



Prescribable Gluten Free Foods List

(March 2022)

Gluten Free Food Prescribable Product List

September 2020

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.

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 |

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

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of March 2020. 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 |
|---|----------------------|-------------|
| BREAD & ROLLS | | |
| GENIUS – All Breads are Fresh | | |
| 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"> • Before 2.00 pm Mondays – for delivery on Thursdays • Before 2.00 pm Tuesdays – for delivery on Fridays • All day Wednesday or before 2.00 pm Thursdays – for delivery on Tuesdays • Friday, Saturdays and Sundays – for delivery on Wednesdays. | | |
| GLUTAFIN | | |
| Gluten Free Part Baked Baguettes (2 x 175 g pack) 350g | (PIP Code: 224-0117) | 1 |
| Gluten Free Part Baked Fibre Rolls (4 x 50g pack) 200g | (PIP Code: 344-3652) | ½ |
| Gluten Free White Rolls (4 x 50g 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 x 75g pack) 150g | (PIP Code: 344-3637) | ½ |
| Gluten Free Part-Baked White Rolls (4 x 50g 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"> • Fresh Loaves are supplied in cases of 8 • Delivery of fresh brown, seeded and white bread- place the order before 2pm on Friday for delivery the following Wednesday • Delivery of fresh white bread only - place the order before 10am on Tuesday to be delivered the following Friday | | |

| ITEM | CODE | NO OF UNITS |
|--|----------------------|-------------|
| 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 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 (4 x 5 (85g) rolls + 4x400g loaves sliced) | (PIP Code: 836-4259) | 8 |
| Mixed Case Fresh Fibre (4 x5 (85g) 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 (4 x 5 (85g) rolls fibre + 4 x 5 (85g) rolls white) | (PIP Code: 839-2839) | 8 |
| Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) fibre rolls + 4x400g white loaves) | (PIP Code: 839-2847) | 8 |
| Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) 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 from Alliance. 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> <p>All combinations of loaves and rolls are delivered to the pharmacy 4 times a week</p> <ul style="list-style-type: none"> Place order before 10am on Friday – delivered to the pharmacy by 5.30pm on Tuesday Place order before 10am on Monday – delivered to the pharmacy by 5.30pm on Wednesday Place order before 10am on Tuesday – delivered to the pharmacy by 5.30pm on Thursday Place order before 10am on Wednesday – delivered to the pharmacy by 5.30pm on Friday | | |
| ITEM | | |
| 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 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"> Both Loaves and Rolls are supplied in cases of 4. Products ordered by 12pm on Thursdays are delivered to pharmacies on Mondays/Tuesdays | | |

| 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 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"> Glutafin products are distributed by Alliance without any administrative or delivery charges. | | |
| JUELA | | |
| 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: | | |
| <ul style="list-style-type: none"> Juvela products are distributed by Alliance without any administrative or delivery charges | | |

| ITEM | CODE | NO OF UNITS |
|---|----------------------|-------------|
| CRACKERS & CRISPBREAD | | |
| GLUTAFIN | | |
| 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"> Glutafin products are distributed by Alliance without any administrative or delivery charges. | | |
| JUELA | | |
| 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"> Juvela products are distributed by Alliance without any administrative or delivery charges | | |

| ITEM | CODE | NO OF UNITS |
|--|----------------------|-------------|
| BAKING AIDS | | |
| PURE | PURE | |
| Xanthan Gum 100g | (PIP Code: 282-8572) | 1 |
| 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"> Order up to 500g = £4.02, Order 501g – 5kg = £7.80, Order 5.01kg – 10kg = £8.52 Order 10.01kg – 25kg = £13.56, Order 25.01 kg and over = £15.60 Orders over £30 will incur no 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 without any administrative or delivery charges. | | |
| 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 |
| 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"> • Juvela products are distributed by Alliance without any administrative or delivery charges | | |

GLUTEN FREEFOOD PRODUCT MANUFACTURERS

CONTACT DETAILS

| | |
|--|---|
| <p>DR. Schär 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 8544998 http://www.glutafin.co.uk/healthcare-professionals/glutafin-fresh-bread-ordering/ Brands- GLUTAFIN</p> | <p>TOBIA TEFF 67 Lilburne Walk London NW10 0TW Tel: 02070181210 Email: info@tobiategff.co.uk Orders by email only: sales@tobiategff.co.uk www.tobiategff.co.uk Brands – TOBIA TEFF</p> |
| <p>GENIUS GLUTEN FREE Genius Foods 22 Northumberland Street South West Lane Edinburgh EH3 6JD Tel: 0800 019 2736 www.geniusglutenfree.com Brands – GENIUS, LIVWELL</p> | <p>WARBURTONS Hereford House Hereford Street Bolton BL1 8JB Tel: 0800 243684 www.newburnbakehouse.com Brands- WARBURTONS</p> |
| <p>GLUTEN FREE FOODS LTD Unit 270 Centennial Park Centennial Avenue, Elstree Borehamwood Hertfordshire WD6 3SS Tel: 020 8953 4444 Fax: 020 8953 8285 Email: info@glutenfree-foods.co.uk www.glutenfree-foods.co.uk Brands – BARKAT, TRITAMYL</p> | <p><u>MAIN WHOLESALERS</u></p> |
| <p>INNOVATIVE SOLUTIONS UK LTD Mayfield Centre Mayfield Street Rochdale OL16 2UZ Tel: 01706 746 713 Fax: 01706 341 357 Email: info@pureglutenfree.co.uk www.pureglutenfree.co.uk Brands – INNOVATIVE SOLUTIONS, PURE</p> | <p>ALLIANCE HEALTH CARE 43 Cox Lane Chessington Surrey KT9 1SN Tel: 020 8391 2323 Pharmacy Services Tel: 020 3044 8021 Gluten Free Bread Team:0844 854 4998 information@alliance-healthcare.co.uk</p> |
| <p>JUST: GLUTEN FREE BAKERY Block 21 Unit 7 Motherwell Food Park ML4 3NP T: 01698 841559 E: info@justglutenfree.co.uk www.justglutenfree.co.uk Community pharmacy to order by email using <u>all</u> of the addresses below: admin@justglutenfree.co.uk ronnie@justglutenfree.co.uk ola@justglutenfree.co.uk Brands – JUST</p> | <p>AAH PHARMACEUTICALS 204 Polmadie Road Glasgow G42 0PH Tel: 0141 423 5888 Order line Tel: 0844 561 8899 enquiries@aah.co.uk</p> |
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