

## Gluten-Free Online “Stores”

These are online stores, meaning individuals, small groups, or companies have access to many vendors personally or through a distributor. You may want to call a specific company about a particular product to ensure it is truly gluten-free (under lawful ppm).

It's easier to look up individual company websites, as many are certified Gluten-Free and will say this on their site.

You'll soon get to know the wealthy of family-certified and truly gluten-free companies these sites offer. There are many!

## Gluten-Free-Friendly Restaurants

A terrific resource to find restaurants in YOUR own area is <http://glutenfreeregistry.com>.

It's a simple website to use and easy to acquire results for your general area.

There are many popular online stores, but be sure to ask the company's customer service if they are indeed a “dedicated gluten-free facility” and if they require that their suppliers test their products and provide documentation.

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Your Dependable Celiac and Gluten-Free Resource Guide**

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