



DR. THOMAS O'BRYAN, DC, CCN, DACBN



HIDDEN SOURCES OF GLUTEN GUIDE

Food Ingredients	
Abyssinian Hard Wheat (triticum durum)	Contains gluten
Ale	Contains gluten
Atta Flour	Contains gluten
Barley	Contains gluten
Barley Enzymes	Contains gluten
Barley Flakes	Contains gluten
Barley Hordeum Vulgare	Contains gluten
Barley Malt	Contains gluten
Barley Malt Extract	Contains gluten
Barley Malt Flavoring	Contains gluten
Barley Pearl	Contains gluten
Beer	Contains gluten
Bleached Flour	Contains gluten
Bran	Contains gluten
Bread Crumbs	Contains gluten
Bread Flour	Contains gluten
Breading	Contains gluten
Brewer's Yeast	Contains gluten
Brown Flour	Contains gluten
Bulgur	Contains gluten
Bulgur Wheat	Contains gluten

Food Ingredients (cont.)

Cereal Binding	Contains gluten
Cereal Extract	Contains gluten
Club Wheat (triticum aestivum compactum)	Contains gluten
Common Wheat (triticum aestivum)	Contains gluten
Couscous	Contains gluten
Croutons	Contains gluten
Dinkel Wheat	Contains gluten
Durum Wheat (triticum durum)	Contains gluten
Einkorn (triticum monococcum)	Contains gluten
Emmer (triticum dicoccon)	Contains gluten
Enriched Flour	Contains gluten
Farina	Contains gluten
Farina Graham	Contains gluten
Farro	Contains gluten
Fu (dried wheat gluten)	Contains gluten
Germ	Contains gluten
Gluten	Contains gluten
Glutenin	Contains gluten
Graham Flour	Contains gluten
Granary Flour	Contains gluten
Hard Wheat	Contains gluten
Hordeum Vulgare Extract	Contains gluten
Hydrolyzed Wheat Gluten	Contains gluten
Hydrolyzed Wheat Protein	Contains gluten
Hydrolyzed Wheat Starch	Contains gluten
Kamut	Contains gluten
Lager	Contains gluten
Macaroni Wheat (triticum durum)	Contains gluten
Macha Wheat (triticum aestivum macha)	Contains gluten
Maida (Indian wheat flour)	Contains gluten
Malt	Contains gluten
Malt Extract	Contains gluten
Malt Flavoring	Contains gluten
Malt Syrup	Contains gluten
Malted Barley Flour	Contains gluten

Food Ingredients (cont.)

Malted Milk	Contains gluten
Meripro 711	Contains gluten
Mir	Contains gluten
Nishasta	Contains gluten
Oriental Wheat (<i>triticum turanicum</i>)	Contains gluten
Orzo	Contains gluten
Pearl Barley	Contains gluten
Persian Wheat (<i>triticum carthlicum</i>)	Contains gluten
Polish Wheat (<i>triticum polonicum</i>)	Contains gluten
Poulard Wheat (<i>triticum turgidum</i>)	Contains gluten
Roux	Contains gluten
Rusk	Contains gluten
Rye	Contains gluten
Rye Flour	Contains gluten
Secale Cereal	Contains gluten
Seitan	Contains gluten
Self-Raising Flour	Contains gluten
Semolina	Contains gluten
Semolina Triticum	Contains gluten
Shot Wheat (<i>triticum aestivum sphaerococcum</i>)	Contains gluten
Soft Wheat Flour	Contains gluten
Spelt (<i>triticum spelta</i>)	Contains gluten
Sprouted Barley	Contains gluten
Sprouted Wheat	Contains gluten
Steel Ground Flour	Contains gluten
Stone Ground Flour	Contains gluten
Stout	Contains gluten
Strong Flour	Contains gluten
Tabbouleh/Tabouli	Contains gluten
Teriyaki Sauce	Contains gluten
Timopheevi Wheat (<i>triticum timopheevii</i>)	Contains gluten
Vital Gluten	Contains gluten
Wheat	Contains gluten
Wheat Germ Extract	Contains gluten
Wheat Germ Glycerides	Contains gluten

Food Ingredients (cont.)

