



# Gluten Free Household Products: Tips for living gluten free

*Lisa J*

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# Gluten Free Household Products: Tips for living gluten free

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## **Gluten Free Household Products: Tips for living gluten free** Lisa J

Years of research into all the different ways my gluten allergy was effecting me helped me see all the sources of gluten which aren't just from food. You will be surprised at some of the sources I have found and compiled into a usable list for shopping for the gluten free lifestyle.

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