

Eggs & Egg Products & their Alternative Names

EGGS

Nutritionally eggs are an excellent source of protein, however if you have an intolerance or allergy to eggs there is the risk that some of the other egg terms that are used may make deciding that a food item is safe for you to consume. On this factsheet we will list some of the other names given to eggs that could be used in food or indeed beauty products.

Be mindful if these terms are used in the ingredients list as they could have been derived from eggs:

Binders

Emulsifiers

Coagulants

Alternative Names for Egg

Here are some of the names of egg products that you might see on labelling:

Albumin	Conalbumin	Meringue	Ovomucoid	Ovalbumin	Vitellin	Ovomucin
Livetin	Ovoglobulin	Ovovitellin	Lysozyme	Globulin	Ovo	Simplese

Egg Albumin is a collection of proteins found in egg whites. It is made up of a collection of proteins – Ovalbumin (54%), Ovotransferrin (12%), Ovomucoid (11%) and Globulin (8%) being the top 4.

Note: Egg whites are more common an issue than egg yolks for those with an egg allergy.

Foods affected

- **Conalbumin** – Ingredient in Infant Formula, a food additive & antimicrobial agent.
- **Lysozyme (Contained in Egg White)** – Occurs naturally in egg white, purified zyme is used as an additive in foods, especially soft cheeses and serves as an antimicrobial agent.
- **Lecithin (E322)** – Used as an emulsifier, used in margarine, glazes, added to bakery products to extend shelf life, and get more volume. Also used in medicines.

Please also be aware that some wine has egg products used in its production processes at the fining stage. Although the risk is small all wines produced after 2012 must specify if egg products have been used in this process, as an allergen warning label.

Drinks

Some drinks contain eggs, most common is Advocaat a traditional Dutch custard made of egg yolks and brandy.

Cocktails, E.g., whisky sour, can contain also contain eggs, more commonly egg whites, as they are devoid of flavour or aroma. The foam allows the protein to trap air in the drink and change the texture without adding other flavours. The foam softens the drink giving it texture, as opposed to zestiness a sour has if it's served without egg whites.

Egg white is sometime used to moisten the edge of the glass and decorate with sugar

Beauty

Cosmetics, shampoos, creams, and lotions can also contain egg and egg derived products.

Egg proteins can provide antifungal, antiviral, antioxidative and immune regulatory agents to products in both cosmetics and pharmaceutical industries.

Information is Key!

Some of the products highlighted in this factsheet will not always cause allergic reactions in those with an egg allergy, due to the nature that the allergy might be egg white not egg yolk allergy. However, if you are aware of some of the other terms used for egg derived products you can make an informed decision on the safety of that product for you to use.

<https://foodallergyaware.co.uk/resources/factsheets/>