

Product	Egg free	Free from fish products	Gluten free	Lactose free*	Milk free	Nut free	Soya free	Wheat free	Suitable for Vegetarians	Suitable for Vegan	Suitable for Halal	Suitable for Kosher
Altrajuce	✓	✓	✓	✓	✗	✓	✓	✓	✓ ¹	✗	✓ ²	✓ ²
Altraplen Compact/Daily	✓	✓	✓	✓	✗	✓	✗	✓	✓ ¹	✗	✓ ²	✓ ²
Altraplen Energy	✓	✓	✓	✓	✗	✓	✓	✓	✓	✗	✓ ³	✓ ³
Altraplen Protein	✓	✓	✓	✓	✗	✓	✗	✓	✓ ¹	✗	✓ ²	✓ ²
Altrashot	✓	✓	✓	✓	✗	✓	✓	✓	✓ ¹	✗	✓ ²	✓ ²
Foodlink Complete	✓	✓	✓	✗	✗	✓	✗	✓	✓	✗	✓ ⁴	✓ ⁴
Nutricrem	✓	✓	✓	✓	✗	✓	✗	✓	✓ ¹	✗	✓ ²	✓ ²
Swalloweze Clear	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓ ⁵	✓ ⁵

* Lactose free is defined in our products as containing < 0.5g/100ml or 100g

1. Strawberry and Blackcurrant flavour contains colouring E120, which is also known as cochineal or carmine, and is not suitable for many vegetarians
2. Strawberry and Blackcurrant flavours are not suitable. All other flavours do not contain any ingredients that are forbidden in the Halal or Kosher diets; however, the manufacturing process is not observed by the relevant religious body
3. Does not contain any ingredients that are forbidden in the Halal or Kosher diets; however, the manufacturing process is not observed by the relevant religious body
4. Halal certified. Does not contain any ingredients that are forbidden in the Kosher diet; however, the manufacturing process is not observed by the relevant religious body.
5. Halal and Kosher certified. Does not contain any ingredients that are forbidden and the manufacturing process has been observed by a relevant religious body.