



Lubisi lenkhomo

emaNtongomane

Intlanti

Sihlala  
semaNtongomane

**MZANSI AFRIKA  
UBEKE MTHETFO WEM  
A-ALLERGENS  
LAHLOBENE**

(I-Alimondi, EmaNtongomane aseBrazil, Emantongomane eCashew, Emantongomane eHazel, Emantongomane aseMacademia, Emantongomane ePecan, Emantongomane ePistachio, EmaWalnut)

Timbaza

ISoya

(Ema-Crustaceans  
nemaMolluscs)

Icandza

Okusahlamftu  
lokubalulekile

(Emabele, Li-Rye, Libhali, li-folishi,  
Tinhlamftu letihlanganisiwe)