

Gluten: a protein found in wheat, rye and barley

Wheat Allergy	Celiac Disease	Non-Celiac Gluten Sensitivity
❖ 0.5% of the population	❖ 1% of the population	❖ Speculated to be 30-50% of the population
❖ Immune system has an unusual reaction to a particular substance	❖ Permanent damage to the intestinal walls and inhibits the body from absorbing nutrients	❖ Similar damage as in Celiac patients, but not permanent
❖ Symptoms: <ul style="list-style-type: none"> • Nasal congestion • Asthma • Atopic dermatitis, or eczema • Itchy rash with possible swelling of the skin • Nausea, diarrhea, and vomiting • Bloating stomach • Anaphylaxis 	❖ Symptoms: <ul style="list-style-type: none"> • Diarrhea • Bloating • Constipation • Gastritis • Itchy rashes • Fatigue • Weight Loss • Iron-Deficiency Anemia • Depression 	❖ Symptoms: Similar symptoms as a Celiac patient In addition: <ul style="list-style-type: none"> • "Brain fog" • Bone or joint pain

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Flourless by Feny

Gluten Free | Refined Sugar Free | Dairy Free

