



# *Hidden Sources of Gluten Guide*

by Dr. Tom O'Bryan



Gluten can be a stealth, hidden addition to MANY items we use every day, lurking to harm your health and derail your detox!

Hidden gluten may be why, when it comes to going “gluten-free”, you can find that you’re doing everything right - but STILL having symptoms.

This guide is your handy, easy-to-use, alphabetized defender, listing hundreds of HIDDEN sources of gluten!



In Health,  
*Dr. Tom O'Bryan*

## Food Ingredients

- **Abyssinian Hard Wheat** (triticum durum) - Contains gluten
- **Ale** - Contains gluten
- **Atta Flour** - Contains gluten
- **Barley** - Contains gluten
- **Barley Enzymes** - Contains gluten
- **Barley Flakes** - Contains gluten
- **Barley Hordeum Vulgare** - Contains gluten
- **Barley Malt** - Contains gluten
- **Barley Malt Extract** - Contains gluten
- **Barley Malt Flavoring** - Contains gluten
- **Barley Pearl** - Contains gluten
- **Beer** - Contains gluten
- **Bleached Flour** - Contains gluten
- **Bran** - Contains gluten
- **Bread Crumbs** - Contains gluten
- **Bread Flour** - Contains gluten
- **Breeding** - Contains gluten
- **Brewer's Yeast** - Contains gluten
- **Brown Flour** - Contains gluten
- **Bulgur** - Contains gluten
- **Bulgur Wheat** - Contains gluten
- **Cereal Binding** - Contains gluten
- **Cereal Extract** - Contains gluten
- **Club Wheat** (triticum aestivum compactum) - Contains gluten
- **Common Wheat** (triticum aestivum) - Contains gluten
- **Couscous** - Contains gluten
- **Croutons** - Contains gluten
- **Dinkel Wheat** - Contains gluten
- **Durum Wheat** (triticum durum) - Contains gluten
- **Einkorn** (triticum monococcum) - Contains gluten
- **Emmer** (triticum dicoccon) - Contains gluten
- **Enriched Flour** - Contains gluten

## Food Ingredients (continued)

- **Farina** - Contains gluten
- **Farina Graham** - Contains gluten
- **Farro** - Contains gluten
- **Fu** (dried wheat gluten) - Contains gluten
- **Germ** - Contains gluten
- **Gluten** - Contains gluten
- **Glutenin** - Contains gluten
- **Graham Flour** - Contains gluten
- **Granary Flour** - Contains gluten
- **Hard Wheat** - Contains gluten
- **Hordeum Vulgare Extract** - Contains gluten
- **Hydrolyzed Wheat Gluten** - Contains gluten
- **Hydrolyzed Wheat Protein** - Contains gluten
- **Hydrolyzed Wheat Starch** - Contains gluten
- **Kamut** - Contains gluten
- **Lager** - Contains gluten
- **Macaroni Wheat** (triticum durum) - Contains gluten
- **Macha Wheat** (triticum aestivum macha) - Contains gluten
- **Maida** (Indian wheat flour) - Contains gluten
- **Malt** - Contains gluten
- **Malt Extract** - Contains gluten
- **Malt Flavoring** - Contains gluten
- **Malt Syrup** - Contains gluten
- **Malted Barley Flour** - Contains gluten
- **Malted Milk** - Contains gluten
- **Meripro 711** - Contains gluten
- **Mir** - Contains gluten
- **Nishasta** - Contains gluten
- **Oriental Wheat** (triticum turanicum) - Contains gluten
- **Orzo** - Contains gluten
- **Pearl Barley** - Contains gluten
- **Persian Wheat** (triticum carthlicum) - Contains gluten

