

Prescribable Gluten Free Food List (Formulary)

Every Month you may select a number of units of gluten free food from the following pages. You will be informed of the number of units you are allowed by your Dietician, GP or Pharmacist.

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The list does not include all foods that are currently available on prescription. It is the local NHS Ayrshire & Arran formulary list.

New products may become available and some products may be deleted. Your local Community Pharmacist can keep you updated. Changes to the Formulary will be included in the quarterly updates which can be found at the NHS Ayrshire & Arran Pharmacy site [click here](#)

If you have any additional diagnosed food intolerances or allergies please contact your local Dietitian for more information.

If you have any problems please speak to your Pharmacist who will be able to help.

Acknowledgement

With grateful thanks to NHS Tayside Nutrition Managed Clinical network and to Jacqueline Walker Tayside Nutrition MCN Manager for advice in preparation of this Formulary.

Gluten Free Prescribable Product List NHS A&A

This guideline is updated quarterly. Every effort is made to ensure its accuracy; however, some products may not be included as they may not have been available in time for the update. Available online at the NHS Ayrshire & Arran Pharmacy site: [click here](#)

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. www.coeliac.org.uk

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

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 2011, and NHS A&A ADTC guidance sweet biscuits should only to be prescribed in exceptional circumstances on clinical advice

Gluten Free Prescribable Product List NHS A&A

Note:- Some of the products contain Codex wheat starch, an ingredient that is safe for people with coeliac disease. We highlight products with Codex wheat starch with a triangle ▲.

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

Products shaded in grey are both gluten and wheat free as per manufacturer's information.

ITEM	CODE	NO OF UNITS
BREAD & ROLLS		
BARKAT		
Brown Rice Sliced Bread 500g	(PIP Code: 244-0691)	1
Multigrain Sliced Bread 500g	(PIP Code: 291-2871)	1
White Rice Sliced Bread 500g	(PIP Code: 244-0709)	1
Wholemeal Sliced Bread 500g	(PIP Code: 339-4889)	1
Par-baked Rolls (2 pack) 200g	(PIP Code: 339-4988)	½
ENER-G		
Brown Rice Bread 474g	(PIP Code: 221-2470)	1
Rice Loaf – Yeast Free Sliced 612g	(PIP Code: 233-5362)	1 ½
Seattle Brown Loaf Sliced 454g	(PIP Code: 288-1324)	1
White Rice Bread Sliced 456g	(PIP Code: 225-9455)	1
Seattle Brown Rolls Hamburger (4 pack) 320g	(PIP Code: 295-5870) ■	1
Seattle Brown Rolls Hot Dog (4 pack) 320g	(PIP Code: 295-5888)	1
GENIUS		
Original Bread White Unsliced 400g x 8	(PIP Code 357-8333)	8
Original Bread Brown Unsliced 400g x8	(PIP Code 357-8325)	8
Original Bread Brown Sliced 400g x8	(PIP Code 370-0440)	8
Original Bread White Sliced Bread 400g x8	(PIP Code 370-0432)	8
The pharmacy needs to place orders as follows: Before 2.00 pm Mondays – for delivery the following Thursday Before 2.00 pm Tuesdays – for delivery the following Friday Before 2.00 pm Thursdays – for delivery the following Tuesday Before 9.00 pm Saturdays – for delivery the following Wednesday		
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 Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½
Gluten Free White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
ITEM	CODE	NO OF UNITS
GLUTAFIN		
Gluten Free Select Fibre Loaf – Sliced 400g	(PIP Code: 054-6101) ▲	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
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 Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753) ▲	½
Fresh Loaves are supplied in cases of 8 If the pharmacy is able to place your order before 10.00 am on a Wednesday, it should be delivered by Friday. If the order is placed after 10.00 am on a Wednesday it will be delivered a week on Friday.		

