



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 Dietitian or Community Pharmacist.

NUMBER OF MONTHLY UNITS =

You may only order a maximum of 3 units from Section B.

Once you are allocated a maximum number of gluten-free food units for each month, this amount cannot be altered by anyone other than a registered dietitian or community pharmacist. Once your gluten-free food order form is submitted the community pharmacist creates a prescription. The items listed on the prescription are for the sole use of the named patient. It is an offence to alter a prescription and/or alter the gluten-free food unit allocation, or for anyone other than the named patient on the prescription to use it to obtain items. Any such actions may constitute fraud and result in action being taken by NHS Counter Fraud Services.

Date: February 2014

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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.

<http://www.coeliac.org.uk/revisedprescribingguideline2011>

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

Contents

	PAGE
SECTION A	
Breakfast Cereals	4
Bread, Rolls & Baguettes	4
Bread Mixes & Flour	7
Crackers & Crispbreads	8
Pasta	8
Pizza Bases & Pastry	10
Xanthum Gum	10
SECTION B	
Biscuits	11
SECTION C (for patients requiring highly specialist diets)	12

Some of the products contain Codex wheat starch, an ingredient that is safe for most people with coeliac disease. Products with Codex wheat starch are highlighted with a ▲

The list does not include all foods that are currently available on prescription. This is a local Tayside list which includes products mainly stocked in the pharmacy warehouses - products that have expensive delivery and handling costs have been taken out. This has been agreed following discussion with clients' trialling the Scheme.

New products may become available and some products may be deleted. Your local Community Pharmacist (chemist) can keep you updated.

If you have any additional diagnosed food intolerances or allergies please contact your local Dietitian for more information. Section C will then be completed.

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

SECTION A

Manufacturer	Description	PIP Code:	Unit size	Unit(s)
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Breakfast Cereals

Barkat®	Gluten-Free Cornflakes	339-4905	250g	1.5
	Gluten-Free Porridge	260-1888	500g	1.5
Glutafin®	Gluten-Free Cornflakes	381-3748	375g	1.5
Juvela®	Gluten-Free Fibre Flakes	371-1660	300g	1.5
	Gluten-Free Special Flakes	371-1652	300g	1.5
	Pure Oats	371-1678	500g	1.5
Nairn's®	Gluten-Free Porridge Oats	368-7332	500g	1.5

Bread, Rolls & Baguettes

Barkat®	Multigrain Sliced Bread	291-2871	500g	1
	Brown Rice Sliced Bread	244-0691	500g	1
	White Rice Sliced Bread	244-0709	500g	1
	Wholemeal Sliced Bread	339-4889	500g	1
	Par-baked Rolls x 2	339-4988	200g	0.5
	Home Fresh Par-baked Baguettes	327-9023	200g	0.5
	Par-baked Baguettes	339-4970	200g	0.5

Ener-G®	Seattle Brown Loaf Sliced	288-1324	454g	1
	Tapioca Bread Sliced	233-5370	480g	1
	White Rice Bread Sliced	225-9455	456g	1
	Rice Loaf – (Yeast Free) Sliced	233-5362	612g	1.5
	Brown Rice Bread	221-2470	474g	1
	Six Flour Loaf Sliced	293-6474	454g	1
	Dinner Rolls x6	317-5502	280g	1
	Seattle Brown Rolls (Hamburger, 4 pack)	295-5870	320g	1
	Seattle Brown Rolls (Hot Dog, 4 pack)	295-5888	320g	1

Genius	Soft Brown Sandwich Bread (Sliced)	379-8550	6 x 535g	6*
	Soft White Sandwich Bread (Sliced)	379-8568	6 x 535g	6*
	Original Bread White Unsliced	357-8333	8 x 400g	8*
	Original Bread White Sliced	370-0432	8 x 400g	8*
	Original Bread Brown Unsliced	357-8325	8 x 400g	8*
	Original Bread Brown Sliced	370-0440	8 x 400g	8*
	White Bloomer	379-8576	8 x 240g	4*

*Fresh Loaves are supplied in cases of 6 or 8. The pharmacy needs to place orders as follows:
 Before 2.00 pm Monday – for delivery the following Thursday
 Before 2.00 pm Tuesday – for delivery the following Friday
 Wednesday – for delivery the following Tuesday
 Before 2.00 pm Thursday – for delivery the following Tuesday
 Friday, Saturday & Sunday - for delivery the following Wednesday
 Please try to give the pharmacist enough notice so that they are able to process your order in time or there may be a delay

Bread, Rolls & Baguettes continued/...

