

GIG Making life easier for everyone living gluten-free for 50 years!



Find Certified Gluten-Free Products

GFCO is a certification program that ensures the food you shop for is safely gluten-free (10ppm or less). Products with this mark have met our 80-point standard, verified through auditing. Search over 65,000 certified products.

[Find Gluten-Free Products Here](#)

[Link Text Here](#)



Looking for support for your gluten-free lifestyle?

We're here to help! Access gluten-free resources and more.

[Explore GIG](#)

Are you a company seeking gluten-free certification?

GFCO rigorously tests and certifies products (65,000+ and counting).

[Learn more at \[gfco.org\]\(#\)](#)

Do you own or run a food service establishment?

(Restaurant, university, camp, etc.) GFFS is here to help.

[Get details at \[gffs.org\]\(#\)](#)

Join Our Community (It's Free!)



Become a GIG Member

Sign up for free to receive the latest info on a healthy gluten-free lifestyle plus GIG news and Safety Alerts. Be the first to know about new products we certify, special promotions, events, contests, offers, and more!

[Join Now](#)

Join a Local GIG Support Group

Connect with folks in your area who are living a gluten-free life. Whether you've made a lifestyle choice or a medical one, peer support can really help.

[Find a Group](#)

What We Do



Our Mission

The Gluten Intolerance Group is on a mission to make life easier for everyone living gluten-free. We do this through education, support, and food safety.

[Explore the GIG Community](#)

About Us

GIG provides education through our local support groups and is a leader in food safety certification. Find out how else we support the gluten-free community.

[Learn More About GIG](#)

GIG is proud to be recognized by:



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