

# NHS GRAMPIAN

## Gluten Free Food Prescribable Product List

August 2016

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:  
[www.show.scot.nhs.uk/publications/\\_Show\\_community\\_pharmacy\\_web\\_address](http://www.show.scot.nhs.uk/publications/_Show_community_pharmacy_web_address)

### 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	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

The following items have been discontinued or removed from the NHS Grampian Gluten Free Food Prescribable Product List

Items excluded from this formulary	CODE	NO OF UNITS
Barkat Home Fresh Par-baked Baguettes 200g	(PIP Code: 224-0691)	1
Barkat Home Fresh Par-baked Country Loaf 250g	(PIP Code: 327-9023)	1/2
Barkat Par-baked Baguettes 200g	(PIP Code: 339-4970)	1/2
Barkat Par-baked Rolls (2 pack) 200g	(PIP Code: 339-4988)	1/2
ENER-G Seattle Brown Loaf Sliced 454g	(PIP Code: 288-1324)	1
Genius White Bloomer 240g x 8	(PIP Code: 379-8576)	4
Glutafin Gluten Free Part Baked Fibre Rolls(4 pack) 200g	(PIP Code: 344-3652)	1/2
Glutafin Gluten Free White Rolls (4 pack)	(PIP Code: 344-3645)	1/2
Glutafin Gluten Free Part-Baked White Rolls (4 Pack)	(PIP Code: 344-2753)	1/2
Just: gluten-free good white rolls 260g (4x 65g) x6	(PIP Code: 100-0039)	3
Proceli Viennoise White Bread (sliced) 165g	(PIP Code: 309-8365)	1/2
Proceli Complet Brown Rice Bread (sliced) 240g	(PIP Code: 309-8373)	1/2
Proceli Riso sandwich Rice Bread (Sliced) 240g	(PIP Code: 372-2055)	1/2
Proceli Part Baked Baguettes (Crusty) (2 Pack x 125g) 250g	(PIP Code: 328-2803)	1/2
Fresh Brown 'n' Fibre Mixed Case: 2 x Brown Bread Sliced 2 x High Fibre Bread Sliced 2 x Brown Rolls 2 x High Fibre Rolls	(PIP Code: 839-2748)	8
Fresh White Mixed Case: 4 x White Bread Sliced 4 x Lifestyle GF White Rolls	(PIP Code: 839-2763)	8
Sliced Multi Seeded Bread 200g	(PIP Code: 322-1181)	1/2
Bread Mix Wholemeal 450g	(PIP Code: 329-9138)	2
Plain Flour 500g	(PIP Code: 288-1415)	2
Corn and Rice Spaghetti 250g	(PIP Code: 355-3435)	1
Corn Crispbread Toasted 125g	(PIP Code: 351-3397)	1/2
Proceli Bread Buns (Ice Sugared) 200g	(PIP Code: 328-4445)	1
Proceli Plain White Flour 1kg	(PIP Code: 328-4577)	4
ENER-G Xanthan Gum 170g	(PIP Code: 272-4318)	1
Juvela Sweet Biscuits 150g	(PIP Code: 276-4959)	1/2
Glutafin Sweet Biscuits 150g	(PIP Code: 024-2966)	1/2

## Gluten Free Food 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 Grampian endeavours to ensure that the information in this list is correct, NHS Grampian does not warrant the accuracy and completeness of the material in the list. Products new to this list are highlighted in yellow

