

## Common Signs and Symptoms

- Anemia
- Anxiety
- Brain fog, depression, fatigue/tiredness
- Bloating or gas
- Constipation
- Diarrhea, vomiting
- Discolored teeth, mouth sores
- Headaches or migraine
- Infertility
- Itchy skin rash
- Joint pain, numbness, tingling
- Liver disease
- Thin bones

Learn more and fill out the symptoms checklist at BeyondCeliac.org/Symptoms-Checklist

