



# Health Matters

by  
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It's estimated that 72% of Americans suffer from digestive distress, such as bloating, gas, nausea, constipation and/or diarrhea on a regular basis. Found commonly in our modern diet, gluten is often responsible for these types of digestive problems, as well as joint pain, sinus congestion, skin rashes and mood disorders.

Gluten is a protein found primarily in wheat, but also in other grains, such as rye, barley and oats, but can be found in other unexpected sources, such as condiments, sauces and dressings. We have an extensive selection of gluten-free foods, such as breads, cereals, pastas, crackers, cookies and pie crusts.

**Gluten Shield** is a synergistic formula with twenty plant-based enzymes, eleven probiotics and a proprietary vegetarian chitosan, all to help improve digestion, immunity and regularity. Not only for gluten intolerance, **Gluten Shield** can help other symptoms related to IBS, leaky gut syndrome and/or chronic constipation.

As always, we guarantee your satisfaction.

**Locally owned for 36 years**

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