

Gluten Free Food Prescribable Product List

October 2015

This Prescribable Product List will be updated annually. If in the interim products are discontinued the list will be updated in due course. Available online:

For patients : <http://www.gccprescribing.org.uk/non-medicines-formularies/>

For community pharmacists:

<http://www.staffnet.ggc.scot.nhs.uk/Acute/Division%20Wide%20Services/Pharmacy%20and%20Prescribing%20Support%20Unit/Community%20Pharmacy/Pages/NewGlutenFreeFoodService.aspx>

For other health professionals: <http://www.gccprescribing.org.uk/non-medicines-formularies/>

What products to prescribe and at what quantity

ACBS indications for gluten free foods: established gluten-sensitive enteropathies including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis.

ACBS indications for gluten & wheat free foods: established gluten-sensitive enteropathies with coexisting wheat sensitivity only. These products are highlighted with a square ■.

There is useful guidance on the Coeliac UK website.

[Coeliac UK Prescribing Guidelines September 2013](#)

Age and sex	Number of units/month
Child 1-3 years	10
Child 4-6 years	11
Child 7-10 years	13
Child 11-14 years	15
Child 15-18 years	18
Male 19-59 years	18
Male 60-74 years	16
Male 75+ years	14
Female 19-74 years	14
Female 75+ years	12
Breastfeeding	Add 4
3 rd trimester pregnancy	Add 1

Below is the number of units represented by the prescribable gluten free food item.

Prescribable food item	No. of units
<400g bread	½
400-599g bread	1
600g + bread	1 ½
500g bread mix or flour mix	2
150-250g rolls/baguettes	½
251-400g rolls/ baguettes	1
<199g savoury biscuits/crackers	½
200g + savoury biscuits/crackers	1
250g pasta	1
251-499g pasta	1 ½
500g+	2
2 x 110g -180g pizza bases	1
100-170g xanthan gum	1
500g oats Or 300g cereal	1½

Gluten Free Prescribable Product List

Products highlighted with a ■ are prescribable for those with coexisting wheat sensitivity only. Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of April 2015. This list is intended as a reference document. While NHS GGC endeavours to ensure that the information in this list is correct, NHS GGC does not warrant the accuracy and completeness of the material in the list. **When ordering a gluten free product please ensure you select a wholesaler who will not charge out of pocket expenses (OOPE) or please order directly from the manufacturer. All formulary gluten free products are not subject to OOPE by the manufacturer. Please note the wholesaler may apply OOPE if not a 'stock item' typically £20 in addition to cost of the item.**

ITEM	CODE	NO OF UNITS
BREAD & ROLLS		
GENIUS – All Breads are Fresh		
Soft & Tasty Sandwich Bread Brown Sliced 535g x6	(PIP Code 379-8550)	6
Soft & Tasty Sandwich Bread White Sliced 535g x6	(PIP Code 379-8568)	6
Original Bread Brown Sliced 400g x8	(PIP Code 370-0440)	8
Original Bread White Sliced Bread 400g x8	(PIP Code 370-0432)	8
Delivery costs to pharmacies: Genius products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. See contact details. The pharmacy needs to place orders as follows: <ul style="list-style-type: none"> • Before 2.00 pm Mondays – for delivery on Thursday • Before 2.00 pm Tuesdays – for delivery on Friday • Before 2.00pm Wednesdays – for delivery on Tuesday • Before 2.00 pm Thursdays – for delivery on Tuesday • Before 9.00 pm Saturdays and Sundays – for delivery on Wednesday 		
ITEM		
CODE		
NO OF UNITS		
GLUTAFIN		
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 237-7356)	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 090-4268)	1
Gluten Free Part Baked Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½
Gluten Free White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
Gluten Free Select Fresh White Loaf Sliced 400g x8	(PIP Code: 290-6840)	8
Gluten Free Select Seeded Loaf – Sliced 400g	(PIP Code: 308-9364)	1
Gluten Free Part-Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)	½
Gluten Free Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)	½
Glutafin are Dr Schar products. See contact details. Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. <ul style="list-style-type: none"> • Fresh Loaves are supplied in cases of 8 • Delivery of white bread- place the order before 10am on Tuesday to be delivered Friday or order before 2pm on Friday to be delivered Wednesday 		
JUST – All Breads are Fresh		
Just: gluten-free good white bread 380g x6	(PIP Code:100-0015)	6
Just: White Sandwich Bread 600g x6	(PIP Code:100-0046)	9
Just: gluten-free good white rolls 260g (4x 65g) x6	(PIP Code: 100-0039)	6
Delivery costs to pharmacies: Just products are delivered by courier to pharmacies without any administrative or delivery charges. See contact details. <ul style="list-style-type: none"> • Fresh Loaves and Rolls are supplied in cases of 6 • Delivery cost is included in the cost of each case • Minimum order is one case per delivery • Place order on Thursday and Friday for delivery on Monday (except bank holidays) • Place order on Sunday for delivery on Wednesday • Place order on Monday for delivery on Thursday • Place order on Tuesday and Wednesday for delivery on Friday 		

