

Gluten free

Living gluten free

Nature

Vivre sans gluten

sans gluten

Gluten intolerance

The person lending you this card has celiac disease. A strict gluten free diet is necessary for her health.*

Here is what you should know :

**"Gluten free nature" cannot guarantee a strict gluten free meal, even after presentation of this card. Please remain alert and refuse any suspicious food.
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Avoid: Any food containing gluten or that have been in contact with it.

➤ Gluten is found in wheat, rye, barley and oat and all their derivatives such as (kamut, spelt, triticale, flours, malt, thickeners, bread, bread crumbs, pasta products, sauces and spices and others)

➤ Thus, please verify in the following ingredients or food, any gluten presence :

Baking powder	Dextrin	Icing sugar	Thickener
Candy	Dry or roasted nut or peanut	Pollock	Vinegar
Charcuterie	Extract	Sauce, Soya sauce, Tamari sauce	
Concentrated	Flavour	Soup base	Worcestershire sauce
Couscous	French Dressing	Spice	Lips balm
Crouton	Hydrolysed vegetable protein	Starch	Medication
			Clay

In case of uncertainty, refrain from using or refer to this person.

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