

Country Life Vitamins is choosing Renewable Energy

We're supporting the generation of clean energy in the U.S. by offsetting 100% of our electricity annually.

Our commitment is similar to:



Planting 14,815 mature trees



Not driving 3,930,261 miles



Not burning 1,662,921 pounds of coal



By purchasing Green-e certified renewable energy credits, Country Life is committed to:

Helping reduce our dependency on fossil fuels

Promoting cleaner air

Fighting global climate change



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www.countrylifevitamins.com
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Information provided by:
Gluten Intolerance Group of North America.
www.gluten.net

Gluten Free Certification Organization.
www.gfco.org



TOGETHER

WITH

Certified



Gluten-Free



Item No. 0536



WHY BE *Gluten-Free?*

Over 15 million people follow a gluten-free diet. Three million require a gluten-free diet for life due to celiac disease, an immune disease that damages the small intestine. Others who follow a gluten-free diet include people with:

- Non-Celiac Gluten Intolerance
- Autism Spectrum Disorders
- Chronic Pain and Fatigue Syndromes
- Migraines
- Multiple Sclerosis
- Rheumatoid Arthritis
- Skin Disorders

A gluten-free diet requires the complete removal of the proteins found in wheat, rye, barley, and hybrids of these grains, such as spelt, Kamut, and triticale.

For some people, the gluten-free diet is medically required. Others follow this diet because it makes them feel and function better. However, the gluten-free diet is often lacking in certain vitamins and minerals. Most gluten-free products are not fortified or enriched and therefore are lacking many B vitamins, calcium, zinc, magnesium, iron, and vitamin D. A lifelong diet that lacks these nutrients can cause serious health problems including early bone disease, anemia, fertility issues, and nerve damage. When choosing a supplement, know that **Country Life Vitamins** is certified gluten-free.



TESTING FOR *Celiac Disease &* *Non-Celiac Gluten Intolerance:*

There are specific blood tests used to screen for celiac disease. If the blood test is positive, then a small intestine biopsy is done to confirm diagnosis of celiac disease. Non-celiac gluten intolerance is diagnosed through a process of ruling out other conditions that may cause the same symptoms, including celiac disease. Never start a gluten-free diet before undergoing testing, as it may cause false results.

SUPPLEMENTING IMPROVES *Nutritional Status:* *Choose Country Life Vitamins*

Using high quality vitamin and mineral supplements will improve the quality of the diet for people following a gluten free diet. Especially important are supplements for folate, magnesium, iron, calcium, and vitamin D. A general B-complex is also helpful in most cases.

CAN PLANT GRASS BE USED *in a Gluten-Free Diet?*

The grass blade of the plant can be used safely in a gluten free diet. The leaf or blade is made up of cellulose (fiber) and carbohydrates. The leaf is also rich in valuable phytonutrients and antioxidants. Only the seed or kernel of the grass plant contains the storage proteins known collectively as gluten. **Country Life Vitamins** follows strict standards in ingredient selection and performs ongoing testing to ensure there is no gluten in any of their products. The Gluten Free Certification Organization conducts independent auditing and testing of **Country Life** products and manufacturing practices in order to provide a higher level of consumer confidence in their products.



COUNTRY LIFE VITAMINS
IS PROUD TO BE THE
First Certified
Gluten-Free
Vitamin Company

