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A food intolerance, like a food allergy, may be an adverse reaction to a food item. But unlike a food allergy (which is triggered directly by the immune system), a food intolerance is a reaction of the digestive system, and thus no antibodies are involved.

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have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, and may even be life-threatening.

## **Food Facts From the U.S. Food and Drug Administration**

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