



Contact: Rachel Kay

(619) 867-7353

Rachel@rkpr.net

For Immediate Release

**Mary's Gone Crackers and the Celiac Disease Foundation Highlight Symptoms of
the Condition in Recognition of Celiac Awareness Month**

*Gourmet Gluten-Free Snack Company and Non-Profit Support Organization Promote Education,
Diagnosis and Lifestyle Changes*

Gridley, Calif. (May 7, 2008) – In recognition of National Celiac Disease Awareness Month in May, Mary's Gone Crackers, makers of gourmet gluten-free foods, and the Celiac Disease Foundation (CDF), have released a checklist of symptoms of the disease, which affects one in 133 adults and children. More than three million Americans are estimated to have Celiac Disease, yet 97 percent of people go undiagnosed. Those with Celiac Disease are unable to tolerate gluten, the common name for the natural proteins found in wheat, barley and rye.

Some common symptoms of Celiac Disease include:

- Recurring bloating, gas, or abdominal pain
- Chronic diarrhea or constipation or both
- Unexplained weight loss or weight gain
- Pale, foul-smelling stool
- Unexplained anemia
- Bone or joint pain
- Migraine headaches
- Behavior changes/depression/irritability
- Vitamin K Deficiency
- Fatigue, weakness or lack of energy
- Delayed growth or onset of puberty
- Failure to thrive (in infants)
- Missed menstrual periods

- Infertility – Male/Female
- Spontaneous miscarriages
- Canker sores inside the mouth
- Tooth discoloration or loss of enamel

Anyone who can identify with one of more of the symptoms listed may have Celiac Disease and should consult a doctor for more thorough testing, which typically starts with a blood test. In addition, anyone who has been diagnosed or has a family member who has been diagnosed with Type 1 diabetes, chronic fatigue syndrome, fibromyalgia, irritable bowel syndrome, eczema, Sjögren’s syndrome, Peripheral neuropathy, thyroid disease, Dermatitis Herpetiformis, or osteoporosis may also be at risk.

The number of Celiacs is in fact greater than those with Crohn’s Disease, Cystic Fibrosis, Multiple Sclerosis and Parkinson’s Disease combined. “We are proud to partner with Mary’s Gone Crackers to help raise awareness of Celiac Disease, said Elaine Monarch, founder/executive director, Celiac Disease Foundation. “We hope this checklist will encourage people to consult their healthcare professionals for proper diagnosis.”

Celiac Disease is one of the most common genetic conditions in the world that often goes undiagnosed because it is a multi-symptom, multi-system disorder. Symptoms vary and are not always gastrointestinal.

“Celiac Awareness Month is the perfect opportunity to shed some light on this widespread condition, and we are pleased to help educate people that there may be a name for the symptoms they thought they had to live with,” said Mary Waldner, co-founder of Mary’s Gone Crackers. “I spent years trying to find the source of my digestive pain and fatigue and my son’s migraines. I want others to know that they can achieve real health when they avoid gluten containing foods.”

Waldner was inspired to create Mary’s Gone Crackers after she was finally diagnosed with Celiac Disease and had scoured store shelves for tasty foods that she and her son could enjoy. Mary’s Gone Crackers is a line of delicious, gluten-free gourmet snacks that unite

great taste with satisfying nutrition. Loaded with a variety of exotic whole grains and nutritious ingredients, Mary's Gone Crackers are organic, Kosher and gluten-free and contain no added oils, trans-fats, sugar or dairy. Current products include the original snack crackers in five delectable flavors as well as the new Sticks & Twigs, delicious stick-snacks that will be available this summer. Mary's Gone Crackers can be found nationally in grocery food stores and natural food stores, including Whole Foods and Wild Oats.

To learn more about Celiac Disease, visit www.celiac.org. For more information about Mary's Gone Crackers, visit www.marysgonecrackers.com.

About the Celiac Disease Foundation

Since 1990, Celiac Disease Foundation (CDF) has been dedicated to promoting awareness to increase the rate of diagnosis. CDF is constantly expanding the supportive community for patients, families and healthcare professionals. CDF is actively involved in advocating for patient concerns and networking with other national and international organizations to improve the quality of life for Celiacs and their families. For more information, please visit www.celiac.org.

About Mary's Gone Crackers

Founded in 1999, by Mary Waldner and Dale Rodrigues, Mary's Gone Crackers manufactures a line of delicious gourmet crackers offering a savory taste sensation and satisfying crunch in five delectable flavors. Loaded with whole grains and nutritious ingredients, Mary's Gone Crackers are organic, Kosher and gluten-free and contain no added oils, trans-fats, sugar or dairy. Mary's Gone Crackers are available in natural and grocery stores nationwide. Mary's Gone Crackers is a proud sponsor of the Celiac Disease Foundation. For more information, please visit www.marysgonecrackers.com.

###