

Shellac: food and pharmaceutical glaze (E904)

What it is

Shellac is a refined resin from the secretion of lac insects. It is used as a glazing or coating ingredient in some foods and medicines. Shellac is identified as E904 or INS 904.

How it is made

Lac resin is collected from tree branches, cleaned and refined. Food-grade bleached shellac undergoes further processing; wax-free shellac is filtered to remove wax.

Read the exact label

Look for shellac or confectioner's glaze. If the coating description does not identify its ingredients, ask the manufacturer. A brand name alone does not describe every variety or market.

How this site assesses shellac

AMNA Muslim Food Advisor places shellac under its hawwam criteria because of its insect origin. Read the criteria for the site's approach and religious reasoning.

IsItHaram: hawwam criteria

FAO/WHO JECFA: shellac specification (2006)

FAO: lac resin and processing

Sources checked October 17, 2026.

Compare exact products and coating options

U.S. Original Fruity Candy, 2.17 oz

The Skittles manufacturer ingredient list includes carnauba wax and does not list gelatin or shellac.

U.S. Original Gummies, 5.8 oz

The Skittles manufacturer lists gelatin; its animal source is not identified on that product page.

Choosing between these products

For a fruit candy without listed gelatin, compare Original Fruity Candy with the Gummies. Match the exact package and market. Ingredient information alone is not halal certification.

Medicines and coating alternatives

Ask your pharmacist about the coating ingredients of your exact medicine and suitable alternatives. Do not stop or replace prescribed treatment without advice from your prescriber or pharmacist. A different coating does not by itself establish halal certification.

Original Fruity Candy: manufacturer ingredient list

Original Gummies: manufacturer ingredient list

Manufacturer product sources checked October 17, 2026.

[Read this guide online](#)

RECIPE: WINNING SYRIAN TABBOULEH

This recipe won first place in competition. Refrigerated, it can keep for 2 days. Make sure to thoroughly rinse the parsley, removing any insect life and all sandy grit. Allow enough time to thoroughly soak the bulgur wheat – 4 hours, or overnight.

You'll need...

1 large mixing bowl and one large serving bowl
a wooden spoon
a salad spinner or a large strainer

2 ½ - 3 cups medium grain bulgur wheat
1 – 1 ½ c. lemon juice
2 big bunches of fresh flat leaf parsley
2-3 large, ripe, juicy tomatoes, washed
1 package of baby cucumbers (4-5 cukes), or one long skinny English cucumber, washed
1 bunch scallions, trimmed and washed (do not substitute onions)
1 T sumac (at Middle East groceries)
1 T dried, crumbled Turkish or Egyptian mint
1/8 t. citric acid (optional)
1 cup extra virgin olive oil

coarse kosher salt or sea salt
black pepper

Several hours before serving...

1. **POUR** bulgur wheat into large mixing bowl.
2. **ADD** to it 1/2 cup of lemon juice and enough cool water to cover the bulgur with an inch of liquid.
3. **SOAK** until bulgur absorbs all of the water. Optimally, at least four hours.

After the bulgur has absorbed the liquid...

4. **SOAK** parsley in a large bowl filled with cold water to loosen any sand or mud, shaking it under water. Cut bare stems from parsley (set these aside) and place leaves in a strainer or salad spinner. Shake / spin to dry. Taking a ½ bunch of parsley leaves at a time, start chopping the parsley until it's a fine mound and has lost its fluffiness. Scrape each mound into the serving bowl.
5. **HALVE**, slice and chop two of the tomatoes, adding them to the parsley.
6. **CUT** ends off cucumber. Slice in half, lengthwise, then slice each half lengthwise again into four long slices. Lining up the eight slices, chop them horizontally into small, thin pieces.
7. **SLICE** scallions into thin rounds. Chop any that are too chunky. Add these to parsley and tomatoes.
8. **ADD** bulgur to the veggies, squeezing out any excess liquid before doing so. Mix together. The mixture should be a little more green and red than white – around 60:40. Add another tomato or chopped parsley stems if needed.
9. **ADD** sumac, Turkish or Egyptian mint, remainder of lemon juice (or to taste), olive oil, 1/8 cup coarse kosher salt (do NOT use this much if using regular table salt!) and 10-20 shakes of black pepper.
10. **STIR** again and taste. Adjust seasonings according to taste.
11. **MIX** thoroughly, cover and let sit in the fridge for at least half an hour so flavors blend.