ITEM	CODE	NO OF UNITS
<b>BREAD &amp; ROLLS</b>		
<b>BARKAT</b>		
Brown Rice Sliced Bread 500g	(PIP Code: 244-0691)	1
Multigrain Rice Sliced Bread 500g	(PIP Code: 291-2871)	1
Par-baked White Sliced Bread 300g	(PIP Code: 339-4996)	½
White Rice Sliced Bread 500g	(PIP Code: 244-0709)	1
Wholemeal Sliced Bread 500g	(PIP Code: 339-4889)	1
Home Fresh par-baked Bread Rolls (6 pack) 260g	(PIP Code: 325-4679)	1
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>• Orders &lt; 1kg weight = £6.50</li> <li>• Orders &gt;1kg weight = £10.55</li> </ul>		
<b>ENER-G</b>		
Brown Rice Sliced Bread 474g	(PIP Code: 221-2470)	1
Rice Loaf – Yeast Free Sliced 612g	(PIP Code: 233-5362)	1 ½
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
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
ENER-G can be ordered directly from General Dietary Ltd in individual units. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>• Orders up to £10 = £4.50</li> <li>• Orders £10 - £20 = £6.00</li> <li>• Orders £20 - £35 = £8.00,</li> <li>• Orders £35 + free delivery</li> </ul>		
<b>GENIUS – All Breads are Fresh</b>		
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
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
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"> <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>		