## Food Ingredients (continued)

- **Polish Wheat** (triticum polonicum) - Contains gluten
- **Poulard Wheat** (triticum turgidum) - Contains gluten
- **Roux** - Contains gluten
- **Rusk** - Contains gluten
- **Rye** - Contains gluten
- **Rye Flour** - Contains gluten
- **Secale Cereal** - Contains gluten
- **Seitan** - Contains gluten
- **Self-Raising Flour** - Contains gluten
- **Semolina** - Contains gluten
- **Semolina Triticum** - Contains gluten
- **Shot Wheat** (triticum aestivum sphaerococcum) - Contains gluten
- **Soft Wheat Flour** - Contains gluten
- **Spelt** (triticum spelta) - Contains gluten
- **Sprouted Barley** - Contains gluten
- **Sprouted Wheat** - Contains gluten
- **Steel Ground Flour** - Contains gluten
- **Stone Ground Flour** - Contains gluten
- **Stout** - Contains gluten
- **Strong Flour** - Contains gluten
- **Tabbouleh/Tabouli** - Contains gluten
- **Teriyaki Sauce** - Contains gluten
- **Timopheevi Wheat** (triticum timopheevii) - Contains gluten
- **Vital Gluten** - Contains gluten
- **Wheat** - Contains gluten
- **Wheat Germ Extract** - Contains gluten
- **Wheat Germ Glycerides** - Contains gluten
- **Wheat Germ Oil** (triticum vulgare) - Contains gluten
- **Wheat Nuts** - Contains gluten
- **Wheat Pasta** - Contains gluten
- **Wheat Protein** - Contains gluten
- **Wheat Sprouts** - Contains gluten



## Food Ingredients (continued)

- **Whole Wheat Berries** - Contains gluten
- **Wholemeal Flour** - Contains gluten
- **Wild Einkorn** (triticum boeotictim) - Contains gluten
- **Wild Emmer** (triticum dicoccoides) - Contains gluten

## Food Ingredients: May Contain Gluten Depending on Processing

- **Baking powder** - May contain wheat starch
- **Barley Grass** - May have been contaminated during processing
- **Bicarbonate of Soda** - May contain wheat starch
- **Blue Cheese** - May have been cultured with mold grown on bread, especially if artisanal cheese
- **Bouillon** - May contain gluten
- **Broth** - May contain gluten
- **Brown Rice Syrup** - May contain barley
- **Caramel Flavoring** - May contain gluten depending on manufacturing, usually gluten-free in North America
- **Carob** - May contain barley
- **Cellulose** - May be derived from gluten containing-grain
- **Cereal** - May consist of gluten-containing grain
- **Cider** - May utilize barley in production
- **Clarifying Agents** - May contain a gluten-containing grain or by-product
- **Crisped Rice** - May contain barley
- **Curry Powder** - May contain wheat starch
- **Edible Food Coatings and Films** - May contain wheat starch
- **Edible Paper** - May contain wheat starch
- **Emulsifier** - May be derived from gluten-containing grain
- **Fat Replacer** - May be derived from wheat
- **Filler** - May be derived from gluten-containing grain
- **Flavored Liquors** - May contain gluten
- **Flavoring** - May be derived from gluten-containing grain
- **Flour** - This will normally be wheat unless otherwise specified



## Food Ingredients: May Contain Gluten Depending on Processing (continued)

- **Groats** - May be from wheat, barley or oats (or other source such as buckwheat or corn)
- **Heeng/Hing** - Usually sold mixed with wheat flour
- **Herbal Tea** - May contain gluten in flavoring, such as barley
- **Hydrogenated Starch Hydrolysate** - May be derived from wheat
- **Hydrolyzed Plant Protein (HPP)** - May be derived from wheat
- **Hydrolyzed Protein** - May be derived from wheat
- **Hydrolyzed Vegetable Protein (HVP)** - May be derived from wheat
- **Hydroxypropylated Starch** - May be derived from wheat
- **Kecap/Ketjap Manis (Soy Sauce)** - May contain wheat
- **Miso** - May be made from barley
- **Mixed Tocopherols** - Commonly derived from wheatgerm (or soy)  
Mono and Diglycerides Wheat may be used as a carrier during processing
- **Mustard Powder** - May contain wheat starch
- **Natural Flavoring** - May be derived from gluten-containing grain
- **Perungayam** - Usually sold mixed with wheat flour
- **Pregelatinized Starch** - May be derived from a gluten-containing grain
- **Protein Hydrolysates** - May be derived from a gluten-containing grain
- **Rice Malt** - May contain barley
- **Rice Syrup** - May contain barley
- **Seasoning** - May contain wheat starch
- **Smoke Flavoring** - May contain barley
- **Soy Sauce Solids** - May contain wheat
- **Soy Sauce/Shoyu** - May contain wheat
- **Spice and Herb Blends** - May contain wheat starch
- **Stabilizers/Stabilizing Agents** - May be derived from gluten-containing grain
- **Suet** - Suet from a packet contains wheat flour
- **Tamari** - May contain wheat



