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Check the Label Checklist

Gluten in beauty products

Step 1: Check these products first

☐ Lipstick, lip gloss, lip balm, lip oil (most important)

☐ Hand lotion and hand cream

☐ Anything else that touches your mouth or hands before you eat

☐ Shampoo and conditioner (generally lower-risk; check if you're concerned about swallowing some during use)

Step 2: Scan the label for these names

Clearly from wheat, barley or rye:

☐ Wheat, Triticum vulgare, Triticum aestivum

☐ Hydrolyzed wheat protein, Triticum amino acids

☐ Barley (Hordeum vulgare) or malt extract

☐ Rye (Secale cereale)

Ask the brand about:

☐ Wheat germ oil

☐ Oats (Avena sativa)

☐ Vitamin E (tocopherol)

☐ Dextrin, hydrolyzed vegetable protein, yeast extract

Step 3: Find the brand's answer

☐ Certified gluten-free? Look up the product in the GFCO product finder (gfco.org)

☐ Gluten-free statement on the brand's own website?

☐ Shared facility or cross-contact warning?

Step 4: Save it

Product	Shade	Gluten-free?	Date checked

For educational purposes only. Not medical advice. Formulas change, so always check the product you're buying.

Full guide: justjellypodcast.com/resources/gluten-free-beauty-products · Tag me @justjennboard