Wheat Germ Oil (<i>triticum vulgare</i>)	Contains gluten
Wheat Nuts	Contains gluten
Wheat Pasta	Contains gluten
Wheat Protein	Contains gluten
Wheat Sprouts	Contains gluten
Whole Wheat Berries	Contains gluten
Wholemeal Flour	Contains gluten
Wild Einkorn (<i>triticum boeotictim</i>)	Contains gluten
Wild Emmer (<i>triticum dicoccoides</i>)	Contains gluten
May Contain Gluten Depending on Processing	
Baking powder	May contain wheat starch
Barley Grass	May have been contaminated during processing
Bicarbonate of Soda	May contain wheat starch
Blue Cheese	May have been cultured with mold grown on bread, especially if artisanal cheese
Bouillon	May contain gluten
Broth	May contain gluten
Brown Rice Syrup	May contain barley
Caramel Flavoring	May contain gluten depending on manufacturing, usually gluten-free in North America
Carob	May contain barley
Cellulose	May be derived from gluten containing-grain
Cereal	May consist of gluten-containing grain
Cider	May utilize barley in production
Clarifying Agents	May contain a gluten-containing grain or by-product
Crisped Rice	May contain barley
Curry Powder	May contain wheat starch
Edible Food Coatings and Films	May contain wheat starch
Edible Paper	May contain wheat starch
Emulsifier	May be derived from gluten-containing grain
Fat Replacer	May be derived from wheat
Filler	May be derived from gluten-containing grain
Flavored Liquors	May contain gluten
Flavoring	May be derived from gluten-containing grain
Flour	This will normally be wheat unless otherwise specified

Food Ingredients (cont.)

Groats	May be from wheat, barley or oats (or other source such as buckwheat or corn)
Heeng/Hing	Usually sold mixed with wheat flour
Herbal Tea	May contain gluten in flavoring, such as barley
Hydrogenated Starch Hydrolysate	May be derived from wheat
Hydrolyzed Plant Protein (HPP)	May be derived from wheat
Hydrolyzed Protein	May be derived from wheat
Hydrolyzed Vegetable Protein (HVP)	May be derived from wheat
Hydroxypropylated Starch	May be derived from wheat
Kecap/Ketjap Manis (Soy Sauce)	May contain wheat
Miso	May be made from barley
Mixed Tocopherols	Commonly derived from wheatgerm (or soy)
Mono and Diglycerides	Wheat may be used as a carrier during processing
Mustard Powder	May contain wheat starch
Natural Flavoring	May be derived from gluten-containing grain
Perungayam	Usually sold mixed with wheat flour
Pregelatinized Starch	May be derived from a gluten-containing grain
Protein Hydrolysates	May be derived from a gluten-containing grain
Rice Malt	May contain barley
Rice Syrup	May contain barley
Seasoning	May contain wheat starch
Smoke Flavoring	May contain barley
Soy Sauce Solids	May contain wheat
Soy Sauce/Shoyu	May contain wheat
Spice and Herb Blends	May contain wheat starch
Stabilizers/Stabilizing Agents	May be derived from gluten-containing grain
Suet	Suet from a packet contains wheat flour
Tamari	May contain wheat
Textured Vegetable Protein	May be derived from a gluten-containing grain
Tocopherols	Commonly derived from wheatgerm (or soy)
Vegetable Gum	May be derived from a gluten-containing grain
Vegetable Protein	May be derived from a gluten-containing grain
Vegetable Starch	May be derived from a gluten-containing grain
Wheat Grass (can contain seeds)	May have been contaminated during processing
Yeast Extract	May be cultivated using gluten-containing grain

Food Ingredients (cont.)

Ingredients Classed As Gluten-Free (Often Due to Level of Processing) But Which May Be Derived From Gluten Grains And May Cause Problems In Sensitive Individuals