ITEM	CODE	NO OF UNITS
JUVELA		
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 074-8590)	1
Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1
Gluten Free Fresh Fibre Loaf - Sliced 400g x8	(PIP Code: 339-9789)	8
Gluten Free Fresh White Loaf – Sliced 400g x8	(PIP Code: 322-0217)	8
Fresh White Rolls (5 pack - each roll 85g) 425g x8	(PIP Code 355-8871)	8
Part-baked White Rolls (5 pack - each roll 75g) 375g	(PIP Code: 243-7267)	1
Part-baked Fibre Rolls (5 pack - each roll 75g) 375g	(PIP Code: 262-9020)	1
White Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1
<p>Delivery costs to pharmacies: Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. See contact details. Both Fresh Loaves and Rolls are supplied in cases of 8. You can also order any combination of both fresh bread & rolls i.e. 4 packs fresh fibre rolls & 4 packs of fresh white loaves (use PIP code for individual product).</p> <ul style="list-style-type: none"> • Place order before 10:00 am on a Monday, it will be delivered on Wednesday. • Place order before 10:00 am on a Wednesday, it will be delivered on Friday. • Place order after 10:00 am on a Wednesday, it will be delivered the following Wednesday. • Mixed cases and rolls will be delivered on a Friday only. 		

ITEM	CODE	NO OF UNITS
LIVWELL		
Tear Drop Flat Breads (Naan) (2 pack) 180g	(PIP Code 339-8591)	½
Flat Breads 220g	(PIP Code: 339-8583)	½
Ciabatta Rolls (Part Baked) Square Dinner Rolls (2 pack) 160g	(PIP Code 351-8552)	½
Baguette 140g	(PIP Code: 322-1199)	½
White Bread – Sliced 200g	(PIP Code: 322-1173)	½
Toasting Bread Buns (English Muffins) (4 pack) 180g	(PIP Code: 335-4735)	½
<p>Delivery costs to pharmacies: Livwell now part of Genius. Products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. See contact details.</p>		
WARBURTONS – All Breads are Fresh		
Gluten Free Sliced Brown Bread 400g x4	(PIP Code: 368-5278)	4
Gluten Free Sliced White Bread 400g x4	(PIP Code: 368-5260)	4
Gluten Free White Thin Rolls (4 pack x 58g) 232g x 4	(PIP Code: 391-4496)	2
<p>Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix Medical Supplies Ltd from 1st May 2015. See contact details.</p> <ul style="list-style-type: none"> • Both Fresh Loaves and Rolls are supplied in minimum cases of 4. • Products ordered by 5pm on Fridays are delivered to pharmacies on Tuesdays. 		

ITEM	CODE	NO OF UNITS
HOME BAKING		
GLUTAFIN		
Gluten Free Bread Mix 500g	(PIP Code: 298-8418) ■	2
Gluten Free Multipurpose White Mix 500g	(PIP Code: 231-2981)	2
Gluten Free Select Bread Mix 500g	(PIP Code: 274-4951)	2
Gluten Free Select Multipurpose White Mix 500g	(PIP Code: 004-5187)	2
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. 		
JUVELA		
Fibre Mix 500g	(PIP Code: 023-6042)	2
White Mix 500g	(PIP Code: 035-2161)	2
Harvest White Mix 500g	(PIP Code: 247-7875)	2
See contact details. Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges 		
ORGRAN		
Self Raising Flour 500g	(PIP Code: 273-4762)	2
Bread Mix Wholemeal 450g	(PIP Code: 329-9138)	2
Plain Flour 500g	(PIP Code: 288-1415)	2
Orgran products are distributed by Naturally Good Foods. See contact details.		
<ul style="list-style-type: none"> Delivery costs as per wholesaler standard cost from AAH (SR flour and bread mix; Phoenix (all prescribable range) and Alliance Health Care (all prescribable range) 		