ITEM	CODE	NO OF UNITS
<b>GLUTAFIN</b>		
Gluten Free Part Baked Baguettes (2 pack) 350g	(PIP Code: 224-0117)	1
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 237-7356)	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 090-4268)	1
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 Part-Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)	½
<p>Glutafin are Dr Schar products. See contact details.</p> <p>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</p> <ul style="list-style-type: none"> <li>• Fresh Loaves are supplied in cases of 8</li> <li>• Delivery of fresh brown bread- place the order before 2pm on Friday to be delivered Wednesday</li> <li>• 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</li> </ul>		
<b>JUST – All Breads are Fresh</b>		
Just: gluten-free good white bread 380g x6	(PIP Code:100-0015)	6
Just: White Sandwich Bread 600g x6	(PIP Code:100-0046)	9
<p>Delivery costs to pharmacies: Just products are delivered by courier to pharmacies without any administrative or delivery charges. See contact details.</p> <ul style="list-style-type: none"> <li>• Fresh Loaves and Rolls are supplied in cases of 6</li> <li>• Delivery cost is included in the cost of each case</li> <li>• Minimum order is one case per delivery</li> <li>• Place order on Thursday and Friday for delivery on Monday ( except bank holidays)</li> <li>• Place order on Sunday for delivery on Wednesday</li> <li>• Place order on Monday for delivery on Thursday</li> <li>• Place order on Tuesday and Wednesday for delivery on Friday</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
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 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 &amp; rolls i.e. 4 packs fresh fibre rolls &amp; 4 packs of fresh white loaves (use PIP code for individual product).</p> <ul style="list-style-type: none"> <li>• Place order before 10:00 am on a Monday, it will be delivered on Wednesday.</li> <li>• Place order before 10:00 am on a Wednesday, it will be delivered on Friday.</li> <li>• Place order after 10:00 am on a Wednesday, it will be delivered the following Wednesday.</li> <li>• Mixed cases and rolls will be delivered on a Friday only.</li> </ul>		
<b>LIFESTYLE HEALTHCARE</b>		
Fresh Brown Bread Sliced 400g x8	(PIP Code: 087-6557)	8
Fresh Brown Bread Unsliced 400g x8	(PIP Code: 087-6698)	8
Fresh High Fibre Sliced 400g x8	(PIP Code: 229-4254)	8
Fresh High Fibre Unsliced 400g x8	(PIP Code: 213-2959)	8
Fresh White Bread Sliced 400g x8	(PIP Code: 087-6490)	8
Fresh High Fibre Rolls (5 pack - each roll 80g) 400g x8	(PIP Code: 224-0125)	8
Fresh Rolls - Brown (5 pack - each roll 80g) 400g x8	(PIP Code: 264-1322)	8
Fresh Rolls - White (5 pack - each roll 80g) 400g x8	(PIP Code: 087-6706)	8
<p>Lifestyle Healthcare products are distributed by Ultrapharm Limited. See contact details.            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>LIVWELL</b>		
Tear Drop Flat Breads (Naan) (2 pack) 180g	(PIP Code 339-8591)	½
Flat Breads 220g	(PIP Code: 339-8583)	½
Baguette 140g	(PIP Code: 322-1199)	½
White Bread – Sliced 200g	(PIP Code: 322-1173)	½
Ciabatta Rolls (Part Baked) Square Dinner Rolls (2 pack) 160g	(PIP Code 351-8552)	½
White Rolls (4 pack) 240g	(PIP Code: 322-1207)	½
Toasting Bread Buns (English Muffins) (4 pack) 180g	(PIP Code: 335-4735)	½
Delivery costs to pharmacies: See contact details. Now part of Genius. Can order through Alliance Healthcare, Quantum Pharmaceuticals & AAH		
<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 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
Gluten Free White Baguette (2 pack x 80g) 160g x4	(PIP Code: 381-3805)	2
Gluten Free White Thin Rolls (4 pack x 58g) 232g x 4	(PIP Code: 391-4496)	2
Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix Medical Supplies Ltd from 1 <sup>st</sup> May 2015. See contact details.		
<ul style="list-style-type: none"> <li>• Both Fresh Loaves and Rolls are supplied in minimum cases of 4.</li> <li>• Products ordered by 5pm on Fridays are delivered to pharmacies on Tuesdays.</li> </ul>		
<b>WELLFOODS</b>		
Fresh Loaf - Unsliced 600g	(PIP Code: 316-6113)	1 ½
Fresh Loaf – Sliced 600g	(PIP Code: 316-6121)	1 ½
Fresh Burger Buns (4 Pack) 380g	(PIP Code: 316-6147)	1
Fresh Rolls (4 Pack) 360g	(PIP Code: 316-6139)	1
See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>• If pharmacy orders 6 items or above, the carriage is free (any combination)</li> <li>• For orders below 6 items, the handling charge is £7.50</li> <li>• Orders placed by 1.30pm will be made overnight and delivered to pharmacy the next day</li> <li>• Orders for 1.30pm Monday delivered on Wednesday</li> <li>• Orders for 1.30pm Tuesday delivered on Thursday</li> <li>• Orders for 1.30pm Wednesday delivered on Friday</li> <li>• Orders for 1.30pm Friday delivered on Tuesday</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>HOME BAKING</b>		
<b>BARKAT</b>		
Bread Mix 500g	(PIP Code: 051-5338)	2
Flour Mix 500g	(PIP Code: 399-2377)	2
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Order &lt; 1kg = £6.50      Order &gt;1kg = £10.55</li> </ul>		
<b>FINAX</b>		
Coarse Flour Mix 3 x 900g	(PIP Code:364-1024)	11
Fibre Bread Mix 3 x 1kg	(PIP Code:359-4942)	12
Flour Mix 3 x 900g	(PIP Code:364-1032)	11
Delivery costs to pharmacies: Bialimenta and Finax products can be obtained by ordering from Drossa Limited. See contact details. <ul style="list-style-type: none"> <li>Drug Tariff price includes delivery.</li> <li>Drossa can supply mixed flour and pasta products but minimum order is 3 x flour items at 1 time (2.7kg) 12 units.</li> <li>Happy to accept 'mixed outers' at Drug Tariff prices</li> <li>Aim to send out orders the first working day following receipt via UPS (courier)</li> </ul>		
<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 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 Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>GLUTENEX</b>		
Gluten Free White Bread Mix 500g	(PIP Code: 395-1456)	2
<ul style="list-style-type: none"> <li>Feed Me Right Ltd - See contact details</li> </ul>		
<b>HERON FOODS</b>		
Gluten Free Bread Mix 500g	(PIP Code: 299-6452)	2
Gluten Free High Fibre Bread Mix 500g	(PIP Code: 299-6460)	2
Gluten Free Wheat Free Bread & Cake Mix 500g	(PIP Code: 299-6437) ■	2
Gluten Free Wheat Free High Fibre Bread Mix 500g	(PIP Code: 299-6445) ■	2
Heron Foods are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Order &lt; 1kg = £6.50,      Order &gt;1kg = £10.55</li> </ul>		
<b>INNOVATIVE SOLUTIONS</b>		
Pure Brown Rice Flour 500g	(PIP Code: 325-7912)	2
Pure Gluten Free Blended Flour 1kg	(PIP Code: 282-8580)	4
Pure Potato Starch (Flour) 500g	(PIP Code: 325-7920)	2
Pure Tapioca Starch (Flour) 500g	(PIP Code: 325-7946)	2
Pure Brown Teff Flour 1kg	(PIP Code: 343-1467)	4
Pure White Teff Flour 1kg	(PIP Code: 343-1483)	4
Pure White Rice Flour 500g	(PIP Code: 325-7904)	2
Delivery costs to pharmacies: Pure products. See contact details. <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>Next day delivery (ordering direct) if orders placed by 11am, orders after 11am are despatched next working day</li> <li>AAH Pharmaceuticals and Alliance Healthcare stock and distribute</li> </ul>		