Avena Sativa	Additionally may have been contaminated by other grains
Caramel Color	May be derived from highly-processed wheat or barley, usually gluten-free in North America
Citric Acid	May be derived from wheat (or corn/beet sugar/molasses)
Codex Wheat Starch	A highly processed wheat starch with gluten removed
Dextrimaltose	A highly processed starch which can be derived from barley
Dextrin	A highly processed starch which can be derived from wheat (or other starch)
Dextrose	A highly processed starch which can be derived from wheat or barley (or other starch). Gluten source does not need to be labelled in Europe
Gin	Derived from a combination of distilled grains
Glucose Syrup	A highly-processed sweetener which can be derived from wheat (or other starch). Is usually derived from corn in North America. Gluten source does not need to be labelled in Europe
Grain Alcohol	May be derived from distilled gluten grain
Grain-Based Vodka	May be derived from distilled rye or wheat (or other source such as potato)
Malt Vinegar	Derived from barley, contains only traces of gluten due to fermentation process
Maltodextrin	May be derived from highly processed wheat, would be clearly labelled in North America but gluten source does not need to be labelled in Europe
Maltose	May be derived from highly processed barley or wheat, is usually derived from corn in North America
Modified (Food) Starch	May be derived from highly processed wheat, would be clearly labelled in North America but gluten source does not need to be labelled in Europe
Monosodium Glutamate (MSG)	May be derived from wheat
Oat Bran	Additionally may have been contaminated by other grains
Oatmeal	Additionally may have been contaminated by other grains
Oats	Additionally may have been contaminated by other grains
Sake	May contain barley enzymes
Scotch	May be derived from distilled wheat, rye, barley (or corn)
Starch	May be made from a highly processed gluten-containing grain, would be clearly labelled in North America
Vanilla Extract	May contain grain alcohol
Vanilla Flavoring	May contain grain alcohol
Whisky	May be derived from distilled wheat, rye, barley (or corn)
Xanthan Gum	May be derived from wheat

Supplement Ingredients

Barley	Contains gluten
Barley Beta Glucans	Contains gluten
Barley Bran	Contains gluten
Barley Leaf	Contains gluten
Barley Powder	Contains gluten
Brewer's Yeast	Contains gluten
Hordeum Distichon	Contains gluten
Hordeum Vulgare	Contains gluten
Secale Cereale	Contains gluten
Triticum Aestivum	Contains gluten
Wheat Bran	Contains gluten
Wheat Germ Extract	Contains gluten
Wheat Germ Oil	Contains gluten
Wheat Protein	Contains gluten
Wheat Starch	Contains gluten
May Contain Gluten Depending on Processing	
Alcohol*	May be derived from gluten-containing grain
Alpha Tocopherol	May be derived from wheat germ
Alpha Tocotrienols	May be derived from wheat germ
Avena*	Contains no gluten but may have been contaminated during processing
Avena Sativa*	Contains no gluten but may have been contaminated during processing
Barley Grass	Contains no gluten but may have been contaminated during processing
Beta Glucans	May be derived from oats or barley
Beta Glycans	May be derived from oats or barley
Beta Tocopherol	May be derived from wheat germ
Beta Tocotrienol	May be derived from wheat germ
Caramel Color	May be derived from highly-processed wheat or barley, usually gluten-free in North America
Cereal Fiber	May be derived from gluten-containing grain
Cernilton (Rye Grass)	Contains no gluten but may have been contaminated during processing
Cross Linked Starch	May be derived from gluten-containing grain
D-Alpha-Tocopherol	May be derived from wheat germ
D-Beta-Tocopherol	May be derived from wheat germ
Delta Tocotrienol	May be derived from wheat germ
Dextrate	May be derived from gluten-containing grain

*Additionally, These Ingredients are Classified as Gluten-Free Due to Processing But May Cause Problems for Sensitive Individuals

Supplement Ingredients (cont.)

May Contain Gluten Depending on Processing

Dextrimaltose*	May be derived from barley
Dextrin*	May be derived from gluten-containing grain
D-Gamma-Tocopherol	May be derived from wheat germ
Dietary Fiber	May be derived from gluten-containing grain
Gamma Tocopherol	May be derived from wheat germ
Gamma Tocotrienols	May be derived from wheat germ
Maltodextrin*	May be derived from wheat
Maltose*	May be derived from highly processed barley or wheat, is usually derived from corn in North America
Mixed Tocopherols	May be derived from wheat germ
Mixed Tocotrienols	May be derived from wheat germ
Modified Starch (Unspecified Source)	May be derived from gluten-containing grain
Oat (Avena Sativa) Extract*	Contains no gluten but may have been contaminated during processing
Oat Beta Glucan*	Contains no gluten but may have been contaminated during processing
Oat Bran*	Contains no gluten but may have been contaminated during processing
Oat Fiber*	Contains no gluten but may have been contaminated during processing
Oat Grass*	Contains no gluten but may have been contaminated during processing
Pregelatinized Modified Starch	May be derived from gluten-containing grain
Pregelatinized Starch	May be derived from gluten-containing grain
Rye Grass	Contains no gluten but may have been contaminated during processing
Rye Grass Pollen Extract	Contains no gluten but may have been contaminated during processing
Sodium Starch Glycolate	May be derived from gluten-containing grain
Starch	May be derived from gluten-containing grain
Tocopherol	May be derived from wheat germ
Tocopherol Acetate	May be derived from wheat germ
Tocopheryl Succinate	May be derived from wheat germ
Vitamin E	May be derived from wheat germ
Wheatgrass	Contains no gluten but may have been contaminated during processing
Wild Oats*	Contains no gluten but may have been contaminated during processing
Xanthan Gum	May be derived from wheat
Yeast*	May be cultivated using gluten-containing grain
Citric Acid*	May be derived from wheat

