

Gluten Free Food Prescribable Product List August 2016

This lists the gluten free products that are available on prescription in NHS Forth Valley. Every month you can select a number of units of gluten free food from the list. Please see the table below for your monthly number of units.

This list is updated annually.

It is available online at:

www.nhsforthvalley.com/health-services/az-of-services/gluten-free-food-

The number of units per month

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 gluten free food item

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

Gluten Free Prescribable Product List

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 ■. Products highlighted with a ■ are prescribable for those with coexisting wheat sensitivity only.

In line with Coeliac UK guidance 2013, Sweet biscuits should only be considered in exceptional circumstances on clinical advice. **There is useful guidance on the Coeliac UK website.** [Coeliac UK Prescribing Guidelines September 2013](#)

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of July 2016. This list is intended as a reference document and Forth Valley Health Board endeavours to ensure that the information including both product and delivery costs in this list is correct at time of issue. Forth Valley Health Board does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS
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BREAD & ROLLS

ENER-G

Brown Rice Bread 474g	(PIP Code: 221-2470)	1
Seattle Brown Loaf Sliced 454g	(PIP Code: 288-1324)	1
White Rice Bread Sliced 456g	(PIP Code: 225-9455)	1
Dinner Rolls (6 pack) 280g	(PIP Code: 317-5502)	1
Seattle Brown Rolls Hamburger (4 pack) 320g	(PIP Code: 295-5870) ■	1

ENER-G can be ordered directly from General Dietary Ltd in individual units. See contact details.

Delivery Costs for pharmacies:

- Orders up to £10 = £4.50
- Orders £10 – £20 = £6.00
- Orders £20 - £35 = £8.00
- Orders £35 + free delivery

GENIUS (ALL GENIUS BREAD IS FRESH)

Original Bread Brown Sliced 400g x8	(PIP Code 370-0440)	8
Original Bread White Sliced Bread 400g x8	(PIP Code 370-0432)	8
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
White Bloomer 240g x 8	(PIP Code 379-8576)	4

Genius products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.

The pharmacy needs to place Genius Bread orders as follows:

- Before 2.00 pm Mondays –delivered on the Thursday
- Before 2.00 pm Tuesdays –delivered on the Friday
- Before 2.00pm Wednesdays – for delivery on Tuesday
- Before 2pm on a Thursday – delivery on Tuesday
- Before 9.00 pm Saturdays and Sundays –delivered on the Wednesday

Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.

GLUTAFIN

Gluten Free White Loaf – Sliced 300g	(PIP Code: 090-4268)	1
Gluten Free Fibre Loaf – Sliced 300g	(PIP Code: 237-7356)	1
Gluten Free White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
Gluten Free Part- Baked Baguettes (2 pack) 350g	(PIP Code: 224-0117)	1
Gluten Free Part- Baked Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½
Gluten Free Part- Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)	½
Gluten Free Part- Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)	½
Gluten Free Select Fibre Loaf – Sliced 400g	(PIP Code: 054-6101)	1
Gluten Free Select Seeded Loaf – Sliced 400g	(PIP Code: 308-9364)	1
Gluten Free Select White Loaf – Sliced 400g	(PIP Code: 054-6093)	1
Gluten Free Select Fresh Brown Loaf 400g x8	(PIP Code: 330-6800)	8
Gluten Free Select Fresh White Loaf 400g x8	(PIP Code: 290-6840)	8

Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.

Glutafin fresh bread orders/ delivery:

- Fresh Loaves are supplied in cases of 8
- Delivery of fresh brown bread – place the order before 2pm on Friday to be delivered on Wednesday
- 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

Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.

ITEM	CODE	NO OF UNITS
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BREAD & ROLLS CONT...

JUVELA

Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)	1
Gluten Free Fibre Loaf – Unsliced 400g	(PIP Code: 010-1675)	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 074-8590)	1
Gluten Free White Loaf – Unsliced 400g	(PIP Code: 031-4781)	1
Gluten Free Part-baked Fibre Loaf 400g	(PIP Code: 273-6890)	1
Gluten Free Part-baked White Loaf 400g	(PIP Code: 273-6882)	1
Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1
Part-baked Fibre Rolls (5 pack - each roll 75g) 375g	(PIP Code: 262-9020)	1
Part-baked White Rolls (5 pack - each roll 75g) 375g	(PIP Code: 243-7267)	1
White Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1
Gluten Free Fresh Fibre Sliced Loaf 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
Fresh Fibre Rolls (5 pack - each roll 85g) 425g x8	(PIP Code 355-6800)	8

Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges

Juvela fresh bread/ rolls orders/ delivery:

- Both Fresh Loaves and Rolls are supplied in cases of 8.
- You can 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).

