

POSSIBLE SYMPTOMS OF GLUTEN-RELATED DISORDERS IN ADOLESCENTS AND KIDS

gluten.org

Mouth
Bleeding or swollen gums, canker sores

Teeth
Discoloration or defective enamel

Head
Headaches

Elbows
Rash

**Stomach/
GI System**
Abdominal pain, bloating, nausea, diarrhea or constipation

Joints
Joint Pain

Bones
Weakening of bones

AFFECT WHOLE BODY/WELL-BEING

- Irritability**
- Difficulty focusing**
- Anxiety**
- Depression**
- Moodiness**
- Fatigue**
- Learning Disorders**
- Poor Growth**
- Delayed Puberty**

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