



## Gluten-free

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### What are gluten?

Gluten is a collective term, referring to proteins in corn crops, such as wheat, rye, barley, spelt, rice, corn and products which contain these ingredients. The proportion of gluten of the protein in wheat is about 80%. Gluten are those proteins that give things like dough its plasticity. Most people have little problems digesting the proteins in gluten, yet some are allergic to it. They are said to have a gluten-intolerance, which is also referred to as coeliac disease.

### The following products are all free from gluten:

#### Drinks

Aloe Vera Gel  
 Aloe Berry Nectar  
 Forever Aloe Bits N' Peaches  
 Forever Freedom  
 Aloe Blossom Herbal Tea  
 Forever Pomesteen Power  
 Forever Aloe2Go  
 Forever Freedom2Go

#### Bee Products

Forever Bee Pollen  
 Forever Bee Propolis  
 Forever Royal Jelly  
 Forever Bee Honey

#### Weight Care

Forever Lite Ultra-Chocolate  
 Forever Lite Ultra-Vanilla

#### Nutritionals

Forever Calcium  
 Forever Fields of Greens  
 Forever Echinacea Supreme  
 Forever Multi-Maca  
 Forever Active HA  
 Forever Nature's 18  
 Forever Lean  
 Forever Kids  
 Forever B-12 Plus  
 Forever Ginkgo Plus  
 Forever Garcinia Plus  
 Forever Lycium Plus  
 Forever Garlic-Thyme  
 Forever Arctic-Sea  
 Forever A-Beta-CarE  
 Forever Active Probiotic  
 Forever Vision  
 Forever Pro6