

## **Our answer to the most frequent asked question regarding Celiac disease and our potato chips.**

### **In our processing facility we make only potato chips.**

However, we do not know where some of the spices originated from.

To minimize the risk, we recommend

**Hardbite All Natural  
or Hardbite Rock Salt & Vinegar**

For the ingredient maltodextrin we use either corn or tapioca.

### **Celiac disease**

Celiac disease is an auto immune condition in which gluten acts as a toxin and causes the absorptive surfaces of the small intestine to flatten. This prevents the body from receiving important nutrients, vitamins, and minerals.

#### **Foods to avoid:**

barley, bulgur, cereal bindings, couscous, durum, einkorn, filler, faro graham flour, kamut, malt, malt extract, malt flavoring, malt syrup, rye, semolina, spelt, triticale, wheat, wheat bran, wheat germ, wheat starch.

#### **Remember wheat free does not mean gluten free.**

Though oats, corn, tapioca do not contain gluten, there could be some form of wheat contamination during processing.

#### **Treatment**

The first line of treatment is the complete avoidance of all gluten in the diet.

Some processed products such as boullion cubes, potato chips, French Fries, deli meats, sauces and soups may contain gluten.

#### **Healing aids**

Hypoallergenic multivitamins and digestive enzymes are important to aid in both healing the small intestine and providing the body with easy to absorb vitamins and minerals.

A tailored treatment plan may also include probiotics, calcium, omega -3 fatty acids and a bone density formula.

#### **Symptoms**

Celiac is one of the most commonly misdiagnosed condition due to its wide range of possible symptoms.

Bloating, gas, diarrhea, constipation, cramps, itchy skin, frequent headaches, joint pain.