

Celiac Disease/Gluten Intolerance: The Benedictine Sisters of Perpetual Adoration in Clyde, Missouri, have made Vatican-approved, low-gluten altar breads since 2004. These breads have been tested by independent laboratories and deemed safe for use by many people with Celiac Sprue Disease.

In 2004 Dr. Alessio Fasano, at the time director of the Center for Celiac Research at the University of Maryland, maintained that the amount of gluten contained in one of the Benedictine Sisters' low-gluten altar breads (tested at < .01 percent) was so minute that someone diagnosed with Celiac Sprue Disease would have to consume 270 wafers daily in order to reach the danger point. A test done in 2016 indicated the gluten content was even more minimal - less than .001 percent. Dr. Fasano is now with the Center for Celiac Research and Treatment at Massachusetts General Hospital in Boston. The decision to receive a low-gluten host should be made on advice from your physician.

At Mass the priest will have the special container with the low-gluten hosts. At the time for Holy Communion simply process in the line being served by the priest, and when in front of the priest let him know you need a low-gluten host.