



**Gluten Analysis: Benedictine Sisters of Perpetual Adoration Low Gluten Communion Bread**

Test date: July 19, 22, 2019

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

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

Testing facility: Bia Diagnostics, LLC, Colchester, Vermont, [www.biadiagnostics.com](http://www.biadiagnostics.com)

Sample Number	Lot Number		Extraction 1	Extraction 2	Mean
LGCB	-----	<b>Sandwich</b>	48 ppm gluten	56 ppm gluten	52 ppm gluten
LGCB		<b>Competitive</b>	< 10 ppm, 10 ppm, 23 ppm, 11 ppm, < 10 ppm -----		

\*A competitive ELISA, such as the competitive R5 ELISA, is used when protein has been hydrolyzed (broken apart). The competitive R5 ELISA requires only one sequence of QQPFP. 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 (e.g., the results may be more qualitative than quantitative).

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.

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