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
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
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

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).
 If the pharmacy is able to place your order before 10.00 am on a Monday, it will be delivered by Wednesday. If the order is placed before 10.00 am on a Wednesday, it will be delivered by Friday.
 If the order is placed after 10.00 am on a Wednesday, it will be delivered the following Monday.
 Mixed cases and rolls will be delivered on a Friday only.

ITEM	CODE	NO OF UNITS
LIVWELL		
WHEAT, GLUTEN & MILK-FREE		
Tear Drop Flat Breads (Naan) (2 packs) 180g	(PIP Code:339-8591)	½
Flat Breads 220g	(PIP Code: 339-8583)	½
Sliced Multi Seeded Bread 200g	(PIP Code: 322-1181)	½
White Bread – Sliced 200g	(PIP Code: 322-1173)	½
Ciabatta Rolls –Square Dinner Rolls (2 pack)160g	(PIP Code 351-8552)	½
White Rolls (4 pack) 240g	(PIP Code: 322-1207)	½
WARBURTONS		
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 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

Both Fresh Loaves and Rolls are supplied in minimum cases of 4.
 If the pharmacy is able to place your order before 11.00 am on a Saturday, it should be delivered the following Tuesday. If the order is placed after 11.00 am on a Saturday, it will be delivered a week on the Tuesday.

ITEM	CODE	NO OF UNITS
HOME BAKING		
BARKAT		
Bread Mix 500g	(PIP Code: 051-5338)	2
Flour Mix 750g	(PIP Code: 335-6672)	3
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
JUVELA		
Fibre Mix 500g	(PIP Code: 023-6042) ▲	2
White Mix 500g	(PIP Code: 035-2161) ▲	2

ITEM	CODE	NO OF UNITS
PIZZA BASES		
BARKAT		
Brown Rice Pizza Crust 150g	(PIP Code: 259-2566)	½
White Rice Pizza Crust 150g	(PIP Code: 259-3051)	½
GLUTAFIN		
Gluten Free Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1
JUELA		
Pizza Bases (2 pack) 360g	(PIP Code: 265-4390) ▲	1

ITEM	CODE	NO OF UNITS
PASTA		
BARKAT		
Macaroni 500g	(PIP Code: 339-4921)	2
Spaghetti 500g	(PIP Code: 339-4947)	2
Spirals 500g	(PIP Code: 339-4939)	2
Buckwheat Pasta Penne 250g	(PIP Code: 232-3319)	1
Buckwheat Pasta Spirals 250g	(PIP Code: 232-2873)	1
BIALIMENTA		
Pasta Tubetti 6 x 500g	(PIP Code: 351-1979)	12
Potato Pasta Gnocchi 6 x 500g	(PIP Code: 351-1961)	12
Pasta Sagnette 6 x 500g	(PIP Code: 364-1065)	12
<p>Bialimenta products can be mixed but minimum order is 6 x pasta items at 1 time (2.7kg) 12 units <i>Pharmacy information: In order to minimise delivery charges Bialimenta products must be ordered directly. See list at end of formulary for details (Drossa)</i></p>		
ENER-G		
Lasagne 454g	(PIP Code: 023-8519)	1 ½
Macaroni 454g	(PIP Code: 209-7988)	1 ½
Small Shells 454g	(PIP Code: 081-0648)	1 ½
Spaghetti 447g	(PIP Code: 023-8493)	1 ½
GLUTAFIN		
GLUTEN & WHEAT FREE		
Lasagne 250g	(PIP Code: 215-5091)	1
Pasta Spirals (Fusilli) 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
JUVELA		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fusilli 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