Bread, Rolls & Baguettes continued...

Manufacturer	Description	PIP Code:	Unit size	Unit(s)
Glutafin® Gluten Free	Fibre Loaf – Sliced	237-7356	400g	1
	White Loaf – Sliced	090-4268	400g	1
	Fibre Rolls x 4 (long life)	344-3652	200g	0.5
	White Rolls x 4 (long life)	344-3645	200g	0.5
	Baguettes x 2 (Long life)	224-0117	350g	1
Gluten Free Select	Fibre Loaf - Sliced ▲	054-6101	400g	1
	Seeded Loaf – Sliced ▲	308-9364	400g	1
	White Loaf – Sliced ▲	054-6093	400g	1
	Fresh Brown Loaf ▲	330-6800	8 x 400g	8**
	Fresh White Loaf ▲	290-6840	8 x 400g	8*
	Part-Baked 2 Long White Rolls ▲	344-3637	150g	0.5
	Part-Baked 4 White Rolls ▲	344-2753	200g	0.5
<p>***Fresh Loaves are supplied in cases of 8. The pharmacy needs to place orders as follows: *Before 10.00 am Tuesday – for delivery the following Friday *Before 2.00 pm Friday – for delivery the following Wednesday **Before 2.00 pm Friday – for delivery the following Wednesday Please try to give the pharmacist enough notice so that they are able to process your order in time or there may be a delay.</p>				

Juvela®	Gluten-Free Part-baked Fibre Loaf ▲	273-6890	400g	1
	Gluten-Free Part-baked White Loaf ▲	273-6882	400g	1
	Gluten-Free Fibre Loaf – Sliced ▲	074-8632	400g	1
	Gluten-Free Fibre Loaf – Unsliced ▲	010-1675	400g	1
	Gluten-Free White Loaf – Sliced ▲	074-8590	400g	1
	Gluten-Free White Loaf – Unsliced ▲	031-4781	400g	1
	Fresh White Bread – Sliced ▲	322-0217	8 x 400g	8*
	Fresh Fibre Bread - Sliced ▲	339-9789	8 x 400g	8*
	Part-baked Fibre Rolls ▲	262-9020	5 x 75g	1
	Part-baked White Rolls ▲	243-7267	5 x 75g	1
	Fibre Rolls ▲	080-3668	5 x 85g	1
	White Rolls ▲	010-5916	5 x 85g	1
	Fresh White Rolls ▲	355-8871	8 x (5 x 85g)	8*
	Fresh Fibre Rolls ▲	355-6800	8 x (5 x 85g)	8*
	**Mixed Fibre loaves and rolls (4 of each)	836-4242		8*
	**Mixed White loaves and rolls (4 of each)	836-4259		8*
<p>*Both Fresh Loaves and Rolls are supplied in cases of 8. The pharmacy needs to place orders as follows: *Before 10.00 am on Monday – for delivery the following Wednesday * Before 10.00 am on Wednesday – for delivery the following Friday ** or any combination available You can also order any combination of both fresh bread and rolls; that is, 4 packs of rolls (white or fibre) + 4 loaves (white or fibre) – use PIP codes for individual product. Please try to give the pharmacist enough notice so that they are able to process your order in time or there may be a delay.</p>				

Bread, Rolls & Baguettes continued/...

Bread, Rolls & Baguettes continued...