## Food Ingredients: May Contain Gluten Depending on Processing (continued)

- **Textured Vegetable Protein** - May be derived from a gluten-containing grain
- **Tocopherols** - Commonly derived from wheatgerm (or soy)
- **Vegetable Gum** - May be derived from a gluten-containing grain
- **Vegetable Protein** - May be derived from a gluten-containing grain
- **Vegetable Starch** - May be derived from a gluten-containing grain
- **Wheat Grass** (can contain seeds) - May have been contaminated during processing
- **Yeast Extract** - May be cultivated using gluten-containing grain

## Food Ingredients Classed As Gluten-Free (Often Due to Level of Processing) But Which May Be Derived From

- **Avena Sativa** - Additionally may have been contaminated by other grains
- **Caramel Color** - May be derived from highly-processed wheat or barley, usually gluten-free in North America
- **Citric Acid** - May be derived from wheat (or corn/beet sugar/molasses)
- **Codex Wheat Starch** - A highly processed wheat starch with gluten removed
- **Dextrimaltose** - A highly processed starch which can be derived from barley
- **Dextrin** - A highly processed starch which can be derived from wheat (or other starch)
- **Dextrose** - A highly processed starch which can be derived from wheat or barley (or other starch). Gluten source does not need to be labelled in Europe

## Food Ingredients Classed As Gluten-Free (Often Due to Level of Processing) But Which May Be Derived From (continued)

- **Gin** - Derived from a combination of distilled grains
- **Glucose Syrup** - A highly-processed sweetener which can be derived from wheat (or other starch). Is usually derived from corn in North America. Gluten source does not need to be labelled in Europe
- **Grain Alcohol** - May be derived from distilled gluten grain
- **Grain-Based Vodka** - May be derived from distilled rye or wheat (or other source such as potato)
- **Malt Vinegar** - Derived from barley, contains only traces of gluten due to fermentation process
- **Maltodextrin** - May be derived from highly processed wheat, would be clearly labelled in North America but gluten source does not need to be labelled in Europe
- **Maltose** - May be derived from highly processed barley or wheat, is usually derived from corn in North America
- **Modified (Food) Starch** - May be derived from highly processed wheat, would be clearly labelled in North America but gluten source does not need to be labelled in Europe
- **Monosodium Glutamate (MSG)** - May be derived from wheat
- **Oat Bran** - Additionally may have been contaminated by other grains
- **Oatmeal** - Additionally may have been contaminated by other grains
- **Oats** - Additionally may have been contaminated by other grains
- **Sake** - May contain barley enzymes
- **Scotch** - May be derived from distilled wheat, rye, barley (or corn)
- **Starch** - May be made from a highly processed gluten-containing grain, would be clearly labelled in North America





## Food Ingredients Classed As Gluten-Free (Often Due to Level of Processing) But Which May Be Derived From (continued)

- **Vanilla Extract** - May contain grain alcohol
- **Vanilla Flavoring** - May contain grain alcohol
- **Whisky** - May be derived from distilled wheat, rye, barley (or corn)
- **Xanthan Gum** - May be derived from wheat

## Supplement Ingredients

- **Barley** - Contains gluten
- **Barley Beta Glucans** - Contains gluten
- **Barley Bran** - Contains gluten
- **Barley Leaf** - Contains gluten
- **Barley Powder** - Contains gluten
- **Brewer's Yeast** - Contains gluten
- **Hordeum Distichon** - Contains gluten
- **Hordeum Vulgare** - Contains gluten
- **Secale Cereale** - Contains gluten
- **Triticum Aestivum** - Contains gluten
- **Wheat Bran** - Contains gluten
- **Wheat Germ Extract** - Contains gluten
- **Wheat Germ Oil** - Contains gluten
- **Wheat Protein** - Contains gluten
- **Wheat Starch** - Contains gluten

## Supplement Ingredients May Contain Gluten Depending on Processing

- **Alcohol\*** - May be derived from gluten-containing grain
- **Alpha Tocopherol** - May be derived from wheat germ
- **Alpha Tocotrienols** - May be derived from wheat germ
- **Avena\*** - Contains no gluten but may have been contaminated during processing