ITEM	CODE	NO OF UNITS
CRACKERS & CRISPbread		
BARKAT		
Round Matzo Crackers 200g	(PIP Code: 337-8296)	1
GLUTAFIN		
GLUTEN & WHEAT FREE		
Crackers 200g	(PIP Code: 009-3302)	1
Crispbread 150g	(PIP Code: 338-4443) ■	½
High Fibre Crackers 200g	(PIP Code: 018-7641)	1
JUELA		
Crispbread 200g	(PIP Code: 236-6136)	1
WARBURTONS		
Gluten Free Bran Crackers 150g	(PIP Code: 378-4865)	½
BAKING AIDS		
ENER-G		
Xanthan Gum 170g	(PIP Code: 272-4318)	1
BREAKFAST CEREAL		
NAIRNS		
Gluten Free Porridge Oats 500g	(PIP Code 368-7332)	1 ½
JUELA		
Gluten-Free Fibre Flakes 300g	(PIP Code 371-1660)	1 ½
Pure Oats 500g	(PIP Code 371-1678)	1 ½

Gluten-Free Products – Manufacturers

<p>Community Foods Tel: 020 8208 2966 Email: enquiries@communityfoods.co.uk www.communityfoods.co.uk Brands – Orgran</p> <p>Drossa UK Ltd Tel: 020 3393 0859 Email: orders@drossa.co.uk www.drossa.ltd.uk [<i>pharmacists must register first</i>] Fax 02089060475 Brands – Bialimenta, Finax</p> <p>Dr Schar Tel: 0800 988 2470 Email: glutenfree@glutafin.co.uk www.glutafin.co.uk Brands- Glutafin</p> <p>General Dietary Ltd Tel: 0203 044 2933 Email: info@generaldietary.com www.generaldietary.com Brands – Ener-G</p> <p>Genius Gluten Free Tel: 0845 874 4000 www.geniusglutenfree.com Brands – Genius</p> <p>GFF Direct Tel: 01757 289200 Email: info@glutenfreefoodsdirect.co.uk www.gffdirect.co.uk Brands – Pasticely, Il Pane di Anna</p> <p>Glebe Farm Tel: 01487 773282 Email: office@glebe-flour.co.uk www.glebe-flour.co.uk Brands – Glebe Farm</p> <p>Gluten Free Foods Ltd Tel: 020 8953 4444 Email: info@glutenfree-foods.co.uk www.glutenfree-foods.co.uk Brands – Barkat</p> <p>Heron Quality Foods Ltd Tel: +353 (0) 23 39006 / +353 (0) 23 39960 Email: heronfoods@eircom.net www.glutenfreedirect.com Brands – Heron Foods</p> <p>Innovative Solutions UK Ltd Tel: 01706 746713 / 01706 341700 Email: info@innovative-solutions.org.uk www.innovative-solutions.org.uk Brands – Innovative Solutions Pure</p>	<p>Juvela Tel: 0800 783 1992 Email: info@juvela.co.uk www.juvela.co.uk Brands – Juvela</p> <p>Lifestyle Healthcare Ltd/Ultrapharm Ltd Tel: 0845 270 1400 Email: sales@gfdiet.com www.gfdiet.com Brands – Bi-Aglut, Lifestyle</p> <p>Livwell Tel: 0845 874 4000 Email: info@livwell.eu www.livwell.eu Brands – Livwell</p> <p>MH Foods Tel: 01322 337711 Email: info@mh-foods.co.uk www.mh-foods.co.uk Brands – Life Free From</p> <p>PGR Health Foods Ltd Tel: 01992 581715 Email: info@pgrhealthfoods.co.uk www.pgrhealthfoods.co.uk Brands – Rizopia</p> <p>Proceli Email: info@proceli.co.uk www.proceli.com/eng Brands – Proceli</p> <p>Tobia Teff Tel: 0207 0181210 Email: info@tobiategoff.co.uk www.tobiategoff.co.uk Brands – Tobia Teff</p> <p>Warburtons Tel: 01204 531004 www.glutenandwheatfree.co.uk Brands- Warburtons</p> <p>Wellfoods Ltd Tel: 01226 381712 Email: janet@wellfoods.co.uk www.bake-it.com Brands – Wellfoods</p>
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