*Additionally, These Ingredients are Classed as Gluten-Free Due to Processing But May Cause Problems for Sensitive Individuals

Medication Ingredients

Wheat Starch	Contains gluten
May Contain Gluten Depending on Manufacturing, or Be Derived From Highly Processed Gluten-Containing Grains	
Alcohol*	May be derived from gluten grain, classed as gluten free
Caramel Color	May be derived from highly-processed wheat or barley, usually gluten-free in North America
Dextrate	May be derived from gluten grain
Dextrimaltose*	May be derived from barley
Dextrin*	May be derived from wheat
Maltodextrin*	May be derived from wheat
Modified Starch	May be derived from gluten grain
Pregelatinized Modified Starch	May be derived from gluten grain
Pregelatinized Starch	May be derived from gluten grain
Sodium Starch Glycolate	May be derived from gluten grain
Starch	May be derived from gluten grain

*Additionally, These Ingredients are Classed as Gluten-Free Due to Processing But May Cause Problems for Sensitive Individuals

Cosmetic Ingredients

Amino Peptide Complex	Contains gluten
Amp Isostearoyl Wheat Amino Acids	Contains gluten
Amp-Isostearoyl Hydrolyzed Wheat Protein	Contains gluten
Aspergillus/Saccharomyces/Barley Seed Ferment Filtrate	Contains gluten
Avena Sativa	Contains gluten
Avena Sativa (Oat) Bran	Contains gluten
Avena Sativa (Oat) Bran Extract	Contains gluten
Avena Sativa (Oat) Kernel Extract	Contains gluten
Avena Sativa (Oat) Kernel Meal	Contains gluten
Avena Sativa (Oat) Kernel Oil	Contains gluten
Avena Sativa (Oat) Kernel Protein	Contains gluten
Avena Sativa (Oat) Meal Extract	Contains gluten
Avena Sativa (Oat) Peptide	Contains gluten
Avena Sativa (Oat) Protein Extract	Contains gluten
Avena Sativa (Oat) Starch	Contains gluten
Avenanthramides	Contains gluten
Barley (Hordeum Distichim) Extract	Contains gluten
Barley (Hordeum Vulgare) Powder	Contains gluten
Barley Extract	Contains gluten
Barley Lipids	Contains gluten
Cetearyl Wheat Bran Glycosides	Contains gluten
Cocodimonium Hydroxypropyl Hydrolyzed Wheat Protein	Contains gluten
Cocoyl Hydrolyzed Wheat Protein	Contains gluten
Colloidal Oat Flour	Contains gluten
Disodium Wheat Germamido MEA-Sulfosuccinate	Contains gluten
Disodium Wheatgermamido PEG-2 Sulfosuccinate	Contains gluten
Disodium Wheatgermamphodiacetate	Contains gluten
Ethyl Wheat Germate	Contains gluten
Hordeum Distichon (Barley) Extract	Contains gluten
Hordeum Vulgare (Barley) Extract	Contains gluten
Hordeum Vulgare Phytosphingosine Extract	Contains gluten
Hydrogenated Wheat Germ Oil	Contains gluten
Hydrolyzed Barley Protein	Contains gluten
Hydrolyzed Malt Extract	Contains gluten
Hydrolyzed Oat Flour	Contains gluten
Hydrolyzed Oat Protein	Contains gluten
Hydrolyzed Rye Phytolacenta Extract	Contains gluten
Hydrolyzed Wheat Gluten	Contains gluten
Hydrolyzed Wheat Protein	Contains gluten

Cosmetic Ingredients (cont.)

