

# Alpha-gal/Meat Allergy



Alpha-Gal

Meat allergy caused by the bite of the lone star tick, *Amblyomma americanum*.

The tick's saliva triggers immune response to a carbohydrate, alpha-gal, found in red meat. Although eating red meat is the most common allergic trigger to alpha-gal, ingredients found in everyday products such as dairy, gelatin, soap, cosmetics, lotions, household products, and medications can also cause an allergic reaction.\*

Symptoms: Can develop 3-4 hours after exposure and include upset stomach, headaches, hives, rashes, swelling, shortness of breath, anaphylaxis.

\* The Tick-Borne Conditions United, [www.tbcunited.org](http://www.tbcunited.org) website can provide additional information for you about alpha-gal. NOTE: If you click on the link, you will have left the [www.LymeDiseaseAssociation.org](http://www.LymeDiseaseAssociation.org) website. The information presented there is that of the Tick-Borne Conditions United.

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