

The truth about cat allergens

Article by [Purina](#)

According to AllergyUK, social behaviour has changed and [on average, people are now spending around 90% of their time indoors](#). With this in mind, there's also many of the allergens that cause sensitivities inside our homes alongside us. Our indoor environments are often poorly ventilated, causing humidity to rise and creating ideal conditions for mould and house dust mites to thrive in our soft furnishings and bedding. And as a nation of pet lovers, our pets are often living indoors too, which can also add to the allergens we contend with.

Our homes should be our sanctuary, but for 1 in 5 of us who are sensitive to cat allergens^{1,2}, the home environment isn't always so safe and relaxing.

How a sensitivity reaction is triggered

Humans can be sensitive to a wide variety of allergens like dust, mould and plant pollen. Sensitivity levels, and who is allergic to what, really depends on the individual, with many often sensitive to multiple allergens. Various allergens present in the environment accumulate – take them collectively and you're talking about an effect called the 'total allergen load'. **When the total allergen load surpasses a person's individual allergen tolerance threshold, they will show signs of sensitivity.**

It isn't cat hair or dander that causes allergies

Contrary to popular belief, [it is not cat hair itself or dander that causes sensitivity](#). **It is what is on the cat hair - a protein naturally produced by all cats in their saliva, called Fel d 1, the major cat allergen.** A very sticky allergen, Fel d 1 attaches itself to any surface it comes in contact with, a lot like glitter. When your cat licks itself, it covers itself in the sticky Fel d 1, which then spreads all over your home, sticking to your walls, furnishings, and surfaces, along with the hair and dander that cats shed. We all know how long glitter can hang around for and it's the same with Fel d 1 – it can remain in houses where cats have lived for over a year or more.

Reducing cat allergens in your home with Pro Plan® Liveclear®

While every cat produces Fel d 1, the role it plays in cats' biology is still unknown. But after over a decade of research, our scientists at Purina have discovered a novel

and feline-friendly way to reduce the active levels of Fel d 1 at its source in the cats' saliva. This unique method effectively reduces cat allergens in your home without affecting your cat's biology.

[PRO PLAN® LIVECLEAR®](#) contains a specific egg protein that reduces the active levels of Fel d 1 starting from 3rd week of daily feeding. PRO PLAN® LIVECLEAR® is a safe and feline-friendly extra tool to help reduce cat allergens produced by your cat in their mouth, so you can have fewer limitations and closer interactions with your cat.

If PRO PLAN® LIVECLEAR® is introduced as part of the consistent cat allergen reduction routine, your home could once again become your shared sanctuary.

Pro Plan® LiveClear® is a cat food, resulting from more than a decade worth of Purina research dedicated at finding a safe, effective and feline-friendly way to address a problem that impacts countless cat-owning households worldwide. As many as one-in-five adults worldwide are sensitised to cat allergens, limiting the amount of interactions that owners share with the cats they love. Dr Ebenezer Satyaraj, PhD, immunologist for Nestlé Purina Research and lead investigator on the research that led to the development of Pro Plan® LiveClear® tells the story behind this innovative product.

1. Morris, D. (2010). *Human allergy to environmental pet danders: A public health perspective. Veterinary Dermatology, 21, 441-449.*

2. Bousquet, P.-J., Chinn, S., Janson, C., Kogevinas, M., Burney, P. & Jarvis, D. (2007). *Geographical variation in the prevalence of positive skin tests to environmental aeroallergens in the European Community Respiratory Health Survey I. Allergy, 62, 301-309.*