Hydrolyzed Wheat Protein Hydroxypropyl Polysiloxane	Contains gluten
Hydrolyzed Wheat Protein PG-Propyl Methylsilanediol	Contains gluten
Hydrolyzed Wheat Protein PG-Propyl Silanetriol	Contains gluten
Hydrolyzed Wheat Protein/Dimethicone PEG-7 Acetate	Contains gluten
Hydrolyzed Wheat Protein/Dimethicone PEG-7 Phosphate Copolymer	Contains gluten
Hydrolyzed Wheat Protein/PEG-20 Acetate Copolymer	Contains gluten
Hydrolyzed Wheat Protein/PVP Crosspolymer	Contains gluten
Hydrolyzed Wheat Starch	Contains gluten
Hydroxypropyltrimonium Corn/Wheat/Soy Amino Acids	Contains gluten
Hydroxypropyltrimonium Hydrolyzed Wheat Protein	Contains gluten
Hydroxypropyltrimonium Hydrolyzed Wheat Protein/ Siloxysilicate	Contains gluten
Hydroxypropyltrimonium Hydrolyzed Wheat Starch	Contains gluten
Lactobacillus/Rye Flour Ferment Filtrate	Contains gluten
Laurdimonium Hydroxypropyl Hydrolyzed Wheat Protein	Contains gluten
Laurdimonium Hydroxypropyl Hydrolyzed Wheat Starch	Contains gluten
Malt Extract	Contains gluten
Oat Amino Acids	Contains gluten
Oat Beta Glucan	Contains gluten
Oat Bran	Contains gluten
Oat Bran Extract	Contains gluten
Oat Extract	Contains gluten
Oat Fiber	Contains gluten
Oat Flour	Contains gluten
Oat Kernel Extract	Contains gluten
Oat Kernel Flour	Contains gluten
Oat Kernel Meal	Contains gluten
Oat Kernel Oil	Contains gluten
Oat Kernel Protein	Contains gluten
Oat Meal Extract	Contains gluten
Oat Peptide	Contains gluten
Oat Protein Extract	Contains gluten
Oat Starch	Contains gluten
Oat Straw Extract	Contains gluten
Olivoyl Hydrolyzed Wheat Protein	Contains gluten
Palmitoyl Hydrolyzed Wheat Protein	Contains gluten
PG-Hydrolyzed Wheat Protein	Contains gluten
Potassium Cocoyl Hydrolyzed Oat Protein	Contains gluten

Cosmetic Ingredients (cont.)

Potassium Cocoyl Hydrolyzed Wheat Protein	Contains gluten
Potassium Lauroyl Wheat Amino Acids	Contains gluten
Potassium Olivoyl Hydrolyzed Wheat Protein	Contains gluten
Potassium Olivoyl Wheat Amino Acids	Contains gluten
Potassium Palmitoyl Hydrolyzed Oat Protein	Contains gluten
Potassium Palmitoyl Hydrolyzed Wheat Protein	Contains gluten
Potassium Undecylenoyl Hydrolyzed Wheat Protein	Contains gluten
Propyltrimonium Hydrolyzed Wheat Protein	Contains gluten
Quaternium-79 Hydrolyzed Wheat Protein	Contains gluten
Rye Extract	Contains gluten
Rye Seed Extract	Contains gluten
Secale Cereale	Contains gluten
Secale Cereale (Rye) Extract	Contains gluten
Secale Cereale (Rye) Seed Extract	Contains gluten
Secale Cereale (Rye) Seed Flour	Contains gluten
Secale Seed Extract	Contains gluten
Sodium C8-16 Isoalkylsuccinyl Wheat Protein Sulfonate	Contains gluten
Sodium Cocoyl Hydrolyzed Wheat Protein	Contains gluten
Sodium Cocoyl Oat Amino Acids	Contains gluten
Sodium Lauroyl Oat Amino Acids	Contains gluten
Sodium Lauroyl Wheat Amino Acids	Contains gluten
Sodium Palmitoyl Hydrolyzed Wheat Protein	Contains gluten
Sodium Wheat Germamphoacetate	Contains gluten
Sodium/TEA-Undecylenoyl Hydrolyzed Wheat Protein	Contains gluten
Soyamidoethyldimonium Hydroxypropyl Hydrolyzed Wheat Protein	Contains gluten
Soydimonium Hydroxypropyl Hydrolyzed Wheat Protein	Contains gluten
Spent Grain Wax	Contains gluten
Steardimonium Hydroxypropyl Hydrolyzed Wheat Protein	Contains gluten
Stearyldimonium Hydroxypropyl Hydrolyzed Wheat Protein	Contains gluten
Stearyldimoniumhydroxypropyl	Contains gluten
Tocopherol/Wheat Polypeptides	Contains gluten
Trimethylsilyl Hydrolyzed Wheat Protein PG-Propyl Methylsilanediol Crosspolymer	Contains gluten
Triticum Aestivum	Contains gluten
Triticum Aestivum (Wheat) Bran	Contains gluten
Triticum Aestivum (Wheat) Bran Extract	Contains gluten
Triticum Aestivum (Wheat) Bran Lipids	Contains gluten
Triticum Aestivum (Wheat) Flour Lipids	Contains gluten

