



Alpha-Gal: The Basics

WHAT IS ALPHA-GAL SYNDROME?

Alpha-gal syndrome is a mammalian allergy often triggered by the bite of the lone star tick. Reactions may be immediate or may be delayed 2-10 hours after exposure to mammal or mammal byproducts. Triggers include more than just red meat.

WHAT IS ALPHA-GAL?

Alpha-gal (galactose- α -1,3-galactose) is a sugar molecule found in the majority of mammalian animals. Alpha-gal is present in mammalian meats (beef, pork, lamb, venison, etc.) and byproducts (dairy, gelatin, lard, etc.).

SYMPTOMS

- Itching of the Palms & Feet
- Flushing
- Hives/Rash/Swelling
- Abdominal Pain
- Vomiting/Diarrhea/Nausea
- Hypotension
- Dizziness/Feeling Faint
- Weak or Rapid Pulse
- Chest Tightness
- Coughing/Wheezing
- Hoarseness
- Anaphylaxis

MANAGING AGS

- Avoid mammal products and byproducts.
- Work with your healthcare team to build a tool kit and establish a Food Allergy & Anaphylaxis Emergency Care Plan.
- Take cautionary measures to prevent future tick bites.

TIPS

- Many people who contract AGS never saw the tick that bit them.
- Mammal and mammal byproducts are found in everything including food, pharmaceuticals, health and beauty products, household products, and more. Some even react to fumes.
- Sources of mammal ingredients do not have to be labeled.
- Some people experience a GI-only variant of AGS that can often mimic IBS.

For more information and helpful tips and tricks on living with alpha-gal syndrome, visit www.TwoAlphaGals.com or scan this QR code. Use code TAGTEAM24 to save \$3 on the purchase of the [Alpha Gal 101 Resource Guide](#).

To read more about AGS, current research, and publications from leading AGS experts, visit www.AlphaGalInformation.org.

