

## Allergies to pollen and food supplements: ANSES reminds consumers of the precautions to be taken

Cases of allergies associated with the consumption of food supplements are regularly reported to ANSES under its nutrivigilance scheme. Recently, severe allergic reactions following the consumption of food supplements containing hive products and pollen have been reported. ANSES reminds consumers that people who are allergic to pollen can be at risk from allergies when consuming foods and food supplements containing hive products.

In fact, pollen can be found in hive products such as royal jelly, propolis or honey, even when this is not explicitly stated. People who are allergic to pollen, as well as anyone predisposed to allergies or asthma, are therefore advised to avoid consuming food supplements containing these products.

In general, the Agency stresses that food supplements, just like normal foods, can contain all types of allergens. People with an allergy to a particular ingredient need to be vigilant regarding the composition of any food supplements that may contain it.

The Agency therefore advises consumers to:

- notify a healthcare professional of any adverse effect occurring after consumption of a food supplement;
- comply with the conditions of use specified by the manufacturer;
- avoid taking food supplements on a multiple, prolonged or repeated basis throughout the year without having sought the advice of a healthcare professional;
- be vigilant with regard to products presenting unjustified claims, or products marketed outside regulated channels, particularly on the Internet.

ANSES also reminds healthcare professionals of the importance of reporting to its nutrivigilance scheme any cases of adverse effects suspected of being associated with the consumption of food supplements.

**Gwenn VO VAN REGNAULT (Anses)**

### TO FIND OUT MORE, VISIT:

<https://www.anses.fr/en/system/files/NUT2017SA0215EN.pdf>