Manufacturer	Description	PIP Code:	Unit size	Unit(s)
Lifestyle Healthcare	Fresh Brown Bread Sliced	087-6557	8 x 400g	8
	Fresh High Fibre Bread Sliced	213-2959	8 x 400g	8
	Fresh White Bread Sliced	087-6490	8 x 400g	8
	Fresh High Fibre Rolls x 5	224-0125	8 x 400g	8
	Fresh Brown Rolls x 5	264-1322	8 x 400g	8
	Fresh White Rolls x 5	087-6706	8 x 400g	8
	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	839-2748	8 x 400g	8
White Mixed Case: 4 x White Bread Sliced 4 x Lifestyle GF White Rolls	839-2763	8 x 400g	8	
Livwell® Wheat, Gluten & Milk-Free	Tear Drop Flat Breads x 2 (Garlic & Coriander Naan)	339-8591	180g	0.5
	Flat Breads – Pitta Bread x 4	339-8583	220g	0.5
	Seeded Bread – Sliced	322-1181	200g	0.5
	White Bread- Sliced	322-1173	200g	0.5
	Square Dinner Rolls, Part Baked (Ciabatta) (2 pack)	351-8552	160g	0.5
	Circle Bread Rolls, Part Baked (Bagels) (2 pack)	335-4750	140g	0.5
	White Rolls (4 pack)	322-1207	240g	0.5
	Toasting Bread Buns (English Muffins) (4 pack)	335-4735	180g	0.5
Baguette	322-1199	140g	0.5	
Warburtons	Gluten-Free Sliced Brown Bread	368-5278	4 x 400g	4*
	Gluten-Free Sliced White Bread	368-5260	4 x 400g	4*
	Gluten-Free Brown Sub Rolls (3 pack, 220g)	368-5294	4 x 220g	2*
	Gluten-Free White Sub Rolls (3 pack, 220g)	368-5286	4 x 220g	2*
	Gluten-Free White Baguette (2 pack, 2 x 80g)	381-3805	4 x 160g	2*
<p>*Both Fresh Loaves and Rolls are supplied in cases of 4. The pharmacy needs to place orders as follows: Before 11.00 am on Saturday – for delivery the following Tuesday (if the order is placed after 11.00 am it will be delivered a week on the Tuesday) Please try to give the pharmacist enough notice so that they are able to process your order in time or there may be a delay.</p>				

Bread Mixes & Flour

Manufacturer	Description	PIP Code:	Unit size	Unit(s)	
Barkat®	Bread Mix	051-5338	500g	2	
	Flour Mix	335-6672	750g	3	
Glutafin® Gluten Free	Bread Mix	298-8418	500g	2	
	Fibre Bread Mix	298-8426	500g	2	
	Multipurpose Fibre Mix	231-2973	500g	2	
	Multipurpose White Mix	231-2981	500g	2	
Gluten Free Select	Bread Mix ▲	274-4951	500g	2	
	Fibre Bread Mix ▲	297-9912	500g	2	
	Multipurpose Fibre Mix ▲	004-5591	500g	2	
	Multipurpose White Mix ▲	004-5187	500g	2	
Heron Foods	Organic Gluten-Free High Fibre Bread Mix	299-6460	500g	2	
	Organic Gluten-Free Wheat-Free High Fibre Bread Mix	299-6445	500g	2	
Innovative Solutions	Pure Brown Rice Flour	325-7912	500g	2	
	Plain Blended Flour	282-8580	1kg	4	
	Pure Potato Starch (Flour)	325-7920	500g	2	
	Tapioca Starch (Flour)	325-7946	500g	2	
	Pure Brown Teff Flour	343-1467	1kg	4	
	Pure Teff White Flour	343-1483	1kg	4	
	Pure White Rice Flour	325-7904	500g	2	
Juvela®	Fibre Mix ▲	023-6042	500g	2	
	All Purpose mixes	Harvest White Mix	247-7875	500g	2
	White Mix ▲	035-2161	500g	2	
Orgran®	Bread mix	273-4796	450g	2	
	Self Raising Flour Gluten Free	273-4762	500g	2	
In order to minimise delivery charges Orgran products should be ordered in quantities of greater than 1001 g in total. This includes bread mixes and flour, pasta, pizza bases and pastry.					

