



## The ADINA (Allergen Disclosure in Non-food Articles) Act Overview

**Background:** Rep. Dean Phillips (D-MN-03) intends to introduce the ADINA (Allergen Disclosure in Non-food Articles) Act in the near future that would require the labeling of prescription and over-the-counter drugs for the top-nine allergens and gluten.

This bill is needed because too often the products that the food allergy community relies on to keep us safe, can in fact, harm us. One recent [study](#) found that 93% of all medications contain potential allergens including the oral steroid prednisone which contains lactose, derived from milk, and is often given to patients following an anaphylactic attack. Lactose, furthermore, is a [popular ingredient in medicine](#) and according to this [2009 study was estimated to be used in 20% of prescriptions and 6% of OTC drugs](#). Popular drugs and health aids that are life-threatening for those with a dairy allergy include [Advair](#), Benadryl, Claritin, [Montelukast](#), and [Symbicort](#). The most tragic example of why medicine should be labeled happened in 2019 when an [11-year-old girl died](#) because of using a prescription toothpaste that had dairy in it.

While some may point out that the ingredients in more than 90,000 prescription and nonprescription drug products are available on the National Library of Medicine (NLM)'s DailyMed database, the database is difficult to use and is not easily accessible. For example, Alprazolam, popularly known as Xanax, an anti-anxiety drug, contains lactose and on DailyMed, there are [168 different listings](#) for this drug making it cumbersome and difficult for a member of the food allergy community to find and utilize this information. Given that more than 100 million Americans have life-threatening food allergies, intolerances, or have Celiac disease, or a gluten-sensitivity, we need a fast and simple solution.

FARE is proud to endorse the ADINA Act and it is expected that the nation's leading Celiac organizations will support it as well.

**Our ask in the U.S. House:** We are asking all House members to cosponsor the ADINA Act. For those offices interested in learning more, they should contact Megan Montgomery in Rep. Phillips' office at [Megan.Montgomery@mail.house.gov](mailto:Megan.Montgomery@mail.house.gov).

**Our ask in the U.S. Senate:** Our goal in the Senate is to identify and recruit members interested in introducing and cosponsoring the Senate version of the ADINA Act. For Connecticut residents, Sen. Blumenthal previously introduced legislation that only labeled gluten in medicine. Please ask his staff member to introduce this version that will also label the top-nine allergens.