



## Spices

Unspecified spices may include allergens like mustard, celery, or coriander. Cross-reactivity with mugwort-celery-spice syndrome or occupational exposure (e.g., chefs) can trigger IgE-mediated reactions (e.g., rhinitis, asthma, anaphylaxis). Risk varies by spice composition.

## Nutrients

### Recipe preparation steps



Skin Rash or Hives, Itching or Tingling in the Mouth, Swelling of lips, face, or throat, Digestive issues (nausea, vomiting, diarrhea), Wheezing or Difficulty Breathing, Anaphylaxis (Severe Allergic Reaction)



Avoidance of allergenic spices, Antihistamines, Epinephrine auto-injector (for severe reactions), Consult an Allergist, Topical creams for skin reactions, Emergency medical attention

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

Bank Details  
Bank: Deutsche Bank  
IBAN: DE26 7207 0024 0064 1910 00  
SWIFT (BIC): DEUTDEDB720



*pdf.export.disclaimer*

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

Bank Details  
Bank: Deutsche Bank  
IBAN: DE26 7207 0024 0064 1910 00  
SWIFT (BIC): DEUTDEDB720