



UVA Nutrition Services

UVA Digestive
Health Center

Gluten Free Status of Commercial Fiber Supplements*

Product Line	Gluten Free?	Manufacturer	Contact Info
Benefiber [®] (for consumer use)	<20 ppm**	Novartis	www.benefiber.com 800-452-0051
Citrucel [®]	Yes	GlaxoSmithKline	www.citrucel.com 800-897-6081
Fiberchoice [®]	Yes	GlaxoSmithKline	www.fiberchoice.com 877-553-4237
Fibercon [®]	Yes***	Pfizer Consumer Healthcare	www.fibercon.com 800-282-8805
Konsyl	Yes	Konsyl	www.konsyl.com 800-356-6795
Metamucil <ul style="list-style-type: none"> • Capsules • Powders • Fiber Singles • Clear & Natural • Wafers 	Yes Yes Yes Yes NO	Proctor & Gamble	www.metamucil.com 800-983-4237
Resource [®] Benefiber [®] (institutional use)	Yes	Nestle Nutrition	www.nestle-nutrition.com 800-422-2752

*Information gathered from product website and contacts to the manufacturer June 2011. Products and ingredients subject to change. Please contact the manufacturer for the most up to date information.

All products contain wheat dextrin. Contain <20 ppm and are therefore considered gluten free, however, patients should use caution **and discuss use with their physician. See Benefiber website for additional info.

***According to customer service, no gluten is added during manufacturing or processing; however, product is not certified gluten free as the final product is not tested for gluten content.