



**GLUTEN
INTOLERANCE
GROUP™**



Medications and the Gluten-Free Diet

Updated January 2021

Staying gluten-free involves more than just dietary changes. While use of gluten as an ingredient in medications is uncommon, medications must also be evaluated for their gluten content. Many pharmaceuticals have an additional filler called an excipient, used to make a particular dosage form of the drug. These fillers are often made from corn, potato, or tapioca. However, some are derived from wheat or, rarely, barley. If you have doubts about the gluten-free status of a medication, it is important that you consult with your pharmacist and/or check with the manufacturer of the product.

The majority of drug manufacturers do not clearly label their products or packaging with information regarding the gluten content of their drug. Medications – whether prescription or over-the-counter - are not included in the FDA gluten-free labeling regulation which applies to FDA-regulated food products. In late 2017 the FDA issued a draft document on labeling recommendations for medications; as of May 2018 the guidelines were not finalized. If and when such guidelines are finalized, consumers may have easier access to information about the gluten content of medications. (Note that this document will constitute “guidelines” and not “requirements” for gluten labeling.)

Find more information from the FDA on medications and gluten here: <https://www.fda.gov/drugs/ensuring-safe-use-medicine/medications-and-gluten>

Common Gluten-Free Pharmaceutical Excipients

- | | | |
|--------------------------|------------------------------|-------------------------|
| • Acacia | • Fructose | • Povidone |
| • Alginic acid | • Glucose | • Propylene glycol |
| • Alpha tocopherol | • Hydrogenated vegetable oil | • Silicon dioxide |
| • Ascorbic acid | • Hydroxypropyl cellulose | • Simethicone |
| • Benzyl alcohol | • Lactose | • Sodium benzoate |
| • Calcium carbonate | • Magnesium carbonate | • Sodium lauryl sulfate |
| • Carboxymethylcellulose | • Magnesium stearate | • Sorbitol |
| • Citric acid | • Matitol | • Stearic acid |
| • Corn starch | • Maltose | • Sucrose |
| • Croscarmellose sodium | • Mannitol | • Vanillin |
| • Dextrose | • Microcrystalline cellulose | • Xanthan gum |
| • Docusate sodium | • Polydextrose | • Zinc stearate |

Excipients which could be derived from wheat or barley

- | | | |
|--------------------------|-----------------|---------------------------|
| • Starch | • Dextrin | • Maltodextrin |
| • Pre-gelatinized starch | • Dextrates | • Sodium starch glycolate |
| • Dextrimaltose | • Cyclodextrins | |

This article has been assessed and approved by a Registered Dietitian Nutritionist.

Resources for GF Drug Information:

- www.glutenfreedrugs.com
(Pharmacist controlled site)
- dailymed.nlm.nih.gov/dailymed/

This educational bulletin has been produced by the Gluten Intolerance Group of North America, a registered 501(c)3 organization. Learn more about GIG at www.gluten.org.

GIG is on a mission to make life easier for everyone living gluten-free.

This information is for educational purposes only. Consult your healthcare team when considering this information. This document may be reproduced for educational use. To request permission to reproduce this bulletin for any other purpose, contact:

Gluten Intolerance Group (GIG)
31214 – 124th Ave. S.E.
Auburn, WA 98092-3667
Phone: 253-833-6655
Fax: 253-833-6675
customerservice@gluten.org

Advances in gluten-related disorders are fast-paced. If this document is more than 2 years old, please visit gluten.org for updated documents.



gluten.org

Gluten-Free Status of Medications

PROCESS FOR PHARMACISTS TO VERIFY GLUTEN-FREE STATUS OF MEDICATIONS

