



## SIGNS AND SYMPTOMS YOU MIGHT BE SENSITIVE TO GLUTEN

Put a check next to the symptoms that apply to you.



### BEHAVIORAL

- Headache
- Faintness
- Dizziness
- Insomnia
- Poor Memory
- Confusion / poor comprehension
- Poor concentration
- Difficulty in making decisions
- Stuttering/stammering
- Mood swings
- Anxiety
- Nervousness
- Anger/Irritable
- Aggressive
- Depression



### SKIN

- Acne
- Dandruff
- Eczema
- Rashes
- Dry Skin



### DIGESTIVE

- Nausea
- Diarrhea
- Acid Reflux
- Stomach Pain
- Loss of Appetite
- Constipation
- Bloating
- Belching passing gas



### JOINTS/MUSCLE

- Pain and aches in joints
- Stiffness and limited movement
- Muscle pain
- Muscle spasms
- Muscle weakness



### ENERGY

- Fatigue
- Apathy/Lethargy
- Restlessness