ITEM	CODE	NO OF UNITS
<b>JUVELA</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 Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		
<b>ORGRAN</b>		
Bread Mix 450g	(PIP Code: 273-4796)	2
Pizza & Pastry Mix 375g	(PIP Code: 270-7735)	1 ½
Self Raising Flour 500g	(PIP Code: 273-4762)	2
Orgran products are distributed by Naturally Good Foods. See contact details.  Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Delivery costs to pharmacies: Order &lt;500g = £3.15, Order 500g – 600g = £4.15,</li> <li>Order 601g to 900g = £5.35, Order 901g – 1000g = £6.25, Order &gt;1001g = £7.50.</li> <li>No minimum order</li> <li>Normally delivered within 3 working days</li> <li>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)</li> </ul>		
<b>TOBIA TEFF</b>		
Brown Teff Flour 1kg	(PIP Code: 346-6729)	4
White Teff Flour 1kg	(PIP Code: 346-6711)	4
Delivered directly from the company by Parcel Force. See contact details. Delivery costs to pharmacies: 1-2kg £4.00, 2kg – 5kg £5.50, 6kg -30 kg £6.20 Deliveries take 48 hours ( 2 days), Also available through Quantum Pharmaceuticals, Phoenix Medical, Waymade Healthcare		
<b>TRITAMYL</b>		
Flour Mix 2kg	(PIP Code: 228-0675)	8
White Bread Mix 2kg	(PIP Code: 228- 0667)	8
Brown Bread Mix 1kg	(PIP Code: 228-0659)	4
Heron Foods are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Order &lt; 1kg = £6.50, Order &gt;1kg = £10.55</li> </ul>		
<b>WELLFOODS</b>		
Flour Alternative 1kg	(PIP Code: 314-2577)	4
See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>If pharmacy orders 6 items or above, the carriage is free (any combination)</li> <li>For orders below 6 items, the handling charge is £7.50</li> <li>Orders placed by 1.30pm will be made overnight and delivered to pharmacy the next day</li> <li>Orders for 1.30pm Monday delivered on Wednesday</li> <li>Orders for 1.30pm Tuesday delivered on Thursday</li> <li>Orders for 1.30pm Wednesday delivered on Friday</li> <li>Orders for 1.30pm Friday delivered on Tuesday</li> </ul>		



