

Allergen & Ingredient Information

ALLERGEN STATEMENT

Omega-3 Fish Oils

Allergens	Present	Ingredient	Additional Information
Fish	✓	Fish Oil	
Crustaceans – such as prawns, crabs and lobsters	x		
Molluscs – such as mussels and oysters	x		
Soya or soya derivatives	x	Mixed tocopherol	Exempt - See Soy section below for more information
Dairy (milk protein, lactose)	x		
Egg or egg derivatives	x		
Cereals containing gluten - including wheat, rye, barley and oats	x		
Peanuts	x		
Tree nuts*	x		
Sesame seeds and derivatives	x		
Mustard	x		
Celery	x		
Lupin	x		
Sulphur dioxide/sulphites	x		

Collagen Powders

Allergens	Present	Ingredient	Additional Information
Fish	✓	Marine collagen powder	
Crustaceans – such as prawns, crabs and lobsters	✓**		May contain traces of shellfish
Molluscs – such as mussels and oysters	✓**		May contain traces of shellfish
Soya or soya derivatives	x		
Dairy (milk protein, lactose)	x		
Egg or egg derivatives	x		
Cereals containing gluten - including wheat, rye, barley and oats	x		
Peanuts	x		
Tree nuts*	x		
Sesame seeds and derivatives	x		
Mustard	x		
Celery	x		
Lupin	x		
Sulphur dioxide/sulphites	x ***		

* Tree Nuts include almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts.

**Bare Biology Marine collagen powders are produced at the same plant as powders of shellfish (crustacean and mollusc) and may therefore contain traces of shellfish. The plant does have strict cleaning procedures but cannot guarantee zero traces

***According to Directive 2003/89/EC, sulphur dioxide and sulphites at concentration of more than 10 mg/kg or 10 mg/Litre expressed as SO₂ (for products ready for consumption) need to be labelled. This product does not contain any sulphiting agent and the level is <10 ppm.

Vim & Vigour – Our Vegan Algae oil capsules with Astaxanthin do not contain any allergens.

Beam & Balance - Our Vitamin D3 & K2 spray does not contain any allergens.

Ingredient information

Bare Biology follows the guidelines set out by the UK Food Standards Agency (FSA) which is currently in line with EU mandatory regulations as to how to correctly label products containing allergens. This means you can quickly gain information about which products contain any of the main 14 common allergens by reading the labels.

If a Bare Biology product contains any of the main 14 allergens, either as an ingredient or as a processing aid, they will appear in bold in the ingredients list and allergen advice sections on the packaging. For example: Bare Biology Mums & Bumps contains fish oil and since fish is one of the 14 main allergens you will see the below on our packaging:

INGREDIENTS

Pure **fish** oil (sardine, anchovy, mackerel), antioxidant (mixed tocopherols).

Coating: **fish** gelatin, glycerol British Pharmacopoeia.

ALLERGEN ADVICE

Contains **fish**.

The 14 main allergens include: Celery, cereals containing gluten (wheat, rye, barley, oats), crustaceans (prawns, crabs, lobsters), eggs, fish, lupin, milk (cows), molluscs (e.g. mussels, oysters), mustard, tree nuts (almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios, macadamia nuts), peanuts, sesame seeds, soybeans, sulphur dioxide & sulphites (at levels >10 ppm)

What about cross contamination?

There may be instances when our products, which do not contain any of the 14 main allergens as an ingredient or processing aid, are made in a factory that uses one or some of the 14 main allergens. In these circumstances you will find a statement in the allergens advice on the packaging which clearly states that the product may contain a trace of that allergen in bold. For example: On the Bare Biology Skinful label, you will find the below statement:

ALLERGENS ADVICE: Contains **fish**. May also contain traces of **shellfish**.

Bare Biology products use free-from ingredients

We are aware that many of our customers are looking for products free-from ingredients which may trigger digestive discomfort for people with digestive sensitivities, intolerances, allergens, or intestinal inflammation.

