

Non-Food Sources of Gluten

Watch for gluten in:

- Sunscreen
- Makeup, especially lipstick
- Lotion
- Shampoo/conditioner
- Toothpaste
- Vitamins/supplements
- Medication
- Pet food

Resources

- *Gluten Free Drug List*: <http://www.glutenfreedrugs.com/>
- *The Celiac Diva*: <http://www.theceliacdiva.com/> - identifies common healthy and beauty products that are gluten free
- *5 Unexpected Sources of Gluten That Aren't Food*: http://www.huffingtonpost.com/2013/09/07/non-food-gluten-products-sources_n_3791886.html?ir=Healthy+Living
- *Gluten in Toothpaste - Should I Worry?* - <http://celiacdisease.about.com/od/GlutenFreePersonalCareProducts/a/Gluten-In-Toothpaste-Should-I-Worry.htm>
- *Afterglow Cosmetics* - <http://www.afterglowcosmetics.com/>
- *Red Apple* - <http://www.redapplelipstick.com/> - GF cosmetics

| Grains | Words to Watch For | Sample Ingredients |
|----------------|--------------------|---|
| Oats | Avena, Oats | Avena sativa flour Avena sativa protein Avena sativa starch Colloidal oatmeal Sodium stearyl oat protein |
| Barley | Hordeum, Barley | Barley Extract Barley Seed Flour Hordeum distichon extract Hordeum vulgare Hordeum vulgare flour Hordeum vulgare juice Hordeum vulgare root extract Hordeum vulgare wax |
| Rye | Secale | Secale cereale extract Secale cereale flour |
| Various Grains | Gliadin, Grain | Gliadin Spent Grain Flour |
| Wheat | Triticum, Wheat | Hydrolyzed wheat gluten Hydrolyzed wheat protein Hydrolyzed wheat starch Sodium lauroyl wheat amino acids Triticum vulgare bran Triticum vulgare germ oil or flour or extract Triticum vulgare gluten or protein Wheat amino acids Wheat germ acid Wheat germ glycerides |

Source: Canadian Celiac Association -

<http://www.celiac.ca/index.php/about-ceeliac-disease/ceeliac-news-articles/cosmetic-regulations/>

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