Cosmetic Ingredients (cont.)

Triticum Aestivum (Wheat) Germ Extract	Contains gluten
Triticum Aestivum (Wheat) Germ Oil	Contains gluten
Triticum Aestivum (Wheat) Leaf Extract	Contains gluten
Triticum Aestivum (Wheat) Peptide	Contains gluten
Triticum Aestivum (Wheat) Seed Extract	Contains gluten
Triticum Turgidum (Wheat) Seed Extract	Contains gluten
Triticum Vulgare	Contains gluten
Triticum Vulgare (Wheat) Bran	Contains gluten
Triticum Vulgare (Wheat) Bran Extract	Contains gluten
Triticum Vulgare (Wheat) Bran Lipids	Contains gluten
Triticum Vulgare (Wheat) Flour Lipids	Contains gluten
Triticum Vulgare (Wheat) Germ Extract	Contains gluten
Triticum Vulgare (Wheat) Germ Oil	Contains gluten
Triticum Vulgare (Wheat) Germ Oil Unsaponifiables	Contains gluten
Triticum Vulgare (Wheat) Germ Powder	Contains gluten
Triticum Vulgare (Wheat) Germ Protein	Contains gluten
Triticum Vulgare (Wheat) Gluten	Contains gluten
Triticum Vulgare (Wheat) Gluten Extract	Contains gluten
Triticum Vulgare (Wheat) Kernel Flour	Contains gluten
Triticum Vulgare (Wheat) Protein	Contains gluten
Triticum Vulgare (Wheat) Seed Extract	Contains gluten
Triticum Vulgare (Wheat) Sprout Extract	Contains gluten
Triticum Vulgare (Wheat) Starch	Contains gluten
Undecylenoyl Wheat Amino Acids	Contains gluten
Wheat Amino Acids	Contains gluten
Wheat Bran	Contains gluten
Wheat Bran Extract	Contains gluten
Wheat Bran Lipids	Contains gluten
Wheat Ceramides	Contains gluten
Wheat Flour Lipids	Contains gluten
Wheat Germ Extract	Contains gluten
Wheat Germ Glycerides	Contains gluten
Wheat Germ Oil	Contains gluten
Wheat Germ Oil PEG-40 Butyloctanol Esters	Contains gluten
Wheat Germ Oil PEG-8 Esters	Contains gluten
Wheat Germ Oil/Palm Oil Aminopropanediol Esters	Contains gluten
Wheat Germ Powder	Contains gluten
Wheat Germ Protein	Contains gluten

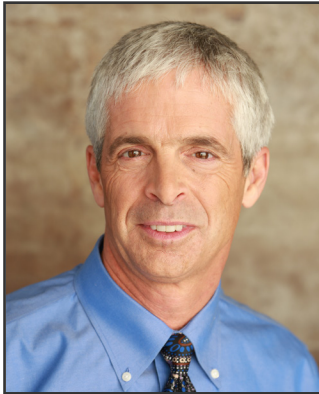
Cosmetic Ingredients (cont.)

