Allergens

1. Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats or their hybridised strains and products thereof, except:
   a. wheat-based glucose syrups including dextrose
   b. wheat-based maltodextrins
   c. glucose syrups based on barley
   d. cereals used for making distillates or ethyl alcohol of agricultural origin for spirit drinks and other alcoholic beverages

2. Crustaceans and products thereof

3. Eggs and products thereof

4. Fish and products thereof, except:
   a. fish gelatine used as carrier for vitamin or carotenoid preparations;
   b. fish gelatine or Isinglass used as fining agent in beer and wine.

5. Peanuts and products thereof

6. Soybeans and products thereof, except:
   a. fully refined soybean oil and fat
   b. natural mixed tocopherols (E306), natural D-alpha tocopherol, natural D-alpha tocopherol acetate and natural D-alpha tocopherol succinate from soybean sources
   c. vegetable oils derived phytosterols and phytosterol esters from soybean sources
   d. plant stanol ester produced from vegetable oil sterols from soybean sources

7. Milk and products thereof (including lactose), except:
   a. whey used for making distillates or ethyl alcohol of agricultural origin
   b. lactitol

8. Nuts, namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts, and products thereof, except for nuts used for making distillates or ethyl alcohol of agricultural origin

9. Celery and products thereof

10. Mustard and products thereof

11. Sesame seeds and products thereof

12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre in terms of the total SO₂ which are to be calculated for products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturer

13. Lupin and products thereof

14. Molluscs and products thereof
- Allergens must be indicated in the list of ingredients and the names of these substances must be emphasised through a typeset that clearly distinguishes them from the rest of the list, e.g. by means of the font, style or background colour.

- For prepacked foods which are exempt from the requirement to provide a list of ingredients, e.g. alcohol, the indication on the label must comprise the word ‘contains’ followed by the name of the substance or product.

- The requirement to highlight the use of any of these substances in the production of a food has been extended to foods sold loose such as food in restaurants, take-aways, canteens and deli counters etc.

Rules on the means by which this information must be made available to the consumer for foods sold loose can be found in S.I. No. 489 of 2014:

- A food business operator shall not present or make available food for sale or supply, or sell or supply food, unless written particulars of any allergen in the food are indicated at:
  (a) the point of presentation,
  (b) the point of sale, or
  (c) the point of supply,

- A food business operator shall provide written particulars of any allergen in food presented or made available for sale or supply such that the information is
  (a) freely and easily accessible before the sale or supply of the food,
  (b) at least in the English or in the Irish language and in the English language,
  (c) in a conspicuous place, such that it is easily visible and available to the consumer or mass caterer,
  (d) in clear legible script, and
  (e) presented in a manner such that there is no possibility of confusion as to which food the information relates.

- In the case of food presented or made available for sale or supply by means of distance selling, the food business operator shall provide particulars of any allergen in such food
  (a) before the purchase is concluded, on the material supporting the distance selling or through other appropriate means clearly identified by the food business operator which do not involve charging consumers supplementary costs, and
  (b) at the moment of delivery,
  and such particulars shall be provided in writing at at least one of these stages