



Gluten Level Content in Beer

(by Brand)

More information: <https://gizigo.id/gluten-level-beer>

No	Beer	Category
1	Bud Light NEXT	Very low
2	Burning Brothers Irish Ale	Very low
3	Duvel Golden Ale	Very low
4	Duvel Tripel Hop Citra	Very low
5	Truly Hard Seltzer	Very low
6	Carlsberg Pilsner	Low
7	Corona Extra	Low
8	Daura Damm	Low
9	Dechutes Lil Squeezy	Low
10	Modelo Negra	Low
11	Omission Golden Light	Low
12	Omission Lager	Low
13	Omission Pale Ale	Low
14	Omission Ultimate IPA	Low
15	Pacifico Clara	Low
16	Sol	Low
17	Stone Delicious IPA	Low
18	Amstel Light	Moderate
19	Bud Light Platinum	Moderate
20	Hitachino Nest Red Rice Ale	Moderate
21	Maudite	Moderate
22	Michelob Ultra	Moderate

No	Beer	Category
23	Brooklyn Lager	Significant
24	Bud Light	Significant
25	Budweiser	Significant
26	Busch	Significant
27	Chimay Premiere	Significant
28	Coors Light	Significant
29	Corona Familiar	Significant
30	Corona Premier	Significant
31	Duvel 6,66 Blond Ade	Significant
32	Fat Tire	Significant
33	Firestone Pivo Pils	Significant
34	Heineken	Significant
35	Hite	Significant
36	Keystone Light	Significant
37	Miller Lite	Significant
38	Pabst Blue Ribbon	Significant
39	Sam Adams Boston Lager	Significant
40	Stella Artois	Significant
41	Summit EPA	Significant
42	Tecate	Significant
43	Tsingtao	Significant
44	Yanjing	Significant

Sources:

<https://cookingaldante.com/2023/02/05/ez-gluten-beer-testing-and-research/> Accessed April 28, 2023.

<http://gluteninbeer.blogspot.com/> Accessed April 28, 2023.

Gluten Level Category	Estimate
Very low	<10 ppm
Low	5-30 ppm
Moderate	20-60 ppm
Significant	30-120 ppm

Considered as a gluten free beer if contains <20 ppm (by FDA)

Disclaimer:

1. Some beers can show inconsistent gluten indications.
2. The independent tests are done and analyzed using EZ Gluten. The results obtained can vary for each person who tests it.
3. The EZ gluten reagents or test strips purchased simultaneously can degrade over time if used at different times.
4. Gizigo only compiles and presents information from research and other sources. Our content should not be construed as medical advice, and we cannot guarantee that the information is always up to date. You understand that you are using any and all information available here at your own risk.



Gluten content in the beers analyzed by the Swedish NFA (Nov. 2009)

(Gluteninnehåll i de öl som analyserats vid Livsmedelsverket)

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No	Manufacturer	Alcohol Strength	Color	Name	Gluten ppm (mg / L)
1	AB Åbro Brewery, Sweden	3.5	Light	Åbro Original	ND
2	AB Åbro Brewery, Sweden	3.5	Light	arton 56	ND
3	AB Åbro Brewery	5.2	Light	Anderssons Starköl	47
4	AB Åbro Brewery	5.2	Light	Småland	41
5	Artur Guinness Son & Co, Dublin, Ireland	3.5	Dark	Guinness Draft	48
6	Artur Guinness Son & Co, Dublin, Ireland	5	Dark	Guinness Extra Stout	62
7	Brau Union Österreich AG	2.8	Light	Zipfer	23
8	Carlsberg, Denmark	2.8	Light	Carlsberg Beer 2.8%	15
9	Carlsberg, Denmark	3.5	Light	Carlsberg Beer 3.5%	21
10	Carlsberg, Denmark	3.5	Dark	D. Carnegie & Co Porter	20
11	Carlsberg, Denmark	4.1	Light	Saxon glutenfri	ND
12	Cerveceria Modelo, Mexico	4.6	Light	Corona extra	ND
13	Cerveceria Cuauhtemoc Moctezuma, Mexico	4.5	Light	Sol	ND
14	Erdinger Weissbräu, Germany	5.3	Light	Erdinger Weissbier	1188
15	Erdinger Weissbräu, Germany	5.6	Dark	Erdinger Weissbier dunkel	1224
16	Eriksberg	5.6	Dark	Julöl	33
17	Falcon Breweries, Sweden	2.8	Light	Falcon	28
18	Falcon Breweries, Sweden	3.5	Between	Falcon Ale	22
19	Falcon Breweries, Sweden	3.5	Light	Falcon Extra brew	24
20	Falcon Breweries, Sweden	3.5	Light	Falcon Pils	67
21	Falcon Breweries, Sweden	5.2	Between	Falcon Bayerskt	55
22	Falken Falkenberg	3.5	Dark	Jul Öl	49
23	Grolsche Bierbrowerij, Holland	3.5	Light	Grolsch Premium lager	15
24	Harboes Brewery, Denmark	2.2	Light	Den Glada Dansken	25
25	Harboes Brewery, Denmark	2.8	Light	Dansk Pilsner Premium folköl	42
26	Harboes Brewery, Denmark	3.5	Light	Dansk Pilsner Premium folköl	34
27	Harboes Brewery AB Denmark	3.5	Light	Julöl	31
28	Harboes Brewery AB Denmark	7.3	Light	Bjørne Bryg	49
29	Hartwall PLC, Tornio, Finland	3.5	Light	Lapin Kulta	ND
30	Hartwall PLC, Tornio, Finland	5.2	Light	Lapin Kulta Premium lager	ND

