



GLUTEN
INTOLERANCE
GROUP



Medications and the Gluten-Free Diet

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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. The Gluten in Medicine Disclosure Act which was introduced in 2019 would require that gluten be labeled in all medications.

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 |
| • Alginate 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 | • Maltitol | • 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 | • Sodium starch glycolate |
| • Pre-gelatinized starch | • Dextrates | |
| • Dextrimaltose | • Cyclodextrins | |

Resources for GF Drug Information:

- www.glutenfreedugs.com
(Pharmacist controlled site)
- <https://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.

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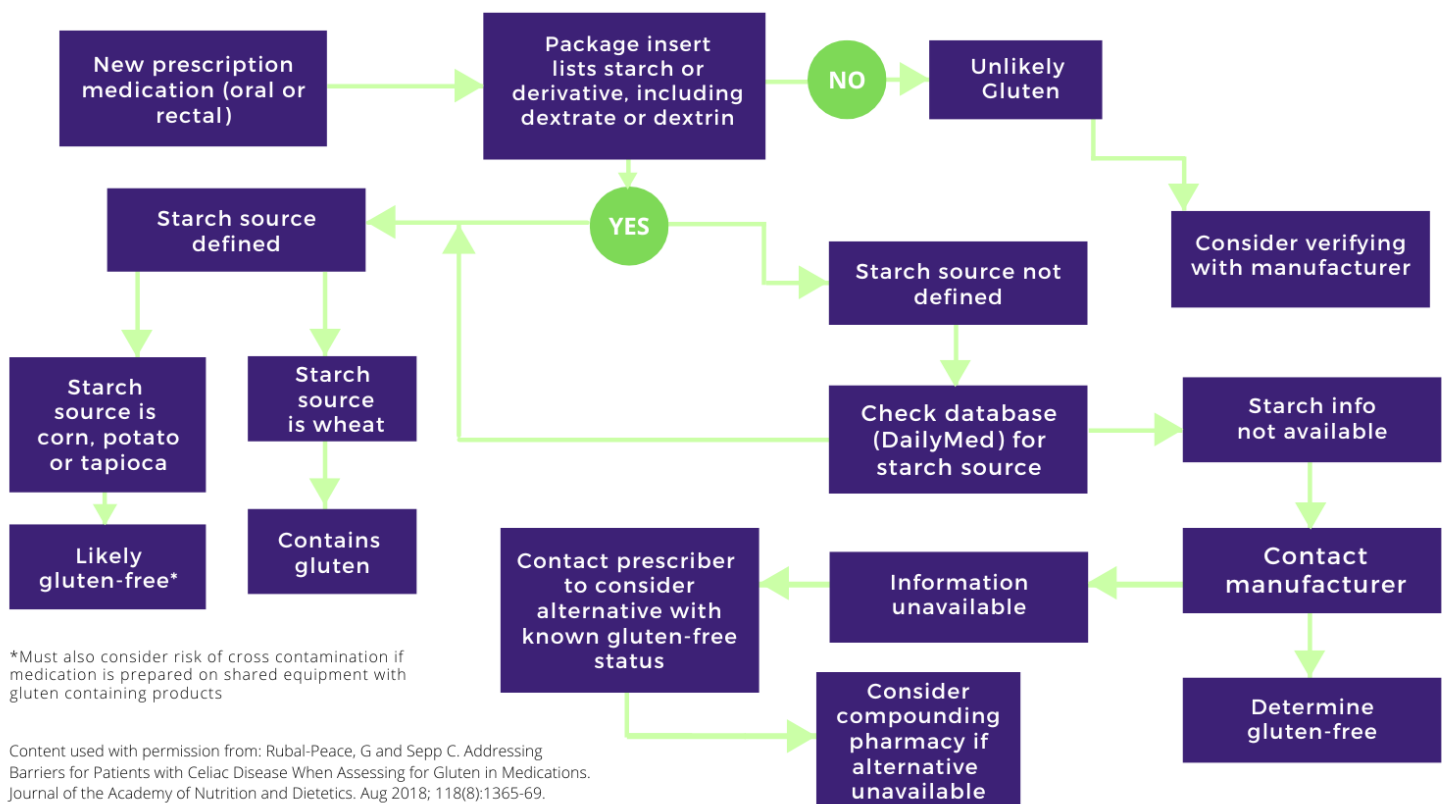
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Gluten-Free Status of Medications

PROCESS FOR PHARMACISTS TO VERIFY GLUTEN-FREE STATUS OF MEDICATIONS



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