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The TRUTH About GLUTEN Intolerance | Toilet Talk *Gluten Free Tax Relief Why*

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You may deduct the cost of gluten-free (GF) food that is in excess of the cost of the gluten containing food that you are replacing. For example, if a loaf of gluten-free bread costs \$5.00 and a comparable loaf of gluten containing bread costs \$2.50, you may include in your medical expenses the excess cost of \$2.50 for each loaf of bread you purchase.

*Tax Deductions | Celiac Disease Foundation*

a coeliac and you must purchase gluten free foods specifically manufactured to be gluten free; diabetic and you must purchase diabetic products if your doctor recommends that you include these in your diet. ... To claim tax relief on additional diet expenses, you must include the amount in your health expenses.

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A scientific paper on a study which investigates levels of gluten in foods claiming to be gluten free and the impact this could have for someone with the autoimmune disease coeliac disease.

*Coeliac disease and the availability of gluten-free food ...*

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Keep all your receipts for gluten free purchases, even if you are also keeping track with a supermarket loyalty scheme. Remember you need to hold onto receipts for six years as Revenue may audit your claim. At the end of the tax year, calculate the total amount you have spent on gluten-free items.

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