

Non-food Items

November 2008

One of the manufacturers of hand lotions, etc., Beiersdord,, gave us some information on what to look for on the label if you want to avoid gluten in topical products: TRITICUM VULGARE (is wheat bran), SECALE CEREALE (is rye seed extract), HORDEUM VULGARE (is barley) and AVENA SATIVA (is oat bran).

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Also we all need to be aware of products we use that perhaps we may not have not considered what the gluten content is ~ such as lip balms, hand creams, etc. (with colder weather approaching many of us will be getting the lip balms out!) Burt's Bees and Chapstick were mentioned as a couple that do not contain gluten.