

Pocket Guide to **GLUTEN-FREE** Hair Care

For salon tips and shampoo brands, read: vibrantlygfree.com/gluten-free-shampoo-and-conditioner/

- Wheat starch
 - Wheat gluten
 - Wheat protein
 - Hydrolyzed wheat protein
 - Steardimonium Hydroxypropyl (hydrolyzed wheat protein)
 - Laurdimonium hydroxypropyl (hydrolyzed wheat protein)
 - Wheat germ oil
 - Triticum vulgare (wheat)
 - Oats
 - Avena Sativa (oats)
 - Barley
 - Hordeum vulgare (barley)
 - Malt extract
 - Rye
 - Secale cereale (rye)
 - Hydrolyzed vegetable protein (may be wheat-based)
 - Dextrin palmitate (starch, may be gluten-based)
 - Beta glucan (may be derived from barley or oats)
 - Tocopherol/Vitamin E (may contain trace amounts - use at your discretion)
- Note: 'Fragrance' can sometimes include gluten-containing or derived ingredients.*
- Highlight ingredients you usually forget or are unfamiliar with to make this list more manageable!

