



Gluten-Free Fact Sheet



What is Gluten?

Gluten is a protein naturally found in certain grains such as:

- Wheat
- Rye
- Barley
- Some oats

Why Go Gluten-Free?

There is a growing demand for gluten-free food choices for individuals who are not able to tolerate or properly digest gluten, such as:

- Individuals with celiac disease
 - A lifelong disorder in which gluten damages parts of the digestive tract and can lead to serious medical conditions if untreated.
 - Affects an estimated 3 million Americans or one out of every 133 individuals.
 - For those with a first degree relative (mother, brother, etc.) with a celiac diagnosis, these odds go up to a staggering 1 in 22.¹
 - There is no cure for celiac disease. The only effective treatment currently available is a gluten-free diet.
- Others may choose to go gluten-free because of other health-related conditions or simply as a personal choice.

What Does it Mean to be Certified Gluten-Free?

- Some companies will claim a product is “gluten-free” if wheat, rye, or barley are not specifically listed as an ingredient on the food label—but this doesn’t necessarily mean gluten-free!
 - Gluten-containing derivatives of these grains may still be present.
- Medifast’s gluten-free products are certified by the Gluten-Free Certification Organization (GFCO).
 - A program of the Gluten Intolerance Group of North America®, this lead certifying body provides consumers and manufacturers confidence in knowing that products labeled with the GFCO certification mark meet the strictest standards for gluten-free.²
 - The gluten-free standard set by the GFCO, at 10ppm, is more restrictive than the proposed FDA guidelines (no more than 20 ppm).³ There is no test that measures to 0 ppm gluten.
 - The “GF” certified symbol allows individuals to quickly glance at a product and know the product has met the rigorous, independently verified safety standards of the GFCO.
- For more information on GFCO, visit www.gfco.org.

Moving Forward: Here’s What You’ll Need to Know:

- **More than 25** Medifast products have been approved as gluten-free by the GFCO. These items will **gradually transition their product packaging** as older packaging runs out; new packaging will display a special “GF” symbol on the product box. We ask for your patience and understanding in this process.
- The products on the “accepted as gluten-free list” (see reverse) have been approved by the GFCO as gluten-free; however, not all of these items will display the GF symbol on their current packaging during this transition.

Medifast Meals Currently Approved for Gluten-Free Certification:

Medifast 70 Shakes

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Banana Crème
- Swiss Mocha



Hot Drinks

- Hot Cocoa
- Cappuccino
- Chai Latte



Medifast 55 Shakes

- Dutch Chocolate
- French Vanilla
- Strawberry Crème
- Orange Crème
- Banana Crème
- Swiss Mocha



Cold Drinks

- Peach Iced Tea
- Raspberry Iced Tea
- Tropical Punch Fruit Drink
- Cranberry Mango Fruit Drink



Pudding

- Chocolate Pudding
- Vanilla Pudding
- Banana Pudding



Soups

- Cream of Tomato Soup
- Chicken & Wild Rice Soup
- Maryland Crab Soup



Essential1®: Antioxidants

- Cherry Pomegranate Shake
- Dark Chocolate Shake



Scrambled Eggs

- Scrambled Eggs



Essential1®: Calorie Burn

- Cappuccino



1. A multi-center study on the sero-prevalence of celiac disease in the United States among both at risk and not at risk groups. Fasano, et al., Archives of Internal Medicine. February 2003.
2. Gluten-Free Certification Organization Web site: <http://www.gfco.org>.
3. FDA Center for Food Safety & Applied Nutrition Web site: <http://www.cfsan.fda.gov/~dms/wh-alrgy.html>