

Non-Food products and peanuts:

*If you thought U.S. food labeling was bad, undeclared allergens are a huge issue on non-food products, even though they can set off anaphylaxis reactions. Here are alternative peanut names as well:

- arachidic acid
- arachis oil
- peanut oil
- hydrolyzed plant protein
- hydrolyzed protein
- hydrolyzed vegetable protein
- mandelona nuts
- cacaheuta
- Valencias (Valencia is a variety of the peanut plant.)
- Mandelonas

- **Lush products**- recently I discovered they use peanut butter in a hand lotion
- **Eye drops & Ear drops, Vitamin Supplements, Creams, Medications** – there are a ton of medications that contain peanut oil (refer to my links in my Resources tab, as well as always with your doctor or pharmacist)
- **Vaccines** as an adjuvant
- **Beer, Coffee & Alcohol**- beware of breweries and distilleries that use peanut butter! Examples: Sweet baby Jesus Chocolate Peanut Butter Porter, PB&J Aged Framinghammer, Willoughby Brewing Co makes a Peanut Butter Cup Coffee, Double Wing brewing Co makes a Peanut Butter Blonde Ale (for beers check this link: <https://beerandbrewing.com/eight-peanut-butter-beers-to-drink-on-national-peanut-butter-day/>)
- **Dawn Dish soap, Laundry Detergent, and Proctor & Gamble products as a whole** – Febreze and other products may contain undeclared peanut and tree nut oils, there have been many confusing statements made by P&G, stating some Swiffer, dawn, tide, and Febreze products, even ones labeled as “allergen reducer” or hypoallergenic, may have peanut oil or traces! I do not use any of their laundry detergents, fabric softeners, or dryer sheets.
- **Sunscreen** – check for **arachis oil, arachidyl glucoside and arachidyl alcohol** ingredients (here is a site with some brands to consider purchasing! <http://www.laurenkossack.com/hidden-allergens-in-your-sunscreen/>)
- **Coconut Oil or any lotion or body oil** for topical use – often made on shared equipment as peanuts or with peanut oil, I found multiple **eye creams and face creams** with peanut oil in it and one with bee venom
- **Makeup, lipstick, & make-up remover** – truly check these items!
- **Dryer sheets** – call/check before using
- **Shampoo, Conditioner, Shaving Creams, Soaps & Shower Gels** - call/check before using
- **Tissues or Toilet Paper** with “lotion” or that are “moisturizing”
- **Animal/Pet Food and treats, Bird Seed, livestock feed** – safe to say it probably contains or is made on shared equipment

- **Ant Traps**

Always think outside the box, and feel free to reach out and let me know if you have any products not listed that you avoid due to peanut derived ingredients.