ITEM	CODE	NO OF UNITS
PIZZA BASES		
GLUTAFIN		
Gluten Free Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. 		
JUELA		
Pizza Bases (2 pack) 360g	(PIP Code: 265-4390)	1
See contact details. Delivery costs to pharmacies: All products are routinely stocked. <ul style="list-style-type: none"> Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges 		

ITEM	CODE	NO OF UNITS
BREAKFAST CEREAL		
GLUTAFIN		
Gluten-free cornflakes 375g	(PIP Code: 381-3748)	1 ½
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. 		
NAIRNS		
Gluten Free Porridge Oats 500g	(PIP Code 368-7332)	1 ½
See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> Available through Alliance Health Care, AAH, Phoenix Medical Pharmacy Wholesalers. 		
JUELA		
Gluten-Free Flakes 300g	(PIP Code 371-1652)	1 ½
Gluten-Free Fibre Flakes 300g	(PIP Code 371-1660)	1 ½
Corn Flakes 375g	(PIP Code 388-2990)	1 ½
Crispy Rice 375g	(PIP Code 388-2982)	1 ½
See contact details. Delivery costs to pharmacies: All products are routinely stocked. <ul style="list-style-type: none"> Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges 		

ITEM	CODE	NO OF UNITS
PASTA		
GLUTAFIN		
Lasagne 250g	(PIP Code: 215-5091)	1
Pasta Shells (Conchiglie) 500g	(PIP Code: 250-0676)	2
Fusilli (Spirals) 500g	(PIP Code: 211-5178)	2
Fibre Fusilli (Spirals) 500g	(PIP Code: 386-2646)	2
Fibre Spaghetti 500g	(PIP Code: 386-2653)	2
Penne 500g	(PIP Code: 211-5152)	2
Spaghetti 500g	(PIP Code: 211-5160)	2
Tagliatelle 250g	(PIP Code: 215-5109)	1
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> • Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. 		
JUVELA		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fusilli (spirals) 500g	(PIP Code: 280-7980)	2
Lasagne Sheets 250g	(PIP Code: 280-7972)	1
Macaroni 500g	(PIP Code: 280-8004)	2
Spaghetti 500g	(PIP Code: 280-7998)	2
Tagliatelle 250g	(PIP Code: 319-3497)	1
See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> • Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges 		
ORGRAN		
Corn and Rice Spaghetti 250g	(PIP Code: 355-3435)	1
Spaghetti Noodles 375g	(PIP Code: 303-3750)	1½
Orgran products are distributed by Naturally Good Foods. See contact details.		
<ul style="list-style-type: none"> • Delivery costs as per wholesaler standard cost from AAH (SR flour and bread mix; Phoenix (all prescribable range) and Alliance Health Care (all prescribable range) 		

ITEM	CODE	NO OF UNITS
CRACKERS & CRISPBREAD		
GLUTAFIN		
Crackers 200g	(PIP Code: 009-3302)	1
Crisp Bread 150g	(PIP Code: 338-4443) ■	½
High Fibre Crackers 200g	(PIP Code: 018-7641)	1
Savoury Shorts 130g	(PIP Code: 359-6996)	½
Mini Crackers 175g	(PIP Code: 353 5515)	½
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. 		
ORGRAN		
Corn Crispbread Toasted 125g	(PIP Code: 351-3397)	½
Orgran products are distributed by Naturally Good Foods. See contact details. <ul style="list-style-type: none"> Delivery costs as per wholesaler standard cost from AAH (SR flour and bread mix; Phoenix (all prescribable range) and Alliance Health Care (all prescribable range) 		
WARBURTONS		
Gluten Free Bran Crackers 150g	(PIP Code: 378-4865)	½
See contact details. Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix Medical Supplies Ltd from 1 st May 2015 <ul style="list-style-type: none"> Products ordered by 5pm on Fridays are delivered to pharmacies on Tuesdays. 		

ITEM	CODE	NO OF UNITS
BAKING AIDS		
ENER-G		
Xanthan Gum 170g	(PIP Code: 272-4318)	1
See contact details. <ul style="list-style-type: none"> No handling or distribution costs apply if ordered through Phoenix Medical Supplies Ltd. 		
INNOVATIVE SOLUTIONS		
Pure Xanthan Gum 100g	(PIP Code: 282-8572)	1
See contact details. <ul style="list-style-type: none"> AAH Pharmaceuticals and Alliance Healthcare stock and distribute 		

GLUTEN FREE FOOD PRODUCT MANUFACTURERS CONTACT DETAILS

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