ITEM	CODE	NO OF UNITS
<b>PIZZA BASES</b>		
<b>BARKAT</b>		
Brown Rice Pizza Crust 150g	(PIP Code: 259-2566)	½
White Rice Pizza Crust 150g	(PIP Code: 259-3051)	½
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Order &lt; 1kg = £6.50, Order &gt;1kg = £10.55</li> </ul>		
<b>GLUTAFIN</b>		
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"> <li>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>JUELA</b>		
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"> <li>Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		
<b>PROCELI</b>		
Pizza Bases (2 pack) 250g	(PIP Code: 309-8357)	1
Proceli products are distributed by Ambe Medical group. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Minimum order value £75 or £10 delivery charge</li> <li>Next day delivery if ordered before 1pm</li> </ul>		
<b>WELLFOODS</b>		
Pizza Bases (2 pack) 600g	(PIP Code: 316-6154)	2
See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>If pharmacy orders 6 items or above, the carriage is free (any combination)</li> <li>For orders below 6 items, the handling charge is £7.50</li> <li>Orders placed by 1.30pm will be made overnight and delivered to pharmacy the next day</li> <li>Orders for 1.30pm Monday delivered on Wednesday</li> <li>Orders for 1.30pm Tuesday delivered on Thursday</li> <li>Orders for 1.30pm Wednesday delivered on Friday</li> <li>Orders for 1.30pm Friday delivered on Tuesday</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>PASTA</b>		
<b>BARKAT</b>		
Animal Shapes Pasta 500g	(PIP Code: 339-4913)	2
Macaroni 500g	(PIP Code: 339-4921)	2
Spaghetti 500g	(PIP Code: 339-4947)	2
Spirals 500g	(PIP Code: 339-4939)	2
Shells 500g	(PIP Code: 392-6763)	2
Lasagne 250g	(PIP Code: 394-1937)	1
Gnocchi 250g	(PIP Code: 399-1577)	1
Alphabet Shapes Pasta 500g	(PIP Code: 339-4962)	2
Buckwheat Pasta Penne 250g	(PIP Code: 232-3319)	1
Buckwheat Pasta Spirals 250g	(PIP Code: 232-2873)	1
Short-Cut Tagliatelle 500g	(PIP Code: 339-4954)	2
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Order &lt; 1kg = £6.50, Order &gt;1kg = £10.55</li> </ul>		
<b>BIALIMENTA</b>		
Pasta Tubetti 6 x 500g	(PIP Code: 351-1979)	12
Potato Pasta Gnocchi 6 x 500g	(PIP Code: 351-1961)	12
Potato Pasta Perle di Gnocchi 6 x 500g	(PIP Code: 351-1987)	12
Pasta Spirali (Spirals) 6x 500g	(PIP Code: 364-1073)	12
Pasta Penne 6 x 500g	(PIP Code: 364-1040)	12
Pasta Sagnette 6 x 500g	(PIP Code: 364-1065)	12
Acini di Pepe (Pasta Grains) 6 x 500g	(PIP Code: 364-1057)	12
Pasta Formati Misti (Variety pack of 4 shapes) 6 x 500g	(PIP Code: 364-1438)	12
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Bialimenta and Finax products can be obtained by ordering from Drossa Limited. Drug Tariff price includes delivery. See contact details.</li> <li>Drossa can supply mixed flour and pasta products but minimum order is 6 x pasta items at 1 time (2.7kg) 12 units.</li> <li>Happy to accept 'mixed outers' at Drug Tariff prices</li> <li>Aim to send out orders the first working day following receipt via UPS (courier)</li> </ul>		
<b>GLUTAFIN</b>		
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
Penne 500g	(PIP Code: 211-5152)	2
Spaghetti 500g	(PIP Code: 211-5160)	2
Fibre Spaghetti 500g	(PIP Code: 386-2653)	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"> <li>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>JUEVELA</b>		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fibre Linguine 500g	(PIP Code: 332-8002)	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"> <li>Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>ORGRAN</b>		
Buckwheat Spiral Pasta 250g	(PIP Code: 288-1423)	1
Corn Spirals 250g	(PIP Code: 209-7590)	1
Rice & Millet Spirals 250g	(PIP Code: 200-4133)	1
Rice Spirals 250g	(PIP Code: 200-4281)	1
Rice & Corn Lasagne 200g	(PIP Code: 270-7701)	1
Rice & Corn Macaroni 250g	(PIP Code: 273-4770)	1
Rice & Corn Spirals 250g	(PIP Code: 270-7669)	1
Orgran products are distributed by Naturally Good Foods. See contact details.		
