



Sodium propionate

Preservative rarely triggers allergic reactions; more commonly causes non-allergic intolerance (e.g., migraines, GI upset). Derived from propionic acid, which occurs naturally in dairy. Not a recognized major allergen.

Nutrients

Recipe preparation steps

n.syn Skin rash, Hives, Itching, Swelling, Digestive Issues, Respiratory Symptoms, Headache

en.h Avoidance, Antihistamines, Topical Creams, Hydration, Medical Consultation, Emergency epinephrine

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