ND = Not Detected, less than 10 mg of gluten per liter

Sources:

https://web.archive.org/web/20140622020601/http://celiakir2.episerverhotell.net/Global/K2_olsorter2009.pdf

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No	Manufacturer	Alcohol Strength	Color	Name	Gluten ppm (mg / L)
31	Heineken Brouwerijen, Holland	3.5	Light	Heineken	45
32	Hofbräu, Germany	6.3	Light	Hofbräu Oktober-festbier	26
33	Inbev UK Limited	3.5	Dark	Murphys Irish Strout	43
34	Jämtlands Brewery AB	6.5	Dark	Julöl	ND
35	Kopparbergs Brewery	5.3	Light	Fagerhult Export III	93
36	Kra'sne' Březno	4.8	Dark	Zlatopramen	47
37	Kronenbourg Strasbourg, France	5	Light	Kronenbourg 1664	97
38	Krönleins Brewery AB Halmstad	5.3	Dark	Julöl export	33
39	Löwenbräu, Germany	6.1	Light	Löwenbräu Oktober-festbier	21
40	Mariestad Brewery AB [Spendrups]	2.8	Light	Mariestads	40
41	Mariestad Brewery AB [Spendrups]	3.5	Light	Mariestads	ND
42	Mariestad Brewery AB	3.5	Between	Julebrygd	60
43	Pivovar Nová Paka, Czech republic	2.8	Light	BrouCzech	ND
44	Pivovary Staropramen	3.5	Light	Staropramen	21
45	Pripps Sweden	2.2	Light	Pripps Lättöl	17
46	Pripps Sweden	3.5	Light	Pripps Blå Special lager	32
47	Pripps Sweden	3.5	Light	Pripps Blå Pure	28
48	Pripps (Carlsberg)	5	Dark	Julöl	33
49	Pripps (Carlsberg)	5.2	Light	Pripps Blå	66
50	Shepherd Neame Faversham Kent	3.5	Between	Bishops Finger	ND
51	Singha Corp. Thailand	5	Light	Singha Premium lager beer	17
52	Slottskällans Brewery	3.5	Dark	Uppsala Julöl	23
53	Slottskällans Brewery AB	3.5	Light	Vit Weissbier	67
54	Slottskällans Brewery AB	3.5	Between	Wien	ND
55	Slottskällans Brewery AB	9	Dark	Imperial Stout	50
56	Spendrups Brewery AB	2	Dark	Gammeldags Svagdricka	ND
57	Spendrups Brewery AB	2.1	Light	Spendrups Premium lager	31
58	Spendrups Brewery AB	2.8	Light	Norrlands Guld	21
59	Spendrups Brewery AB	3.5	Light	Norrlands Guld	35
60	Spendrups Brewery AB	3.5	Light	Spendrups Premium Gold	ND

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No	Manufacturer	Alcohol Strength	Color	Name	Gluten ppm (mg / L)
61	Spendrups Brewery AB	3.5	Light	Spendrup Bright Brew	28
62	Spendrups Brewery AB	3.5	Light	Odin Pilsner	46
63	Spendrups Brewery AB	5	Light	Spendrups Premium lager	53
64	Spendrups Brewery AB	5.2	Light	Julöl	24
65	Spendrups Brewery AB	5.3	Light	Mariestads Export	45
66	Spendrups Brewery AB	5.3	Light	Norrlands Guld	38
67	Spendrups Brewery AB	5.3	Light	Norrlands Jul	ND
68	Spendrups Brewery AB	5.9	Light	Spendrups Premium Gold	35
69	Spendrups Brewery AB	7	Dark	Julbock	34
70	Starobrno Brewery Czech	3.5	Light	Starobrno Premium lager	21
71	St Peter's Brewery & Shop, UK*	4.2	Light	St Peters G-free (gluten free)	ND
72	Tuborg Copenhagen, Denmark	3.5	Light	Tuborg Premium Beer Gold	28
73	Zeunerts AB, Sollefteå	2.1	Dark	Julöl	37

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*According to the ingredients list on the brew sorghum

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Gluten Level Content in Beer

(by Type)

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No	Beer	Grain	Ppm (based on ELISA)
1	Ale	Barley	0.05 - 35.0
2	Ale (wheat)	Wheat/barley	920 - 16,811
3	Dark lager	Wheat/barley	325
4	Gluten free	Barley, sorghum, or millet	0.05 - 1.95
5	Lager	Barley	0.06 - 341
6	Light	Barley	152
7	Light lager	Barley	0.07 - 1.82
8	Low alcohol	Wheat	258
9	Low carb. lager	Barley	191
10	Low gluten	Sorghum	0.07
11	Pilsner	Barley	0.1 - 0.8
12	Stout (barley)	Barley	220 - 470
13	Stout (wheat)	Wheat	13,530
14	Strong stout	Barley	464
15	Wheat	Wheat	7,700 - 20,200
16	Wild type	Barley	40,800 - 42,300

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3585340/> Accessed April 28, 2023.

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