Crackers & Crispbreads

Manufacturer	Description	PIP Code:	Unit size	Unit(s)
Barkat®	Matzo Crackers	337-8296	200g	1
	Crackers	342-7457	200g	1
	Gluten Free Crispbread	341-0420	150g	0.5
Glutafin® Gluten Free	Crackers	009-3302	200g	1
	Crispbread	338-4443	150g	0.5
	High Fibre Crackers	018-7641	200g	1
	Mini Crackers	353-5515	175g	0.5
	Savoury Shorts	359-6996	130g	0.5
Juvela®	Crispbread	236-6136	200g	1
	Savoury Biscuits ▲	310-7893	150g	0.5
	Crackers (2 x 62.5g)	337-9576	125g	0.5
Warburtons®	Gluten Free Bran Crackers	378-4865	150g	0.5

Pasta

Barkat®	Animal Shapes Pasta	339-4913	500g	2
	Buckwheat Pasta Penne	232-3319	250g	1
	Buckwheat Pasta Spirals	232-2873	250g	1
	Macaroni	339-4921	500g	2
	Spaghetti	339-4947	500g	2
	Spirals	339-4939	500g	2
	Tagliatelli – short cut	339-4954	500g	2
Bialimenta (Drossa)	Potato Pasta Gnocchi	351-1961	6 x 500g	12
	Potato Pasta Perle Di Gnocchi	351-1987	6 x 500g	12
	Pasta Tubetti	351-1979	6 x 500g	12
	Acini di pepe / Pasta Grains	364-1057	6 x 500g	12
	Sagnette (Short length pasta strips)	364-1065	6 x 500g	12
	Formati Misi /Variety pack (2 x pasta grains, 2 x penne, 1 x spirali, 1 x sagnette)	364-1438	6 x 500g	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>				

Pasta continued/...

Pasta continued...

Manufacturer	Description	PIP Code:	Unit size	Unit(s)
Ener-G®	Lasagne	023-8519	454g	1.5
	Macaroni	209-7988	454g	1.5
	Small Shells	081-0648	454g	1.5
	Spaghetti	023-8493	447g	1.5
	Vermicelli	023-9061	300g	1.5

Glutafin® Gluten Free	Lasagne	215-5091	250g	1
	Pasta Shells (Conchiglie)	250-0676	500g	2
	Pasta Spirals (Fusilli)	211-5178	500g	2
	Penne	211-5152	500g	2
	Spaghetti	211-5160	500g	2
	Tagliatelle	215-5109	250g	1

Juvela®	Fibre Penne	332-8010	500g	2
	Fusilli (Spirals)	280-7980	500g	2
	Lasagne Sheets	280-7972	250g	1
	Macaroni	280-8004	500g	2
	Spaghetti	280-7998	500g	2
	Tagliatelle	319-3497	250g	1

Orgran®	Buckwheat Spiral Pasta	288-1423	250g	1
	Corn Spirals	209-7590	250g	1
	Rice & Millet – Spirals	200-4133	250g	1
	Rice & Corn – Spirals	270-7669	250g	1
	Rice Spirals	200-4281	250g	1
	Rice & Corn Lasagne	270-7701	200g	1
	Rice & Corn Macaroni	273-4770	250g	1

In order to minimise delivery charges Orgran products should be ordered in quantities of greater than 1001 g in total. This includes bread mixes and flour, pasta, pizza bases and pastry.

Rizopia	Organic Brown Rice Pasta – Fusilli	340-0074	500g	2
	Organic Brown Rice Pasta – Lasagne	340-0108	375g	1.5
	Brown Rice Pasta	340-0082	500g	2
	Organic Brown Rice Pasta - Spaghetti	340-0090	500g	2

Pizza Bases & Pastry

Barkat®	Brown Rice Pizza Crust	259-2566	150g	0.5
	White Rice Pizza Crust	259-3051	150g	0.5

Glutafin® Gluten & Wheat Free	Pizza Bases x 2	334-1112	300g	1
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Juvela®	Pizza bases 2 x180g ▲	265-4390	360g	1
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Orgran®	Pizza & Pastry Mix	270-7735	375g	1
In order to minimise delivery charges Orgran products should be ordered in quantities of greater than 1001 g in total. This includes bread mixes and flour, pasta, pizza bases and pastry.				

