



**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. 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.)

Common Gluten-Free Pharmaceutical Excipients

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

Excipients which could be derived from wheat or barley

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

Resources for GF Drug Information:

- www.glutenfreedrugs.com (Pharmacist controlled site)
- dailymed.nlm.nih.gov/dailymed/
- pillbox.nlm.nih.gov/pillimage/search.php

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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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-Free Status of Medications

PROCESS FOR PHARMACISTS TO VERIFY GLUTEN-FREE STATUS OF MEDICATIONS