The pharmacy needs to place orders as follows:

- Before 10.00am on Mondays –delivered Wednesday
- Before 10.00am Wednesday –delivered Friday
- After 10.00am Wednesday –delivered following Wednesday

Mixed cases and rolls will be delivered on a Friday only.

Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.

LIVWELL

Flat Breads 220g	(PIP Code: 339-8583)	½
Tear Drop Flat Breads (Naan) (2 pack) 180g	(PIP Code 339-8591)	½
Ciabatta Rolls (Part Baked)–Square Dinner Rolls (2 pack)160g	(PIP Code 351-8552)	½
Toasting Bread Buns (English Muffins) (4 pack) 180g	(PIP Code: 335-4735)	½
White Bread – Sliced 200g	(PIP Code: 322-1173)	½
White Rolls (4 pack) 240g	(PIP Code: 322-1207)	½

Livwell (now part of Genius) can be ordered through Alliance Healthcare Distribution Limited & AAH.

WARBURTONS (ALL WARBURTONS BREAD IS 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 Sliced Seeded Loaf 400g x4	(PIP Code: 401-8867)	4
Gluten Free White Thin Rolls (4 rolls per pack) 232g x4	(PIP Code: 391-4496)	2
Gluten Free Seeded Thin Rolls (4 rolls per pack) 232g x4	(PIP Code: 402-3511)	2
Gluten Free Brown Sub Rolls (3 rolls per pack) 220g x4	(PIP Code: 368-5294)	2
Gluten Free White Sub Rolls (3 rolls per pack) 220g x4	(PIP Code: 368-5286)	2

Warburtons have no handling or distribution costs if ordered through AAH or Phoenix Healthcare Distribution Ltd from 1st May 2015.

- Both Fresh Loaves and Rolls are supplied in minimum cases of 4.
- Products ordered by 5pm on Fridays are delivered to pharmacies on Tuesdays

Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.