Xanthan Gum

Ener-G®	Xanthan gum	272-4318	170g	1
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SECTION B (Maximum 3 Units)

Biscuits

Manufacturer	Description	PIP Code:	Unit size	Unit(s)
Barkat®	Digestive Biscuit	340-6030	175g	1
Ener-G®	Vanilla Cookies	277-4610	435g	2
Juvela®	Tea Biscuits ▲	210-0915	150g	1
	Digestive Biscuits ▲	210-0923	150g	1
	Sweet Biscuits	276-4959	150g	1
Glutafin®	Biscuits	022-8387	200g	1
	Digestive Biscuits	017-0225	150g	1
	Shortbread Biscuits	316-7848	100g	1
	Sweet Biscuits	024-2966	150g	1
	Tea Biscuits	018-5868	150g	1

Gluten-Free Products – Manufacturers

Note: No samples currently being sent out by Livwell (have been taken over by Genius)



Helpline 0845 305 2060

Prescription Manufacturers Contact Details

Contacting companies for samples

Some of the companies listed here are able to send out sample packs of their products for you to try. We recommend trying a range of products before ordering a large amount on prescription.

Community Foods

Tel: 020 8208 2966
Email: enquiries@communityfoods.co.uk
www.communityfoods.co.uk
Brands – Orgran

Dr Schar

Tel: 0800 954 1981
Email: info@dietaryspecials.co.uk
www.dietaryspecials.co.uk
Brands – DS-Gluten Free

Tel: 0800 988 2470
Email: glutenfree@glutafin.co.uk
www.glutafin.co.uk
Brands – Glutafin

Drossa UK Ltd

Tel: 020 3393 0859
Email: orders@drossa.co.uk
www.drossa.ltd.uk
Brands – Bialimenta, Finax

General Dietary Ltd

Tel: 020 8336 2323
Email: info@generaldietary.com
www.generaldietary.com
Brands – Ener-G

Genius Gluten Free

Tel: 0845 874 4000
Email: info@geniusglutenfree.com
www.geniusglutenfree.com
Brands – Genius

Gluten Free Foods Ltd

Tel: 020 8953 4444
Email: info@glutenfree-foods.co.uk
www.glutenfree-foods.co.uk
Brands – Barkat

Innovative Solutions UK Ltd

Tel: 01706 746713
Email: info@innovative-solutions.org.uk
www.innovative-solutions.org.uk
Brands – Innovative Solutions Pure

Juvela

Tel: 0800 783 1992
Email: info@juvela.co.uk
www.juvela.co.uk
Brands – Juvela

Lifestyle Healthcare Ltd

Tel: 0845 270 1400
Email: sales@gfdiet.com
www.gfdiet.com
Brands – Lifestyle

Livwell

Tel: 0845 120 0038
Email: info@livwell.eu
www.livwell.eu
Brands – Livwell

Nairn's

Tel: 0131 620 7000
www.nairns-oatcakes.com/gluten-free
Brands – Nairn's

PGR Health Foods Ltd

Tel: 01992 581715
Email: info@pgrhealthfoods.co.uk
www.pgrhealthfoods.co.uk
Brands – Rizopia

Proceli

Email: info@proceli.com
www.proceli.com/eng
Brands – Proceli

Tobia Teff

Tel: 0207 0181210
Email: info@tobiategff.co.uk
www.tobiategff.co.uk
Brands – Tobia Teff

Warburtons

Tel: 01204 531004
www.glutenandwheatfree.co.uk
Brands – Warburtons

Wellfoods Ltd

Tel: 01226 381712
Email: janet@wellfoods.co.uk
www.bake-it.com
Brands – Wellfoods

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