

ANIMAL-DERIVED INGREDIENTS LIST

Animal-Derived Ingredient	Source	Common Use/Products
Bone char	Animal bones	White sugar
Carmines	Cochineal (insects)	Red coloring
Casien	Cow's milk	Added to "nondairy" creamers
Castoreum	Beaver's castor sacs (anal glands)	"Natural vanilla flavoring"
Gelatin	Animal skin, tendons, and bones	Everything from Altoids, gummy bears, peanuts, and even some soft drinks
Isinglass	Fish bladder	Used as a clarifier in beer brewing. May also be used as a gelatin in desserts.
Lanolin	Sheep's wool grease	Vitamin D3 is commonly sourced from lanolin. Sometimes also a source for Vitamin A. Often added to breakfast cereals (e.g., Special K), margarines, and more. Lanolin could be listed as "gum base" when used as an emollient or softener in foods.
Lard/tallow	Animal fat	Cake mixes, refried beans, pie crusts, potato chips, salad dressings
L-cysteine	Duck feathers	Dough softener in bagels, cookies, breads, pies, Lunchables, etc.
Monoglycerides	Often from animal fats	Emulsifier in margarine, nut butter, frosting, etc.
Omega-3	Often from fish	E.g., fortified orange juice
Pepsin	Enzyme commonly sourced from pig stomachs	Chewing gum, cheeses, soy protein
Rennet	Enzyme commonly sourced from cows	Mostly used in dairy cheeses
Shellac	Lac bugs	Used as a coating for pills, coffee beans, as wax on apples and other fruits and vegetables
Whey	Cow's milk	A huge range of foods contain whey, from breads

