

Do you get sick 2-10 hours after you eat mammalian meat, like beef, pork, lamb, or goat?

Symptoms can include hives, swelling, stomach upset or pain, difficulty breathing, low blood pressure, dizziness, fainting, and anaphylaxis.

Ask your doctor whether you should get an Alpha-gal Panel blood test to see if you have Alpha-gal Syndrome—the Mammalian Meat Allergy.

For more information go to ALPHAGALINFORMATION.ORG

