



# Prescribable Gluten Free Foods List

(May 2019)

# Gluten Free Food Prescribable Product List

April 2019

This guideline is updated annually. Every effort is made to ensure its accuracy for both products and delivery costs. However, some products may not be included as they may not have been available in time for the update. Available online :

<https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service#food-lists-and-allowances>

### 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 <sup>rd</sup> 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	1 ½

In line with Coeliac UK guidance 2013, Sweet biscuits should only be considered in exceptional circumstances on clinical advice.

Prescribable food item	No. of units
<199g sweet biscuits	½
200g+ sweet biscuits	1

## 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 September 2017. This list is intended as a reference document. While NHS Borders Health Board endeavours to ensure that the information in this list is correct, NHS Borders Health Board does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS
<b>BREAD &amp; ROLLS</b>		
<b>ENER-G</b>		
Brown Rice Sliced Bread 474g	(PIP Code: 221-2470)	1
Rice Loaf – Yeast Free Sliced 612g	(PIP Code: 314-3757)	1 ½
Seattle Brown Loaf Sliced 454g	(PIP Code: 288-1324)	1
Tapioca Bread Sliced 480g	(PIP Code: 233-5370)	1
White Rice Bread Sliced 456g	(PIP Code: 225-9455)	1
Dinner Rolls (6 pack) 280g	(PIP Code: 317-5502)	1
<ul style="list-style-type: none"> <li>Delivery costs to pharmacies: All items are available to order from AAH, Alliance with no associated delivery costs. Not every wholesaler will stock full range. Phoenix may charge for delivery dependant on account status.</li> </ul>		
<b>GENIUS – All Breads are Fresh</b>		
Soft Brown Sandwich Loaf Sliced 535g x6	(PIP Code 379-8550)	6
Soft White Sandwich Loaf Sliced 535g x6	(PIP Code 379-8568)	6
Seeded Brown Farmhouse Loaf Sliced 535g x 6	(PIP Code 403-8345)	6
Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges. See contact details. The pharmacy needs to place orders as follows: <ul style="list-style-type: none"> <li>Before 2.00 pm Mondays – for delivery on Thursday</li> <li>Before 2.00 pm Tuesdays – for delivery on Friday</li> <li>Before 2.00pm Wednesdays – for delivery on Tuesday</li> <li>Before 2.00 pm Thursdays – for delivery on Tuesday</li> <li>Before 9.00 pm Saturdays and Sundays – for delivery on Wednesday</li> </ul>		
<b>GLUTAFIN</b>		
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 White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
Gluten Free Select Fibre Loaf – Sliced 400g	(PIP Code: 054-6101)	1
Gluten Free Select Fresh Brown Loaf Sliced 400g x8	(PIP Code: 330-6800)	8
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 Select White Loaf – Sliced 400g	(PIP Code: 054-6093)	1
Gluten Free Select Fresh Seeded Loaf – Sliced 400g x8	(PIP Code: 402-3685)	8
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 without any administrative or delivery charges. <ul style="list-style-type: none"> <li>Fresh Loaves are supplied in cases of 8</li> <li>Delivery of fresh brown, seeded and white bread- place the order before 2pm on Friday for delivery the following Wednesday</li> <li>Delivery of fresh white bread only - place the order before 10am on Tuesday to be delivered the following Friday</li> <li>Fresh bread only can be ordered online at <a href="https://www.alloga.co.uk/GLUTAFIN/">https://www.alloga.co.uk/GLUTAFIN/</a></li> </ul>		

