



Press Release
For Immediate Release
May 5, 2009

Meister's Gluten-Free Mixtures Joins CSA Recognition Seal Program

Meister's Gluten-Free Mixtures, a company based in Loda, Illinois, has recently completed the requirements to qualify for the Celiac Sprue Association's Recognition Seal Program. The use of the CSA five crossed grain Seal on packaging means the manufacturer has agreed to adhere to CSA's standards in representing their product to be free of wheat, barley, rye and oats (WBRO), their derivatives and crosses in product, processing or packaging. Meister's packaging will feature the Seal to indicate the products are appropriate for a medically prescribed celiac diet.

In order to qualify, Meister's Gluten-Free Mixtures provided CSA with their specific procedures and policies necessary to produce a product free of WBRO. CSA periodically conducts onsite inspections and engages the University of Nebraska for product testing by the Enzyme-Linked Immunosorbent Assay (ELISA) Method, sensitive to 5 ppm (parts per million) to assure continuity in the WBRO-free quality.

Meister's Gluten-Free Mixtures is a family owned and operated business producing an all-purpose gluten-free flour mixture that can be substituted cup for cup for wheat flour in most recipes. Meister's also produces a bread mix that can be used for baking yeast bread by oven or bread machine method. Meister's mission is threefold: To allow all people to bake gluten free more easily for their families, to give more people a chance to enjoy scrumptious baking, and to empower the food service industry to better serve all people with dietary restrictions. Meister's flour and bread mix is available in retail outlets in Illinois, St. Louis and Minneapolis and can also be purchased through www.meistersgf.com.

Meister's Gluten Free Mixtures joins Recognition Seal Program participating manufacturers AgVanced Enterprises, Aleia's Gluten Free Foods, Bay State Milling Company, BlueDominoes, Cali Fine Foods, Canino Sausage Company, Cupoladua Oven, Dakota Lakes, Domata Living Flour, Earth Source Organics, Earthly Treats, Fox Ridge Bakeries, Freeda Vitamins, Full Flavor Foods, Gluten-Free Creations, Gluten Free Essentials, Gluten Free and Fabulous, Gluten Free Mama Kitchen, Grandma Ferdon's, Hill's Chestnut Farm, Kookie Karma, The Lite-Ful Cheesecake™, Mixes from the Heartland, Mrs. May's Naturals, Mulay's Sausage Corporation, The Natural Bar, Purpose Foods/Sweet Fiber, Simply Boulder Foods, Skye Cookies, and SunWest Foods. Also recognized by the Program are the books *Recognizing Celiac Disease*, *The Gluten-Free Italian Cookbook: Classic Cuisine from the Italian Countryside*, and *The Gluten Free Passport* series. Restaurants participating in the program include The Soup Pot, GF Cucino's, Picazzo's Gourmet Pizzas, the Atrium Café and Anthony's Italian Chop House at the Doubletree Hotel in Oak Brook, IL and the Peppercorn Duck Club at the Kansas City Hyatt. Website links to all participants can be found on CSA's website, www.csaceliacs.org.

Celiac disease is a genetic auto immune disease which interferes with the body's ability to absorb nutrients. Current medical research reveals that statistically 1 out of 130 individuals will test positively for celiac disease. Once a patient is diagnosed with celiac disease, a diet free of wheat, barley, rye and oats will alleviate the symptoms, usually within weeks, and will help prevent the onset of related illnesses.

Five out of six people with celiac disease have yet to be diagnosed. Undiagnosed people will exhibit a variety of symptoms including, but not limited to, bloating, diarrhea, weight loss, mouth ulcers, fatigue or anemia. If undiagnosed, the disease can lead to serious illnesses such as osteoporosis and bowel cancer.

Current information on CSA and celiac disease is available at the CSA website, www.csaceliacs.org or by calling toll free 877-CSA-4-CSA.

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The Celiac Sprue Association (CSA) is a member-based 501(c)(3) non-profit organization dedicated to helping individuals with celiac disease and dermatitis herpetiformis worldwide through research, education and support.