ITEM	CODE	NO OF UNITS
HOME BAKING		
GLUTAFIN		
Gluten Free Bread Mix 500g	(PIP Code: 298-8418) ■	2
Gluten Free Fibre Bread Mix 500g	(PIP Code: 298-8426) ■	2
Gluten Free Multipurpose Fibre Mix 500g	(PIP Code: 231-2973)	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 Fibre Bread Mix 500g	(PIP Code: 297-9912)	2
Gluten Free Select Multipurpose Fibre Mix 500g	(PIP Code: 004-5591)	2
Gluten Free Select Multipurpose White Mix 500g	(PIP Code: 004-5187)	2
Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.		
INNOVATIVE SOLUTIONS		
Pure Brown Rice Flour 500g	(PIP Code: 325-7912)	2
Pure Tapioca Starch (Flour) 500g	(PIP Code: 325-7946)	2
Pure White Rice Flour 500g	(PIP Code: 325-7904)	2
Pure Brown Teff Flour 1kg	(PIP code: 343-1467)	4
Pure White Teff Flour 1kg	(PIP Code: 343-1483)	4
Innovative Solutions products are stocked and distributed by AAH Pharmaceuticals & Alliance Healthcare Distribution Ltd. Delivery Costs for pharmacies:		
<ul style="list-style-type: none"> • Orders up to 500g = £4.02 • Order 501g – 5kg = £7.80 • Order 5.01kg – 10kg = £ 8.52 • Order 10.01kg – 25kg = £13.56 • Order 25.01kg and over £15.60 • Orders placed (order direct) by 11am - next day delivery 		
Orders placed after 11am - dispatched next working day		
JUVELA		
Fibre Mix 500g	(PIP Code: 023-6042)	2
Harvest White Mix 500g	(PIP Code: 247-7875)	2
White Mix 500g	(PIP Code: 035-2161)	2
Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges		
BAKING AIDS		
ENER-G		
Xanthan Gum 170g	(PIP Code: 272-4318)	1
ENER-G can be ordered directly from General Dietary Ltd in individual units.		
Delivery Costs for pharmacies:		
<ul style="list-style-type: none"> • Orders up to £10 = £4.50 • Orders £10 – £20 = £6.00 • Orders £20 - £35 = £8.00 • Orders £35 + free delivery 		
PIZZA BASES		
GLUTAFIN		
Gluten Free Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1
Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.		
JUVELA		
Pizza Bases (2 pack) 360g	(PIP Code: 265-4390)	1
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		
Pasta Lasagne 250g	(PIP Code: 215-5091)	1
Pasta Shells (Conchiglie) 500g	(PIP Code: 250-0676)	2
Fusilli (Spirals) 500g	(PIP Code: 211-5178)	2
Penne 500g	(PIP Code: 211-5152)	2
Spaghetti 500g	(PIP Code: 211-5160)	2
Tagliatelle 250g	(PIP Code: 215-5109)	1
Fibre Fusilli (Spirals) 500g	(PIP Code: 386-2646)	2
Fibre Spaghetti 500g	(PIP Code: 386-2653)	2
Glutafin (Dr Schar) 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
Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges		
RIZOPIA		
ORGANIC BROWN RICE PASTA		
Fusilli 500g	(PIP Code: 340-0074)	2
Lasagne 375g	(PIP Code: 340-0108)	1 ½
Penne 500g	(PIP Code: 340-0082)	2
Spaghetti 500g	(PIP Code: 340-0090)	2
Rizopia products are distributed by AAH Pharmaceuticals, Alliance Healthcare Distribution Ltd, and Phoenix Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.		
ITEM	CODE	NO OF UNITS
CRACKERS & CRISPBREAD		
GLUTAFIN		
Crackers 200g	(PIP Code: 009-3302)	1
Crispbread 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 (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.		
JUVELA		
Crispbread 200g	(PIP Code: 236-6136)	1
Savoury Biscuits 150g	(PIP Code: 310-7893)	½
Crackers (2 x 62.5g)125g	(PIP Code: 377-9576)	½
Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.		
WARBURTONS		
Bran Crackers 150g	(PIP Code: 378-4865)	½
Warburtons have no handling or distribution costs if ordered through AAH or Phoenix Healthcare Distribution Ltd from 1st May 2015 Products ordered by 5pm on Fridays are delivered to pharmacies on Tuesdays.		

BREAKFAST CEREAL**GLUTAFIN**

Gluten-free cornflakes 375g	(PIP Code: 381-3748)	1 ½
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Glutafin (Dr Schar) 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
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Nairns products are available through Alliance Healthcare Distribution Ltd, AAH & Phoenix Healthcare Distribution Ltd Wholesalers.

JUVELA

Corn Flakes 375g	(PIP Code 388-2990)	1 ½
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Crispy Rice 375g	(PIP Code 388-2982)	1 ½
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Gluten Free Fibre Flakes 300g	(PIP Code 371-1660)	1 ½
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Gluten Free Flakes 300g	(PIP Code 371-1652)	1 ½
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Pure Oats 500g	(PIP Code 371-1678)	1 ½
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Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.

Gluten-Free Products – Manufacturers

If you would like to try a new gluten-free product, contact the manufacturers directly as most will be able to send you a free sample.

DR SCHAR

Glutafin,
Dr Schar,
Units 1-2, Station Court, 442 Stockport Road,
Warrington, WA4 2GW
Tel: 0800 988 2470

Email: glutenfree@glutafin.co.uk
www.glutafin.co.uk

Tel: ordering 0844 854 4998,
<http://www.glutafin.co.uk/healthcare-professionals/glutafin-fresh-bread-ordering/>

Brands- GLUTAFIN

GENERAL DIETARY LTD

Trident Court
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Tel: 0203 044 2933 (customer support)
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Brands – ENER-G

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www.geniusglutenfree.com
Brands – GENIUS, LIVWELL

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Brands – LIVWELL

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Brands – RIZOPIA

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Brands – JUELA GLUTEN FREE

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Brands - NAIRNS

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Pharmacy Services Tel: 020 3044 8021
Gluten Free Bread Team:0844 854 4998
information@alliance-healthcare.co.uk

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