<p>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)</p> <ul style="list-style-type: none"> <li>• Delivery costs to pharmacies: Order &lt;500g = £3.15, Order 500g – 600g = £4.15,</li> <li>• Order 601g to 900g = £5.35, Order 901g – 1000g = £6.25, Order &gt;1001g = £7.50.</li> <li>• No minimum order</li> <li>• Normally delivered within 3 working days</li> </ul>		
<b>RIZOPIA</b>		
<b>ORGANIC BROWN RICE PASTA</b>		
Fusilli 500g	(PIP Code: 340-0074)	2
Lasagne 375g	(PIP Code: 340-0108)	1½
Penne 500g	(PIP Code: 340-0082)	2
Spaghetti 500g	(PIP Code: 340-0090)	2
Rizopia products are distributed by PGR Health Foods Ltd. See contact details.		
<p>Delivery costs to pharmacies:</p> <ul style="list-style-type: none"> <li>• Rizopia products are distributed by AAH Pharmaceuticals, Alliance Healthcare, and Phoenix Health Care Distribution Ltd and are distributed without any administrative or delivery charges</li> <li>• In most cases, delivered in 24 hours</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>CRACKERS &amp; CRISPbread</b>		
<b>BARKAT</b>		
Round Matzo Crackers 200g	(PIP Code: 337-8296)	1
Crackers 200g	(PIP Code: 342-7457)	1
Gluten-free Crispbread 150g	(PIP Code: 341-0420)	½
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Order &lt; 1kg = £6.50, Order &gt;1kg = £10.55</li> </ul>		
<b>GLUTAFIN</b>		
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"> <li>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>JUVELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1
Savoury Biscuits 150g	(PIP Code: 310-7893)	½
Crackers (2 x 62.5g)125g	(PIP Code: 337-9576)	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 Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		
<b>NAIRN'S</b>		
Nairn's Wholegrain Crackers 114g	(PIP Code: 398-7138)	½
See contact details. Delivery costs to pharmacies: Is available through Alliance Health Care, AAH, Phoenix Medical Pharmacy Wholesalers		
<b>WARBURTONS</b>		
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 <sup>st</sup> May 2015 <ul style="list-style-type: none"> <li>Products ordered by 5pm on Fridays are delivered to pharmacies on Tuesdays.</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>BAKING AIDS</b>		
<b>BARKAT</b>		
Xanthan Gum 80g	(PIP Code: 400-8074)	½
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>• Orders &lt; 1kg weight = £6.50</li> <li>• Orders &gt;1kg weight = £10.55</li> </ul>		
<b>INNOVATIVE SOLUTIONS</b>		
Pure Xanthan Gum 100g	(PIP Code: 282-8572)	1
See contact details. Delivery costs to pharmacies: Pure products. <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>• Next day delivery (ordering direct) if orders placed by 11am, orders after 11am are despatched next working day</li> <li>• AAH Pharmaceuticals and Alliance Healthcare stock and distribute</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>BREAKFAST CEREAL</b>		
<b>BARKAT</b>		
Gluten-free cornflakes 250g	(PIP Code: 339-4905)	1 ½
Gluten- free porridge 500g	(PIP Code: 260-1888)	1 ½
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>Order &lt; 1kg = £6.50, Order &gt;1kg = £10.55</li> </ul>		
<b>GLUTAFIN</b>		
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"> <li>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>NAIRNS</b>		
Gluten Free Porridge Oats 500g	(PIP Code 368-7332)	1 ½
See contact details. Delivery costs to pharmacies: Is available through Alliance Health Care, AAH, Phoenix Medical Pharmacy Wholesalers		
<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 Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>SWEET BISCUITS</b>		
<b>BARKAT</b>		
Digestive Biscuits 175g	(PIP Code: 340-6030)	½
Biscuits 200g	(PIP Code: 337-8288)	1
Barkat products are distributed by Gluten Free Foods Ltd. See contact details. Delivery costs to pharmacies: Order < 1kg = £6.50, Order >1kg = £10.55		
<b>GLUTAFIN</b>		
Biscuits 200g	(PIP Code: 022-8387)	1
Digestive Biscuits 150g	(PIP Code: 017-0225)	½
Shortbread Biscuits 100g	(PIP Code: 316-7848)	½
Tea Biscuits 150g	(PIP Code: 018-5868)	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 Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>JUVELA</b>		
Digestive Biscuits 150g	(PIP Code: 210-0923)	½
Tea Biscuits 150g	(PIP Code: 210-0915)	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 Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		