All our products are carefully formulated without the following ingredients:

- Gluten
- Dairy (milk)
- Yeast
- Added sugar
- Artificial - flavourings, preservatives, sweeteners, colourings

Fish

It's mainly fish protein which triggers an allergic reaction. During the gentle processing and refining of our fish oil, the oil is carefully extracted and separated out from the fish proteins. Although all the fish protein should be filtered out of the fish oil, it is possible that very small traces of fish protein could be in our fish oils. We recommend consulting your healthcare professional before using a fish oil product if you are allergic to fish. You will find fish listed in bold as an allergen on the packaging of all Bare Biology products, except for Vim & Vigour daily capsules and Beam & Balance vitamin spray.

All our fish oil omega-3 capsules are encapsulated in fish gelatin which contains fish protein and is best avoided if you suffer from a fish allergy. Our liquid fish oils do not contain fish gelatin.

Bare Biology Skinful and Skinful Strawberry & Vitamin C contain hydrolysed collagen peptides sourced from cod skin. For this reason, it's recommended that people suffering from a fish allergy avoid marine collagen and opt for a bovine source instead.

Soy

Bare Biology omega-3 products are formulated with mixed tocopherols (natural vitamin E) sourced from soy. These natural mixed tocopherols act as antioxidants helping to keep the essential omega-3 fatty acids protected, fresh and fully functional throughout their shelf life. It tends to be soy proteins which trigger an allergic reaction and mixed tocopherols are extracted from soy oil rather than soybeans (which contain all the protein). Due to the high degree of refining when extracting mixed tocopherols from soy oil, current EU regulation (as written in EU REG 1169/2011) states that highly refined soy oils, which includes mixed tocopherols, are exempt from soy allergen status and therefore are not required to be listed as an allergen.

You'll find mixed tocopherols in these Bare Biology products - Life & Soul liquid, Life & Soul mini capsules, Life & Soul daily capsules, Action Heroes, Vim & Vigour, Rise & Shine, Mums & Bumps and Mindful.

OTHER INGREDIENTS

Natural Flavourings

We always endeavour to select natural ingredients as we want our products to be as simple and pure as possible. We currently use three premium natural flavourings, made from entirely natural ingredients, which help to complement and enhance the flavour of three of our products. Here's where you'll find them:

- Natural strawberry and natural rhubarb flavourings - found in Bare Biology Skinful Strawberry and Vitamin C. This delicious combination of natural flavourings brings a tangy, berry, fruity sweetness to our favourite collagen powder. Perfect for adding to smoothies or simply mixing with water.
- Natural lemon flavouring – found in Bare Biology Action Heroes and Life & Soul liquids. Made from Sicilian lemon oil, we add this to help make the plain oil more acceptable for children and adults who dislike the taste of fish. Please note that if you or your child has a sensitivity to citrus fruit it may be best to avoid this natural flavouring.
- Natural peppermint flavour – found in Bare Biology Beam & Balance vitamin spray for a fresh taste.

Lanolin

The natural vitamin D3 found in Bare Biology Rise & Shine is sourced from lanolin, the natural oil found in wool. During the extraction and purification process all the vitamin D3 is collected leaving the rest of the lanolin behind. People who suffer from a topical allergy to lanolin are unlikely to experience the same allergic reaction to vitamin D3 sourced from lanolin. If you have any concerns, we suggest you contact your healthcare professional for further advice.

Carrageenan

Bare Biology Vim & Vigour is a vegetarian and vegan omega-3 which uses a natural seaweed extract called carrageenan in the vegetarian soft gel capsules, instead of fish or bovine gelatin. Our carrageenan is highly purified, non-degraded, and pharmaceutical/food grade quality. Our vegetarian soft gel manufacturers combine carrageenan with non-GMO corn starch and glycerol to create a capsule that protects the omega-3 oils from the harmful effects of light and oxygen, keeping them fresh and protected throughout their shelf life. There is some conflicting information about carrageenan, but the negative data and information that exists is from studies based on the degraded form of carrageenan. Bare Biology only uses the safe, natural, and widely accepted non-degraded form of carrageenan which is aligned with our high standards of quality control for our raw ingredients.

Non-GMO

The environmental issues surrounding GMO ingredients are important to us. We take extra careful steps when sourcing our raw ingredients. We promise all our products are made using non-GMO ingredients from reputable suppliers, with appropriate certifications and testing measures in place.