



GLUTEN FREE WATCHDOG

Gluten Analysis: Barley Cup Powder Instant Cereal Drink

Test date: October 19, 2017

Assay used: Sandwich R5 ELISA (R7001) with cocktail extraction; Competitive R5 ELISA (R7021) with ethanol extraction and fish gelatin

Limit of Quantification for this assay: 5 parts per million (ppm) of gluten; 10 ppm gluten

Testing facility: Bia Diagnostics, LLC, Colchester, Vermont, www.biadiagnostics.com

Sample Number	Lot Number	Extraction 1	Extraction 2	Mean
BC (Sandwich)	Best by Dec. 20, 2019	< 5 ppm gluten	< 5 ppm gluten	< 5 ppm gluten
BC (Competitive)*		39 ppm gluten	38 ppm gluten	38.5 ppm gluten

*A competitive ELISA, such as the competitive R5 ELISA, is used when protein has been hydrolyzed. The competitive R5 ELISA only requires one sequence of QQFPF. While the competitive R5 ELISA has been validated in a multi-lab international trial there continue to be concerns among some researchers about this assay, including the standards used and interpretation of what the findings actually mean (eg, the results may be more qualitative than quantitative).

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Test results provide a snapshot picture of the gluten content of this product at one point in time. There is no way of knowing without testing many more samples whether the results of the one sample tested are representative of the gluten content of this product as a whole.