**GLUTEN FREE FOOD PRODUCT MANUFACTURERS  
CONTACT DETAILS**

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Edenbridge,  
Kent,  
TN8 6ED  
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Email: [info@proceli.com](mailto:info@proceli.com)  
[www.proceli.com/eng](http://www.proceli.com/eng)  
**Brands – PROCELI**

**DROSSA LTD**

Tel: 020 3393 0859  
Pharmacists go to: [www.drossa.ltd.uk](http://www.drossa.ltd.uk)  
Consumer / Retail go to [www.drossa.co.uk](http://www.drossa.co.uk)  
Email: [enquiries@drossa.co.uk](mailto:enquiries@drossa.co.uk)  
Orders: [orders@drossa.co.uk](mailto:orders@drossa.co.uk)  
**Brands – BIALIMENTA, FINAX**

**DR SCHAR**

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Email: [glutenfree@glutafin.co.uk](mailto:glutenfree@glutafin.co.uk)  
[www.glutafin.co.uk](http://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**

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Fax: 0203 044 2701  
Email: [info@generaldietary.com](mailto:info@generaldietary.com)  
[www.generaldietary.com](http://www.generaldietary.com)  
**Brands – ENER-G**

**GENIUS GLUTEN FREE**

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West Lane  
Edinburgh EH3 6JD  
Tel: 0845 874 4000  
[www.geniusglutenfree.com](http://www.geniusglutenfree.com)  
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mail: [orders@naturallygoodfood.co.uk](mailto:orders@naturallygoodfood.co.uk)  
[www.naturallygoodfood.co.uk](http://www.naturallygoodfood.co.uk)  
**Brands – ORGRAN**

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[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)  
**Brands – BARKAT, HERON & TRITAMYL**

**INNOVATIVE SOLUTIONS UK LTD**

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Mayfield Street  
Rochdale OL16 2UZ  
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Email: [info@pureglutenfree.co.uk](mailto:info@pureglutenfree.co.uk)  
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**Brands – INNOVATIVE SOLUTIONS, PURE**

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ML4 3NP  
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[www.justglutenfree.co.uk](http://www.justglutenfree.co.uk)  
Community pharmacy to order by email using  
all of the addresses below:  
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**Brands – JUST**

**HERO UK LTD trading as JUVELA**

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**LIVWELL LTD ( Part of Genius Foods)**

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Hull  
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[www.livwellfoods.co.uk](http://www.livwellfoods.co.uk)  
**Brands – LIVWELL**

**NAIRNS OATCAKES LTD**

90 Peffermill Road  
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EH16 5UU  
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[www.nairns-oatcakes.com](http://www.nairns-oatcakes.com)  
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**PGR HEALTH FOODS LTD**

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Hertford SG14 2ZX  
Tel: 01992 581715  
[info@pgrhealthfoods.co.uk](mailto:info@pgrhealthfoods.co.uk)  
[www.rizopia.co.uk](http://www.rizopia.co.uk)  
**Brands – RIZOPIA**

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[www.tobiategff.co.uk](http://www.tobiategff.co.uk)  
**Brands – TOBIA TEFF**

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[www.newburnbakehouse.com](http://www.newburnbakehouse.com)  
**Brands- WARBURTONS**

**WELLFOODS LTD**

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Barnsley,  
South Yorkshire S75 6AS  
Tel: 01226 381712  
Email: [janet@wellfoods.co.uk](mailto:janet@wellfoods.co.uk)  
[www.wellfoods.co.uk](http://www.wellfoods.co.uk)  
**Brands – WELLFOODS**

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13 Mill Fold Gardens  
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Rochdale  
OL15 8SA  
[info@glutenex.co.uk](mailto:info@glutenex.co.uk)

Brand - **GLUTENEX**

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Pontypool NP4 0JJ  
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[www.ultrapharm.eu](http://www.ultrapharm.eu)  
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