



Cherry

Cherries (Rosaceae family) may trigger **Birch Pollen-Related Oral Allergy Syndrome** (OAS: itchy mouth/throat). Rarely causes systemic reactions. Cross-reacts with apples, peaches.

Nutrients

Recipe preparation steps



Oral Allergy Syndrome (OAS), Skin Reactions, Digestive Issues, Respiratory Symptoms, Anaphylaxis (severe reaction)



Avoidance, Antihistamines, Epinephrine Auto-Injector, Medical Consultation, Emergency Action Plan

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Germany
VAT ID: DE453108867

Contact:
Email: support@dietspremium.com
Tel.: +49 1520 744 5675

Web:
dietspremium.com
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Bank: Deutsche Bank
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