



Gluten-Free Status of Fitness/Energy Products

Reviewed by Nancy Dickens, BS, RD, LDN

LaraBar:

- All products gluten-free per website, 8/19/10

Think Thin:

- No gluten containing ingredients per website, 8/19/10

NuGo:

- **ONLY** NuGoFree Bars are gluten-free per website, 8/19/10

Pure Fit:

- No gluten containing ingredients per website, 8/19/10

Soy Joy:

- No gluten containing ingredients per website, 8/19/10

Divine Foods Products:

- Prana Bar, Supercharger Bars and Boomi Bars all labeled gluten free

Bumble Bars:

- Gluten-free per website, 8/22/10

Power Bar products:

- Per website, while some products do not contain gluten ingredients, company is not confident that they are gluten free due to possible contamination.

Clif's Twisted Fruit:

- Gluten-free per website, 9/20/10

Clif's "C" Bar:

- No gluten containing ingredients per website, 8/22/10

Kind Bars:

- Meets FDA proposed standards for gluten free
- Made in a dedicated facility

Alpsnacks:

- Labeled gluten free

Omega Smart Nutrition Bars:

- Gluten-free per website, 8/22/10

Bakery on Main Granola Bar:

- **ALL** products gluten-free

Raw Revolution:

- Gluten-free per website, 8/22/10

Luna Bars:

- **NOT** gluten free per website, 8/22/10

Luna Protein Bars:

- **ONLY** Cookie Dough Flavor with no gluten containing ingredients per website, 8/22/10
- (Note that Luna does not test the ingredients of their bars)

Balance Pure Bars:

- Cherry Pecan, Chocolate Cashew, & Berry Berry Chia are gluten-free per website, 8/22/10

The Real Bar:

- Gluten-free per email with owners, 7/22/10

★Clif and PowerBar Gels do not have gluten-containing ingredients but are not certified★

Please note that NFCA obtained the gluten-free status of the above items from the manufacturer. Each item's status was verified on the date listed within its description. Please be sure always to check labels for the latest listing of ingredients. This list was prepared on 9/21/10.