



Gluten and Max Muscle Products

One of the most frequently asked questions I get is about gluten, what is it and is it found in Max muscle products, This month's eNewsletter will cover the topic of what is gluten and which Max Muscle products may contain the component.

Gluten and Max muscle Products

What is Gluten?

Gluten is a protein found in all forms of wheat (including durum, semolina, and spelt), rye, oats (oat bran), barley and related grain hybrids such as triticale and

kamat. In foods, gluten is responsible for the elasticity in dough and the structure of breads. It is the gliadin component of the gluten that is problematic and responsible for Celiac disease.

People that need to avoid gluten have a condition called Celiac disease which is a digestive disease of the small intestine; Celiac disease is a genetic disease where the immune system responds to the gliadin component of gluten by damaging the small intestine interfering with nutrient absorption. There can be many symptoms associated with Celiac disease and most common are gas, diarrhea, bloating, vomiting, fatigue, weight changes, etc. Gluten intolerance or dermatitis herpetiformis (HD) are other related disorders to Celiac disease. Studies have shown Celiac disease is very common. Recent findings estimate about 2 million people in the United States have celiac disease, or about 1 in 133 people. If you suspect gluten intolerance, you should see a physician for an evaluation.

Are There Labeling Requirements Of Foods and Dietary Supplements as Gluten-Free?

In January 2006, the food Allergen Labeling and Consumer Protection Act went into law requiring food and dietary supplement manufacturers to inform consumers of the major food allergens that may be found in their products. This includes milk, eggs, fish (e.g., bass flounder, cod), crustacean shellfish (e.g., crab, lobster, and shrimp), tree nuts (e.g., almonds, walnuts, and pecans), peanuts, wheat and soybeans. Allergy information is usually listed on the label in the Supplemental Facts panel. Currently there are no government requirements for manufacturers to label products as "gluten-free." The FDA is currently considering legislation to require companies to label foods as "gluten-free" and evaluating the many challenges manufacturers would face, consumer perceptions and expectations of what "gluten-free" means to them.

Which Max Muscle Products May Contain Gluten?

An analysis of all the ingredients in Max Muscle products finds that the following contain ingredients when gluten may be present and should be avoided:

Max Triple Whey Protein-Chocolate Flavor (contains cocoa powder)

Maxpro- Chocolate Flavor (contains cocoa)

High 5- Chocolate and Cappuccino Flavors (contains cocoa)

Max Gourmet- All Flavors (contain oat fiber)

Max Lean Protein- (All Flavors (contains oat bran fiber)

Max MRP - All flavors (contain barley bran and oat fiber)

Big Max 50- All flavors (contain barley bran and oat fiber)

Gluta-Matrix Capsules- (glutamine peptides are derived from wheat gluten)

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Wheat grass powder found in max Green Synergy does not contain gluten.

Wheat grass is a vegetable which is cut before the wheat plant forms the grain and the gluten protein; therefore, wheat grass contains not gluten.

The maltodextrin used in CarboMax, Max ACM, and Big Max 50 is derived from corn and does not contain gluten. This is a tricky one since the name "malt" odextrin and some would think that comes from malt.

All other Max products do not contain gluten and should be fine to consume. It is advisable to consult with your healthcare provider by showing them the product label of the Max Muscle product you are interested in taking that list the ingredients or the Product data Sheet.

Within the Max Nutraceuticals line, the only product that may contain gluten is the Max Ultra Soy-Spirulina Protein Powder as it contains oat bran. All the other products are gluten free.

Where can I get more information About Celiac Disease and Gluten -Free foods?

1. <http://digestive.niddk.nih.gov/ddisease/pubs/celiac>
2. www.vegsoc.org/info/gluten
3. www.glutenfree.com