## Supplement Ingredients May Contain Gluten Depending on Processing (continued)

- **Avena Sativa\*** - Contains no gluten but may have been contaminated during processing
- **Barley Grass** - Contains no gluten but may have been contaminated during processing
- **Beta Glucans** - May be derived from oats or barley
- **Beta Glycans** - May be derived from oats or barley
- **Beta Tocopherol** - May be derived from wheat germ
- **Beta Tocotrienol** - May be derived from wheat germ
- **Caramel Color** - May be derived from highly-processed wheat or barley, usually gluten-free in North America
- **Cereal Fiber** - May be derived from gluten-containing grain
- **Cernilton** (Rye Grass) - Contains no gluten but may have been contaminated during processing
- **Cross Linked Starch** - May be derived from gluten-containing grain
- **D-Alpha-Tocopherol** - May be derived from wheat germ
- **D-Beta-Tocopherol** - May be derived from wheat germ
- **Delta Tocotrienol** - May be derived from wheat germ
- **Dextrate** - May be derived from gluten-containing grain
- **Dextrimaltose\*** - May be derived from barley
- **Dextrin\*** - May be derived from gluten-containing grain
- **D-Gamma-Tocopherol** - May be derived from wheat germ
- **Dietary Fiber** - May be derived from gluten-containing grain
- **Gamma Tocopherol** - May be derived from wheat germ
- **Gamma Tocotrienols** - May be derived from wheat germ
- **Maltodextrin\*** - May be derived from wheat
- **Maltose\*** - May be derived from highly processed barley or wheat, is usually derived from corn in North America
- **Mixed Tocopherols** - May be derived from wheat germ
- **Mixed Tocotrienols** - May be derived from wheat germ
- **Modified Starch** - (Unspecified Source) May be derived from gluten-containing grain



## Supplement Ingredients May Contain Gluten Depending on Processing (continued)

- **Oat (Avena Sativa) Extract\*** - Contains no gluten but may have been contaminated during processing
- **Oat Beta Glucan\*** - Contains no gluten but may have been contaminated during processing
- **Oat Bran\*** - Contains no gluten but may have been contaminated during processing
- **Oat Fiber\*** - Contains no gluten but may have been contaminated during processing
- **Oat Grass\*** - Contains no gluten but may have been contaminated during processing
- **Pregelatinized Modified Starch** - May be derived from gluten-containing grain
- **Rye Grass** - Contains no gluten but may have been contaminated during processing
- **Rye Grass Pollen Extract** - Contains no gluten but may have been contaminated during processing
- **Sodium Starch Glycolate** - May be derived from gluten-containing grain
- **Starch** - May be derived from gluten-containing grain
- **Tocopherol** - May be derived from wheat germ
- **Tocopherol Acetate** - May be derived from wheat germ
- **Tocopheryl Succinate** - May be derived from wheat germ
- **Vitamin E** - May be derived from wheat germ
- **Wheatgrass** - Contains no gluten but may have been contaminated during processing
- **Wild Oats\*** - Contains no gluten but may have been contaminated during processing
- **Xanthan Gum** - May be derived from wheat
- **Yeast\*** - May be cultivated using gluten-containing grain
- **Citric Acid\*** - May be derived from wheat



## Medication Ingredients

- **Wheat Starch** - Contains gluten

## Medication Ingredients May Contain Gluten Depending on Manufacturing, or Be Derived From Highly Processed Gluten-Containing Grains

- **Alcohol\*** - May be derived from gluten grain, classed as gluten free
- **Caramel Color** - May be derived from highly-processed wheat or barley, usually gluten-free in North America
- **Dextrate** - May be derived from gluten grain
- **Dextrimaltose\*** - May be derived from barley
- **Dextrin\*** - May be derived from wheat
- **Maltodextrin\*** - May be derived from wheat
- **Modified Starch** - May be derived from gluten grain
- **Pregelatinized Modified Starch** - May be derived from gluten grain
- **Pregelatinized Starch** - May be derived from gluten grain
- **Sodium Starch Glycolate** - May be derived from gluten grain
- **Starch** - May be derived from gluten grain

**\*Additionally, These Ingredients are Classed as Gluten-Free Due to Processing But May Cause Problems for Sensitive Individuals**