

## **Gluten Ingredients to**

### **Avoid in SkinCare:**

*Avena sativa (oats)*

*Cyclodextrin*

*Dextrin*

*Fermented grain extract*

*Hordeum distichon (barley)*

*Hordeum vulgare (barley)*

*Hydrolyzed malt extract*

*Hydrolyzed vegetable protein*

*Maldodextrin*

*Phytosphingosine extract*

*(barley)*

*Samino peptide complex (barley)*

*Secale cereal (rye)*

*Triticum aestivum (wheat)*

*Triticum vulgare (wheat)*

*Tocopherol/vitamin E*

*(may come from wheat germ)*

*Yeast Extract*

## **Gluten-Free Body Care**

You avoid gluten in all the food that you intake. You avoid restaurants with threats of cross-contamination. You carefully read all medication and supplement labels. So, what about the beauty products you use on a daily basis? Should you chuck all gluten-containing skincare?

There is debate among experts if gluten-containing beauty products cause those with celiac to have an attack. Dr. Michael Picco, Mayo Clinic gastroenterologist, states, "Gluten can't be absorbed through the skin." Experts at the Children's Hospital in Boston also agree that the molecules are too large. On the other hand, Dr. Rodney Ford, author of *The Gluten Syndrome*, says he has seen cases in which topical gluten caused eczema, rashes and other inflammatory skin conditions in people with celiac disease.

While they disagree over whether a cosmetic that contains wheat, rye or barley can cause havoc for people with gluten sensitivity or celiac, they all do agree that ingesting any personal care products that have gluten ingredients may contribute to skin and gut inflammation. This includes not only lip balms and toothpastes, but even products such as shampoos and sunscreens. There is no regulatory agency to determine if a body care product is gluten-free, but there are terms to look for and avoid. There are also a few companies that indicate which products are gluten-free (see box below).



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### **Gluten-Free Personal Care**

Desert Essence Organics ~ Derma E (except Stop Itch)

Honeybee Gardens ~ Larenim ~ Lavera

Jason (all oral care products and its Kids Only Foaming Hand Soap)

Kiss My Face (lists its GF products at [kissmyface.com/faqpage](http://kissmyface.com/faqpage) or stop by FFT )

Mychelle ~ BWC ~ Aubrey makeup~

Tom's of Main (all products **EXCEPT** Natural Hand Moisturizing Hand Soap and Natural Moisturizing Body Wash)

W.S. Badger Co (all products **EXCEPT** Oatmeal Soap)