Wheat Germamide DEA	Contains gluten
Wheat Germamidopropalkonium Chloride	Contains gluten
Wheat Germamidopropyl Betaine	Contains gluten
Wheat Germamidopropyl Dimethylamine	Contains gluten
Wheat Germamidopropyl Dimethylamine Lactate	Contains gluten
Wheat Germamidopropyl Epoxypropyldimonium Chloride	Contains gluten
Wheat Germamidopropylamine Oxide	Contains gluten
Wheat Germamidopropylidimonium Hydroxypropyl	Contains gluten
Wheat Germamidopropylidimonium Hydroxypropyl Hydrolyzed Wheat Protein	Contains gluten
Wheat Gluten	Contains gluten
Wheat Gluten Extract	Contains gluten
Wheat Hydrolysate	Contains gluten
Wheat Peptides	Contains gluten
Wheat Protein	Contains gluten
Wheat Protein Hydrolysates	Contains gluten
Wheat Sphingolipids	Contains gluten
Wheat Starch	Contains gluten
Wheatgermamidopropyl Dimethylamine Hydrolyzed Wheat Protein	Contains gluten
Wheatgermamidopropyl Ethyldimonium Ethosulfate	Contains gluten
May Contain Gluten Depending on Manufacturing, or be Classed as Gluten-Free but Derived From Highly Processed Gluten-Containing Grains	
Alcohol	May be derived from gluten grain
Citric Acid	May be derived from wheat
Cyclodextrin	May be derived from gluten grain
Denat alcohol	May be derived from gluten grain
Dextrin	May be derived from gluten grain
Dextrin Palmitate	May be derived from gluten grain
Ethanol	May be derived from gluten grain
Fermented Grain Extract	May be derived from gluten grain
Grain Alcohol	May be derived from gluten grain
Lactic Acid	May be derived from gluten grain
Prolamine	May be derived from gluten grain
Protein Hydrolysate	May be derived from wheat
Tocopherol	May be derived from wheat germ
Tocopherol Acetate	May be derived from wheat germ
Vitamin E	May be derived from wheat germ
Xanthan Gum	May be derived from wheat
Yeast Extract	May be cultivated using gluten-containing grain

Gluten in Household Products

Check for presence of ingredients listed in food and cosmetics ingredients lists. Contact manufacturer in case of starches, proteins, fillers and alcohols from unidentified sources in ingredients list.

Charcoal Briquettes	May contain wheat as a binding agent
Disinfectant	May contain alcohol from a gluten-containing grain
Dish Soap/Washing-Up Liquid	May contain proteins from gluten grains
Drywall/Plasterboard	Starch from gluten-containing grain may be used in the manufacture of drywall
Envelopes	Envelope glue is primarily derived from cornstarch or gum arabic. However, it can also be produced from other starches including dextrin, which is gluten-free but may be derived from wheat causing problems for highly sensitive individuals
Finger-paint and Face Paint	May contain gluten
Glue	Some household glues may contain wheat starch
Hand Soap	May contain ingredients derived from gluten grains
Household Cleaning Products-Sprays and Creams	May contain proteins or starches from gluten grains
Laundry Detergent/Washing Powder/Washing Liquid/Fabric Softeners/Stain Removers	May contain proteins from gluten grains
Latex Gloves	May have been dusted with flour from a gluten-containing grain
Paste for Craft Purposes	Wheatpaste may be used for papier-mâché, decoupage, book binding, and collage Wheatpaste may also be used by flyposters/ wheatpaste posters to glue up posters or fliers
Pet Food	May contain gluten grains
Pet Litter	May contain wheat
Postage Stamps	Lickable stamp adhesive may be made from dextrin, which is gluten-free but may be derived from a wheat causing problems for highly sensitive individuals
Play Dough	Contains wheat
Plywood Glue	May be made from wheat flour
Rubber Gloves	May have been dusted with flour from a gluten-containing grain
Starch Spray	May contain wheat starch
Wallpaper Paste	May contain wheat starch



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ABOUT DR. TOM O'BRYAN

Dr. Tom O'Bryan is an internationally recognized speaker and workshop leader specializing in the complications of Non-Celiac Gluten Sensitivity and Celiac Disease as they occur inside and outside of the intestines. He is the founder of www.theDr.com. He recently hosted the paradigm-shifting 'The Gluten Summit—A Grain of Truth,' bringing together 29 of the world's experts on Celiac Disease and Non-Celiac Gluten Sensitivity at www.theglutensummit.com.

