

Alpha-gal Syndrome

What is alpha-gal?

- Alpha-gal (galactose- α -1,3-galactose) is a sugar molecule found in most mammals.
- Alpha-gal is not found in fish, reptiles, birds, or people.
- Alpha-gal can be found in meat (for example, pork, beef, rabbit, lamb, venison) and products made from mammals (including gelatin, cow's milk, and milk products).



What is alpha-gal syndrome?

Alpha-gal syndrome (AGS) (also called alpha-gal allergy, red meat allergy, or tick bite meat allergy) is a serious, potentially life-threatening allergic reaction. AGS symptoms occur after people eat red meat or are exposed to other products containing alpha-gal. AGS can have life-changing effects.

AGS reactions can include:

- Hives or itchy rash
- Nausea or vomiting
- Heartburn or indigestion
- Diarrhea
- Cough, shortness of breath, or difficulty breathing
- Drop in blood pressure
- Swelling of the lips, throat, tongue, or eye lids
- Dizziness or faintness
- Severe stomach pain



Symptoms usually appear 2–6 hours after eating meat or dairy products, or after exposure to products containing alpha-gal (for example, gelatin-coated medications). People may not have an allergic reaction after every alpha-gal exposure.

If you think you may have AGS see your healthcare provider.



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