

"YOU HAVE TO HAVE THE RIGHT GENETIC MAKE UP TO GET COELIAC DISEASE."

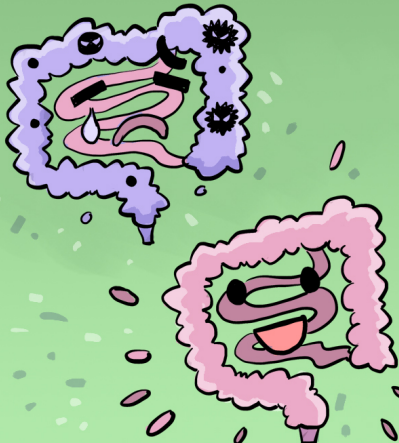
"IF YOU HAVE COELIAC DISEASE, THERE IS A 1 IN 10 CHANCE THAT AN IMMEDIATE RELATIVE MAY ALSO HAVE THE CONDITION."

ATTENTION

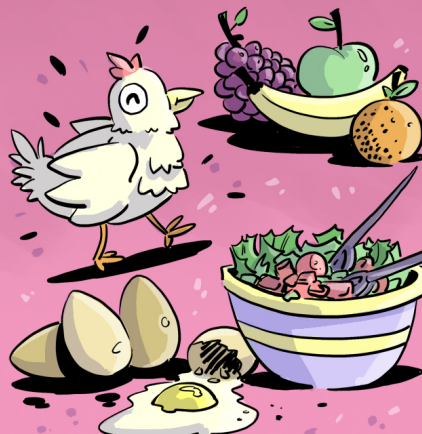
IF YOU THINK YOU MAY HAVE COELIAC DISEASE, DO NOT REMOVE GLUTEN UNTIL A DIAGNOSIS IS MADE.



"YOU WILL START TO FEEL BETTER ONCE YOU BEGIN TO AVOID GLUTEN BUT IT TAKES TIME FOR THE GUT TO FULLY HEAL. IT VARIES BETWEEN PEOPLE BUT IT CAN BE UP TO 5+ YEARS."

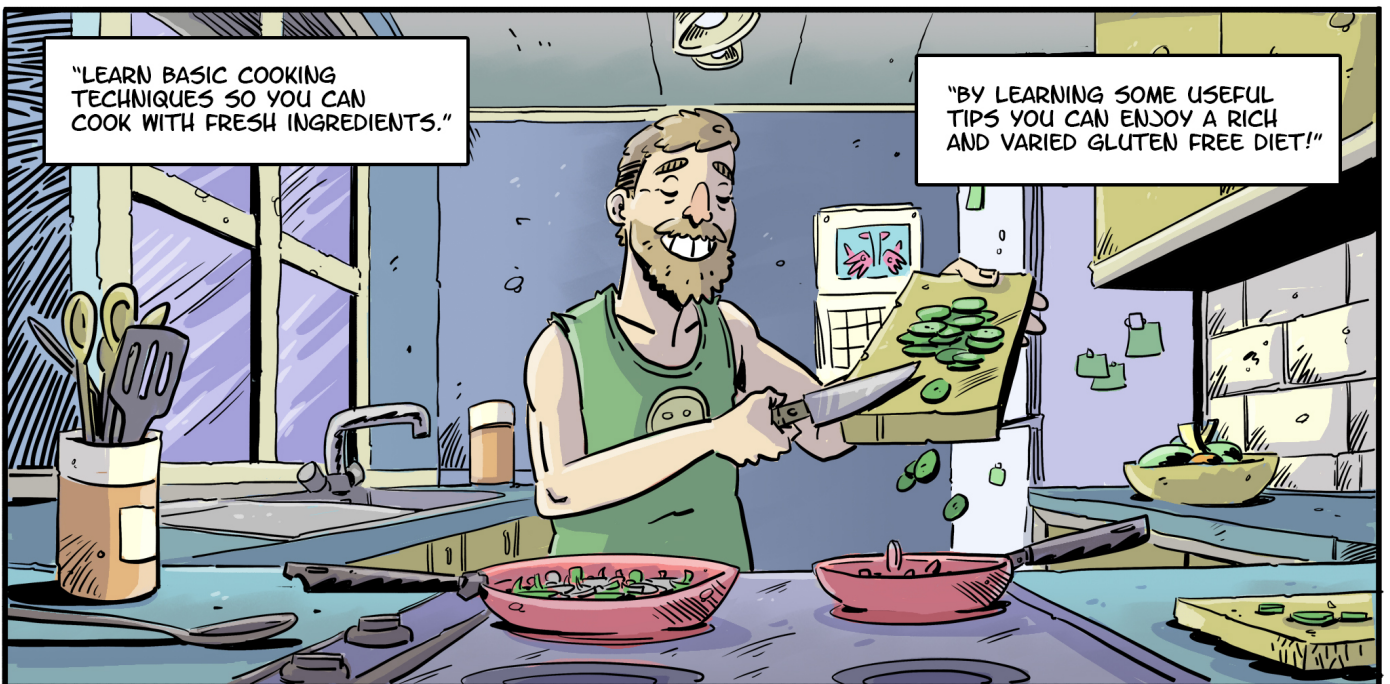


"THERE ARE MANY NATURALLY GLUTEN FREE FOODS AVAILABLE,"



"MANY PROCESSED FOODS ARE GLUTEN FREE. TAKE TIME TO READ THE LABELS CAREFULLY."

"LEARN BASIC COOKING TECHNIQUES SO YOU CAN COOK WITH FRESH INGREDIENTS."



"BY LEARNING SOME USEFUL TIPS YOU CAN ENJOY A RICH AND VARIED GLUTEN FREE DIET!"