



Mold

Camembert's white rind contains *Penicillium camemberti* mold. Rare allergic reactions (IgE-mediated) may occur, typically respiratory or skin symptoms in mold-sensitive individuals. Cross-reactivity with other molds possible.

Nutrients

Recipe preparation steps



Allergic rhinitis, Asthma, Skin rash, Itchy Eyes, Coughing, Sinusitis, Headache, Fatigue



Avoidance of mold exposure, Antihistamines, Nasal corticosteroids, Dehumidifiers, Air purifiers, Allergy immunotherapy, Proper ventilation, Cleaning with mold-killing solutions

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