

## Surprise! Foods with Hidden Gluten

When you're trying to not consume gluten, you need to avoid more than the obvious breads, pastas, and cookies. Dozens of foods that seem like they'd be gluten-free actually contain gluten.

Here's a comprehensive list of foods you need to watch out for if you're trying to avoid gluten completely...

- beer, ale & stout
- wine coolers
- flavored vodkas
- flavored tea and coffee
- iced coffee
- hot chocolate mix
- non-dairy creamer
- ice cream
- granola
- granola bars
- energy bars
- pickles
- processed cheeses
- powdered cheese
- cheese spreads
- cold cuts
- cooking spray
- hot dogs
- premade burger patties
- veggie burgers
- meatballs
- imitation seafood
- self-basting turkey
- seitan (meat substitute)
- ground spice mixes
- bouillon cubes
- cream soups
- powdered soup mix
- stock
- gravy
- ketchup
- mustard
- mayonnaise
- marinades
- tomato sauce
- soy sauce

In addition to surprise foods, gluten may also be hiding in these common non-food items:

- low-quality vitamins and common supplements
- lip gloss
- lip balm
- medications
- envelope glue
- stamp glue
- mouthwash
- toothpaste



# gluten away

gluten digestive enzyme

Your "Safety Net" for breaking down gluten before it causes discomfort

60 Vegetable Capsules

A Johns Hopkins University study found that **gluten negatively impacts everyone, whether they're celiac, gluten-sensitive, or have no known gluten sensitivities.**

And with gluten lurking in many GF-labeled foods, even if you think you're avoiding gluten, chances are you're not.

Formulated with gluten-expert Dr. Thom O'Bryan, **Just Thrive's gluten away** is designed to support the complete digestion of hidden sources of gluten.\*



Try gluten away 100% risk free with our bottom of the bottle guarantee, and get an extra...



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At checkout use code **GLUTENPROTECT10**

*Good for a one-time purchase or first month of a subscription*

This promotion is not applicable in combination with other promotions. Must use code at checkout. Limit one code per customer.



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.