



and Wheat Intolerance Survey

Please complete this short survey if you are unable to eat wheat but you can eat e3Spelt.

1. Right click and save this survey to your computer BEFORE completing it
2. Open and find the saved survey on your computer
3. Enter your answers and save the completed survey to your computer
4. Email the completed survey as an attachment to bio-oz@bigpond.net.au

Thank you, we appreciate your involvement.

Buckwheat Enterprises Pty Ltd

Parkes, NSW

(02) 6862 5954

Q1. Do you get symptoms from eating **wheat**?
(0 = none at all, 5 = extreme symptoms)

Q2. Please identify the symptoms you get from eating **wheat**?
(0 = none at all, 5 = extreme symptoms)

Cramps.....	<input type="text"/>	Bloating....	<input type="text"/>
Nausea.....	<input type="text"/>	Diarrhea....	<input type="text"/>
Fatigue.....	<input type="text"/>	Breathing difficulties....	<input type="text"/>
Brain fog.....	<input type="text"/>	Mood change....	<input type="text"/>
Skin rash.....	<input type="text"/>	Itching....	<input type="text"/>

Other

Other

Q3. Do you get symptoms from eating **e3 spelt**?
(0 = none at all, 5 = extreme symptoms)

Q4. Please identify the symptoms you get from eating **e3 spelt**?

(0 = none at all, 5 = extreme symptoms)

Cramps.....	<input type="text"/>	Bloating....	<input type="text"/>
Nausea.....	<input type="text"/>	Diarrhea....	<input type="text"/>
Fatigue.....	<input type="text"/>	Breathing difficulties....	<input type="text"/>
Brain fog.....	<input type="text"/>	Mood change....	<input type="text"/>
Skin rash.....	<input type="text"/>	Itching....	<input type="text"/>
Other	<input type="text"/>		
Other	<input type="text"/>		

Q5. Are you eating **e3 spelt** due to any of the following:

Doctor / dietician diagnosed wheat intolerance?	Yes	<input type="text"/>	No	<input type="text"/>
Self diagnosed wheat intolerance?	Yes	<input type="text"/>	No	<input type="text"/>
Low FODMAP diet?	Yes	<input type="text"/>	No	<input type="text"/>
Other	<input type="text"/>			

Q6. Would you be prepared to undertake a detailed survey on **e3 spelt**?

Yes No

If yes, add your name

and contact email

