

# Stomach cramps. Brain fog. Fatigue. Diarrhoea. Know the feeling?

Half a million people across the UK are living with the symptoms of undiagnosed coeliac disease without knowing the cause. But when the symptoms are persistent and unexplained, it can stop you from getting on with your life.

If this feels familiar, you're not alone. Taking our free self-assessment could be the first step towards clarity, support and feeling better.

Visit [isitcoeliacdisease.org.uk](https://isitcoeliacdisease.org.uk)

Or scan the QR code



Coeliac UK is a charity registered in England & Wales (1048167) & in Scotland (SC039804) & a company limited by guarantee in England & Wales (3068044)