

Myth #13: We don't know what is in the COVID-19 vaccines

The Facts: The vaccine ingredients are available for anyone to see

The ingredients in the 3 vaccines that are available in the U.S. vary by manufacturer. Ingredient lists for each vaccine are on appendix C of the [CDC's Interim Clinical Considerations for Use of COVID-19 Vaccines](#) webpage. Aside from the genetic material to stimulate your immune system, the ingredients are pretty basic. Some of the ingredients have scientific chemical names, but if you looked them up, you would find that they are salts, sugars, and fats. They are safe unless you are allergic to any of the ingredients.

None of the vaccines available in the U.S. contain eggs, gelatin, latex, or preservatives. They are free of any metals such as iron, nickel, cobalt, lithium, and rare earth alloys. The vaccines also do not contain any manufactured products such as microelectronics, electrodes, carbon nanotubes, or nanowire semiconductors.