



Sodium nitrite

Sodium nitrite (preservative) may cause non-allergic hypersensitivity reactions (e.g., headaches, hypotension) in sensitive individuals. Not an IgE-mediated allergy but can exacerbate asthma.

Nutrients

Recipe preparation steps



Headache, Nausea, Dizziness, Flushing, Shortness of Breath, Hives, Swelling, Abdominal Pain, Rapid heartbeat



Avoidance of sodium nitrite, Antihistamines, Epinephrine (for severe reactions), Hydration, Rest and Relaxation, Medical Consultation, Dietary adjustments

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