ITEM	CODE	NO OF UNITS
<b>JUVELA</b>		
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 unsliced 400g	(PIP Code: 273-6890)	1
Gluten Free Part-baked White Loaf unsliced 400g	(PIP Code: 273-6882)	1
Gluten Free 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
Fresh Fibre Rolls (5 pack - each roll 85g) 425g x8	(PIP Code 355-6800)	8
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
Mixed Case Fresh White (20x85g rolls + 4x400g loaves sliced)	(PIP Code: 836-4259)	8
Mixed Case Fresh Fibre (20x85g rolls + 4x400g loaves sliced)	(PIP Code: 836-4242)	8
Mixed Case Fresh Loaves (4x400g fibre + 4x400g white)	(PIP Code: 839-2821)	8
Mixed Case Fresh Rolls (20x85g rolls fibre + 20x85g rolls white)	(PIP Code: 839-2839)	8
Mixed Case Fresh Loaves and Rolls (20x85g fibre rolls + 4x400g white loaves)	(PIP Code: 839-2847)	8
Mixed Case Fresh Loaves and Rolls (20x85g white rolls + 4x400g fibre loaves)	(PIP Code: 839-2730)	8
<p>Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges. See contact details. Both Fresh Loaves and Rolls are supplied in cases of 8. Mixed cases are also available. You can also order any combination of both fresh bread &amp; rolls i.e. 4 packs fresh fibre rolls &amp; 4 packs of fresh white loaves (use PIP code for individual product).</p> <p>All combinations of loaves and rolls are delivered to the pharmacy 4 times a week</p> <ul style="list-style-type: none"> <li>Place order before 10am on Friday – delivered to the pharmacy by 5.30pm on Tuesday</li> <li>Place order before 10am on Monday – delivered to the pharmacy by 5.30pm on Wednesday</li> <li>Place order before 10am on Tuesday – delivered to the pharmacy by 5.30pm on Thursday</li> <li>Place order before 10am on Wednesday – delivered to the pharmacy by 5.30pm on Friday</li> </ul> <p>Fresh bread only can be ordered online at <a href="https://www.alloga.co.uk/JUVELA/">https://www.alloga.co.uk/JUVELA/</a></p>		
<b>LIFESTYLE HEALTHCARE</b>		
Fresh Brown Bread Sliced 400g x 6	(PIP Code: 087-6557)	6
Fresh High Fibre Sliced 400g x 6	(PIP Code: 229-4254)	6
Fresh White Bread Sliced 400g x 6	(PIP Code: 087-6490)	6
Fresh High Fibre Rolls (5 pack - each roll 80g) 400g x 6	(PIP Code: 224-0125)	6
Fresh Rolls - Brown (5 pack - each roll 80g) 400g x 6	(PIP Code: 264-1322)	6
Fresh Rolls - White (5 pack - each roll 80g) 400g x 6	(PIP Code: 087-6706)	6
<p>Lifestyle Healthcare products are distributed by Alliance See contact details.</p> <p>Delivery costs to pharmacies: No handling charges apply. Ordered by Friday, produced on Sunday and delivered Tuesdays, order by Tuesday to be delivered on Thursdays.</p>		
ITEM	CODE	NO OF UNITS
<b>WARBURTONS – All Breads are Fresh</b>		
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 Brown Rolls (3 rolls per pack) 220g x4	(PIP Code: 368-5294)	2
Gluten Free White Rolls (3 rolls per pack) 220g x4	(PIP Code: 368-5286)	2
<p>Do not deliver directly.</p> <p>Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix. See contact details.</p> <ul style="list-style-type: none"> <li>Both Loaves and Rolls are supplied in cases of 4.</li> </ul> <p>Products ordered by 5pm on Thursdays are delivered to pharmacies on Tuesdays or Wednesdays dependent on the pharmacy.</p>		

ITEM	CODE	NO OF UNITS
<b>HOME BAKING</b>		
<b>GLUTAFIN</b>		
Gluten Free Bread Mix 500g	(PIP Code: 298-8418) ■	2
Gluten Free Fibre Bread Mix 500g	(PIP Code: 298-8426) ■	2
Gluten Free Multipurpose White Mix 500g	(PIP Code: 231-2981)	2
Gluten Free Multipurpose Fibre Mix 500g	(PIP Code: 231-2973)	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 are Dr Schar products. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Glutafin products are distributed by Alliance without any administrative or delivery charges.</li> </ul>		
<b>JUELA</b>		
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
See contact details. Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>CRACKERS &amp; CRISPBREAD</b>		
<b>GLUTAFIN</b>		
Crackers 200g	(PIP Code: 009-3302)	1
Crisp Bread 150g	(PIP Code: 338-4443) ■	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"> <li>Glutafin products are distributed by Alliance without any administrative or delivery charges.</li> </ul>		
<b>JUELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1
Savoury Biscuits 150g	(PIP Code: 310-7893)	½
See contact details.		
Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>BAKING AIDS</b>		
<b>PURE</b>	<b>PURE</b>	
Xanthan Gum 100g	Xanthan Gum 100g	Xanthan Gum 100g
Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details.		
If ordered directly from the company the delivery charges are as follows:		
<ul style="list-style-type: none"> <li>Order up to 500g = £4.02, Order 501g – 5kg = £7.80, Order 5.01kg – 10kg = £8.52</li> <li>Order 10.01kg – 25kg = £13.56, Order 25.01 kg and over = £15.60</li> <li>Orders over £30 will incur no delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>BREAKFAST CEREAL</b>		
<b>GLUTAFIN</b>		
Gluten-free Cornflakes 375g	(PIP Code: 381-3748)	1 ½
Gluten-free fibre flakes 300g –	(PIP Code: 401-4288)	1 ½
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>• Glutafin products are distributed by Alliance without any administrative or delivery charges.</li> </ul>		
<b>JUELA</b>		
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
Pure Oats 500g	(PIP Code 371-1678)	1 ½
See contact details. Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> <li>• Juvela products are distributed by Alliance without any administrative or delivery charges</li> </ul>		

# GLUTEN FREEFOOD PRODUCT MANUFACTURERS

## CONTACT DETAILS

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