



Updated June 2011

Celiac disease involves more than just dietary changes for life. Medications must also be evaluated for their gluten content. Many pharmaceuticals have an additional filler called an “excipient” to make a particular dosage form of the drug. These fillers are often made from corn, potato, and tapioca. However, some are derived from wheat. The majority of drug manufacturers do not clearly label their products or packaging with information regarding the gluten content of their drug.

### Common GF Pharmaceutical Excipients

Acacia	Glucose	Simethicone
Alginic acid	Hydrogenated vegetable oil	Sodium benzoate
Alpha tocopherol	Hydroxypropyl cellulose	Sodium lauryl sulfate
Ascorbic acid	Lactose	Sorbitol
Benzyl alcohol	Magnesium carbonate	Stearic acid
Calcium carbonate	Magnesium stearate	Sucrose
Carboxymethylcellulose	Matitol	Vanillin
Citric acid	Maltose	Xanthan gum
Corn starch	Mannitol	Zinc stearate
Croscarmellose sodium	Microcrystalline cellulose	
Dextrose	Polydextrose	
Docusate sodium	Povidone	
Fructose	Propylene glycol	
	Silicon dioxide	

### Common Over-the-Counter Gluten Free Products

Actifed	Mucinex (all forms)
Advil Cold and Sinus	Nature Made brand multivitamins
Alavert (all forms)	Natures Plus Animal Parade
Aleve	Pepto Bismol
Alka Seltzer Gold	Robitussin Cold & Congestion caplet
Aspirin Enteric Coated 325 mg (Leiner, code #44/127, Watson)	Robitussin Cold & Cough Liqui-Gels
Aspirin 81 mg chewable (Watson)	Robitussin Cold Severe Congestion liqui-gels
Baby aspirin (Walgreens, Perrigo)	Robitussin Cold, Cough & Flu Liqui-Gels
Bugs Bunny Chewables	Robitussin line
Chlorotrimeton (4 mg tabs, 8 mg and 12 mg extend tabs & liquid)	Robitussin Multi Symptom Cold & Flu caplet
Codiclear DH (sugar and dye free)	Robitussin Night Time Liqui-Gels
Comtrex Deep Chest Cold	Sesame Street Complete Vitamins & Minerals
Comtrex Non Drowsy	Slo-Mag
Freedra's Vitamins	Sudafed
Ibuprofen (manuf. is Pharm Formulations)	Sudafed Cold & Sinus Liquid Caps
Kirkman (all products are GF)	Sudafed Plus
Motrin Childrens DF Conc. Drops	Twin Lab Animal Friends Multivit wafers
Mobic	Twin Lab Animal Parade Cherry
Morphine Sulfate Ext Release Tab (Endo)	Ultramega Gold (GNC)
Motrin (Children's) oral susp	Viactiv
Motrin Cold DF Berry	VitaminShoppe brand all GF
Motrin DF Oral Susp Berry	
Motrin IB caplets & tabs	

### Sources for GF Drug Information:

[www.glutenfreedrugs.com](http://www.glutenfreedrugs.com)  
(Pharmacist controlled site)

[www.strokesrx.com](http://www.strokesrx.com) (some Pharmacist assistance. Fee for service)

[www.clanthompson.com](http://www.clanthompson.com)  
(consumer controlled site. Updated frequently)

Celiac Sprue A Guide Through the Medicine Cabinet, by Marcia Milazzo  
<http://www.celiacmeds.com>

Please consider your local GIG branch as another resource.

Gluten Intolerance Group (GIG)  
31214 – 124th Ave. S.E.  
Auburn, WA 98092-3667

Phone: 253-833-6655  
Fax: 253-833-6675

[www.GLUTEN.net](http://www.GLUTEN.net)  
[info@GLUTEN.net](mailto:info@GLUTEN.net)

GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.