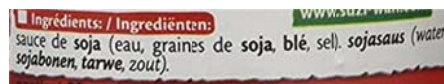


Gluten : Gluten-free food drifts

The agro-food industry has naturally seized on this niche and filled the shelves of our supermarkets and organic stores with gluten-free products but ultra-processed with hyperglycemic fast sugars, trans and saturated fatty acids, emulsifiers, thickeners, and additives of all kinds which are no less harmless to health. While removing gluten from a product often requires replacing it with several ingredients to regain the original texture, the length of the ingredient lists is sometimes puzzling. The longer the list of ingredients, the less reassuring it is! The risks to health with low-quality gluten-free products from the food industry are therefore significant. So even if the big brands offer an increasingly wide range of gluten-free products, always favor raw products and walk your way in front of these highly processed products.

If, however, as a troubleshooting or simply to please yourself, you want to buy bread or pizza dough, sweet or savory cookies, cakes and other gluten-free pastries, carefully read the list of ingredients to flush out any possible hidden sources of gluten, because there are many. A cereal can be hidden under other names: malt, maltodextrin, hydrolyzed vegetable proteins, anti-caking agents, modified starches etc.

Gluten is also hidden in unexpected foods such as soy sauce, licorice candies, ground pepper or frozen fries (gluten added as an anti-clumping agent), many cold cuts and many more.



INGREDIENTS | INHALTSSTOFFE NACH INCI (CTFA)

AQUA (WATER), BUTYROSPERMUM PARKII (SHEA) BUTTER*, ALOE BARBADENSIS LEAF JUICE*, CAPRYLIC/CAPRIC TRIGLYCERIDE, GLYCERIN, OLIVOYL HYDROLYZED WHEAT PROTEIN, SIMMONDSIA CHINENSIS (JOJOBA) SEED OIL*, STEARYL ALCOHOL, GLYCINE SOJA (SOYBEAN) OIL*, STEARIC ACID, PALMITIC ACID, CETEARYL ALCOHOL, GLYCERYL OLEATE, GLYCERYL STEARATE, CALENDULA OFFICINALIS (MARIGOLD) FLOWER EXTRACT*, POTASSIUM HYDROXIDE, CITRIC ACID, BENZYL ALCOHOL, DEHYDROACETIC ACID, POTASSIUM SORBATE, SODIUM BENZOATE, TOCOPHEROL, PARFUM**, LIMONENE, LINALOOL, CITRAL, GERANIOL, CITRONELLOL

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