

According to the Food and Drug Administration (FDA), there are eight categories of potential food allergens.

Of these eight, only three categories (**Tree Nuts**, **Wheat**, and **Soy**) contain herbs that are used in Blue Poppy internal formulas.

On average, most potential allergens compromise very little of the herbs present in any given formula with a few exceptions where these herbs are the main constituent of the formula.

Furthermore, over the course of 16+ years of producing herbal formulas, we have not had an “adverse allergic response” to any Blue Poppy formula when taken appropriately and under the supervision of a licensed practitioner.

The following table below contains a list of FDA recognized potential food allergens categories, associated potential allergenic herbs, and the formulas that contain these potential allergens.

BPC= Blue Poppy Classics GNC= Great Nature Classics

Potential Allergen	Potential Allergen	Potential Allergen
TREE NUTS	WHEAT	SOY
Bai Guo (Ginko Nut)	Fu Xiao Mai	Dan Dou Chi
Forever Yang	Change & Enrich	Yin Qian San (BPC)
		Yin Qian San (GNC)
Shen Qu	Shen Qu	
(Processed with Almond Nut)	Bao He Wan (BPC)	He Shou Wu (Processed with Soy)
An Mien Pian (GNC)	Bao He Wan (GNC)	Anti-nue Boos the Qi
Bao He Wan (BPC)	Kang Ning Wan (GNC)	Black Dragon
Bao He Wan (GNC)	Little Pearl	Clear Vessel
Kang Ning Wan (GNC)	Quiet Nites	Dang Gui Yin Zi (GNC)
Little Pearl		Free the Flow
Quiet Nites	Xiao Mai	Shou Wu Pian (GNC)
	Gan Mai Da Zao Wan (GNC)	Zuo Gui Wan (GNC)
	Mai Ya*	
	Black Dragon	
	Little Pearl	
	Zhen Gan Xi Feng Tang (GNC)	
	Yi Tang*	
	Xiao Jian Zhong Tang (GNC)	

*Actually a barley sprout but included in the wheat section because of concern for allergenic cross-over (e.g., gluten)

