

GLUTEN FREE STATUS OF COMMERCIAL FIBER SUPPLEMENTS (1)

Product Line	Gluten-free?	Manufacturer	Contact Information
<i>Metamucil</i> Capsules Capsules Plus Calcium Orange Smooth Texture Flavor Orange Smooth Texture Sugar Free Flavor Unflavored Smooth Texture Sugar Free Unflavored Course Milled Original Texture Apple Wafers Cinnamon Wafers	Yes Yes Yes Yes Yes Yes NO NO	Proctor & Gamble	www.metamucil.com (800) 983-4237
<i>Fibersure</i>	Yes	Proctor & Gamble	www.fibersure.com (800) 525-2855
<i>Citrucel</i>	Yes	GlaxoSmithKline	www.citrucel.com (800) 897-6081
<i>FiberChoice</i>	Yes	GlaxoSmithKline	www.fiberchoice.com (877) 553-4237
<i>Konsyl</i>	Yes	Konsyl Pharmaceutical, Inc	www.konsyl.com (800) 356-6795
<i>FiberCon</i>	NO (2)	Wyeth Consumer Healthcare	www.fibercon.com (800) 282-8805
<i>Benefiber institutional</i>	Yes	Nestle Nutrition	www.nestle-nutrition.com (800) 422-2752
<i>Benefiber consumer (3)</i>	Yes	Novartis	www.benefiber.com (800) 452-0051
<ol style="list-style-type: none"> 1. This table is accurate as of February 2009. Please obtain current information from the manufacturers in the event of formulation changes. 2. No gluten is added to the product, but there is a possibility of cross-contamination. 3. All products contain wheat dextrin, which contains <10 ppm of gluten and are therefore considered gluten-free. Should you be highly sensitive to gluten, please consult your doctor regarding use of these products. 			
Table developed by Cathryn Stauffer, RD, CNSD; Nutrition Support Specialist at the University of Virginia Health System, Charlottesville, VA			