. Barley grass juice is made from the grass leaf which does not contain any gluten. Only the barley seed has gluten.
Peanuts	<i>None known.</i>	
Soybean and Soy Products	<i>Protein Shake (3 flavors)</i>	The Protein Shakes contain non-GMO Soy Protein Isolate.
Tree nuts	<i>None known.</i>	
Milk and Dairy Products	<i>Protein Shake</i>	The Protein shakes contain Whey Protein Concentrate, but do not contain significant lactose. The True Essentials products should not exacerbate a lactose intolerant condition.
Crustacea Products	<i>Joint Solutions with HA</i>	Joint Solutions with HA contains glucosamine which is sourced from crustacean shells (shrimp and/or crab, lobster).
Egg Products	<i>None known.</i>	
Fish and Fish Products	<i>EFA Essentials</i>	EFA Essentials contains fish oil.