



Gluten Analysis: Benedictine Sisters of Perpetual Adoration Low Gluten Presider's 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

Sample Number	Lot Number		Extraction 1	Extraction 2	Mean
LGPB	-----	Sandwich	52 ppm gluten	21 ppm gluten	37 ppm gluten
LGPB		Competitive	< 10 ppm, 10 ppm, 20 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.

© July 19, 22, 2019 By Gluten Free Watchdog, LLC. All Rights Reserved. Test results may be used for personal use only. Results may not be reposted, reprinted, republished, or paraphrased without the express written permission of Gluten Free Watchdog, LLC