

GLUTEN FREE FOOD FORMULARY

MARCH 2022

This formulary is a guide to prescribing gluten free products for patients with coeliac disease (CD) and dermatitis herpetiformis (DH). It should meet the needs of the majority of the CD and DH population in this age group.

Patients have varying nutritional requirements for gluten free foods depending on their age, gender, occupation and lifestyles. The table below shows the approximate monthly requirements of gluten free products for various patient groups. If a patient feels that they need additional products this would need to be agreed by a dietitian following a review.

Gluten free products such as sweet biscuits, cookies, shortbread and cakes should be self-funded by the patient as they are widely available in shops and they are not thought to be essential to the diet. They are also considered to be contrary to the NHS public health messages about healthy eating and therefore not included in this formulary.

What to prescribe and in what quantity (number of units):

MONTHLY GLUTEN FREE FOOD PRESCRIPTION REQUIREMENTS	
Age and sex	Suggested number of units per 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 UNITS
3 rd TRIMESTER PREGNANCY	ADD 1 UNIT

NUMBER OF UNITS REPRESENTED BY THE PRESCRIBABLE GLUTEN FREE FOOD ITEM	
FOOD ITEM	NUMBER OF UNITS
< 400g LOAF/BREAD	0.5
400-599g LOAF/BREAD	1
≥ 600g LOAF/BREAD	1.5
150 – 250g ROLLS/ BAGUETTES	0.5
251 – 400g ROLLS/BAGUETTES	1
500g BREAD MIX/FLOUR MIX	2
< 199g CRACKERS/CRISPBREADS	0.5
≥ 200g CRACKERS/CRISPBREADS	1
250g PASTA	1
251 – 499g PASTA	1.5
≥ 500g PASTA	2
2 x 110g - 180g PIZZA BASES	1
500g OATS or 300g BREAKFAST CEREAL	1.5
100 – 170g XANTHAN GUM	1

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of March 2022. This list is intended as a reference document. While NHS Lanarkshire endeavours to ensure that the information in this list is correct, NHS Lanarkshire does not warrant the accuracy and completeness of the material in the list.

GLUTEN FREE FOOD FORMULARY		MARCH 2022	
This guidance will be updated annually and is available online:			
https://www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-lanarkshire/local-formularies/			
FRESH PRODUCTS ARE HIGHLIGHTED IN GREY			
PLEASE NOTE THESE OFTEN HAVE LARGER MINIMUM ORDER QUANTITIES			
BREAD / LOAVES			
GENIUS – all breads are fresh			
ITEM	PIP CODE	MINIMUM ORDER	UNITS
SOFT BROWN SANDWICH LOAF SLICED	379-8550	6 x 535g	6
SOFT WHITE SANDWICH LOAF SLICED (535g)	379-8568	6 x 535g	6
SEEDED BROWN FARMHOUSE LOAF SLICED (535g)	403-8345	6 x 535g	6
Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges. See contact details page 6+7.			
The pharmacy needs to place orders as follows:			
<ul style="list-style-type: none"> • Before 2.00 pm Mondays – for delivery on Thursday • Before 2.00 pm Tuesdays – for delivery on Friday • All day Wednesday or before 2.00 pm Thursdays – for delivery on Tuesday • All day Friday, Saturday and Sunday – for delivery on Wednesday 			
GLUTAFIN			
FIBRE LOAF SLICED (300g)	237-7356	1 x 300g	0.5
WHITE LOAF SLICED (300g)	090-4268	1 x 300g	0.5
GLUTAFIN SELECT			
LOAF SLICED FRESH BROWN (400g)	330-6800	8 x 400g	8
LOAF SLICED FRESH WHITE (400g)	290-6840	8 x 400g	8
LOAF SLICED FIBRE (400g)	054-6101	1 x 400g	1
LOAF SLICED WHITE (400g)	054-6093	1 x 400g	1
LOAF SLICED SEEDED (400g)	308-9364	1 x 400g	1
Glutafin are Dr Schar products. See contact details page 6.			
Glutafin products are distributed by Alliance without any administrative or delivery charges. See page 7 for contact details.			
<ul style="list-style-type: none"> • Fresh loaves are supplied in cases of 8 • Delivery of fresh brown 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 			
JUVELA			
LOAF SLICED FRESH FIBRE (400g LOAF)	339-9789	8 x 400g	8
LOAF SLICED FRESH WHITE (400g LOAF)	322-0217	8 x 400g	8
MIXED CASE FRESH LOAVES (400g LOAF)	839-2821	4 x 400g fibre + 4 x 400g white	8
MIXED CASE FRESH FIBRE (ROLLS/LOAVES)	836-4242	20 x 85g rolls + 4 x 400g loaves	8
MIXED CASE FRESH WHITE (ROLLS/LOAVES)	836-4259	20 x 85g rolls + 4 x 400g loaves	8
MIXED CASE FRESH (FIBRE ROLLS/WHITE LOAVES)	839-2847	20 x 85g rolls + 4 x 400g loaves	8
MIXED CASE FRESH (WHITE ROLLS/FIBRE LOAVES)	839-2730	20 x 85g rolls + 4 x 400g loaves	8
LOAF SLICED WHITE (400g LOAF)	074-8590	1 x 400g	1
LOAF SLICED FIBRE (400g LOAF)	074-8632	1 x 400g	1
LOAF UNSLICED FIBRE (400g LOAF)	010-1675	1 x 400g	1
LOAF UNSLICED PART BAKED FIBRE (400g LOAF)	273-6890	1 x 400g	1
LOAF UNSLICED PART BAKED WHITE (400g LOAF)	273-6882	1 x 400g	1

Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges. See contact details page 6+7. 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 & rolls i.e. 4 packs fresh fibre rolls & 4 packs of fresh white loaves (use PIP code for individual product).

All combinations of loaves and rolls are delivered to the pharmacy 4 times a week

- 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

WARBURTONS – all breads are fresh

LOAF SLICED WHITE	(400g)	368-5260	4 x 400g	4
LOAF SLICED BROWN	(400g)	368-5278	4 x 400g	4

Do not deliver directly.

Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix.

- Both fresh loaves and rolls are supplied in minimum cases of 4.
- Products ordered by Thursday 12pm are delivered to pharmacies on Monday/Tuesday.

ROLLS

GLUTAFIN

BAGUETTES PART-BAKED	(2 PER PACK)	224-0117	1 pack of 2 x 175g	1
ROLLS PART-BAKED FIBRE	(4 PER PACK)	344-3652	1 pack of 4 x 50g	0.5
ROLLS WHITE	(4 PER PACK)	344-3645	1 pack of 4 x 50g	0.5
ROLLS PART-BAKED WHITE	(4 PER PACK)	344-2753	1 pack of 4 x 50g	0.5
ROLLS PART-BAKED LONG	(2 PER PACK)	344-3637	1 pack of 2 x 75g	0.5

JUVELA

ROLLS FRESH FIBRE	(5 PER PACK)	355-6800	8 packs of 5 x 85g	8
ROLLS FRESH WHITE	(5 PER PACK)	355-8871	8 packs of 5 x 85g	8
ROLLS FIBRE	(5 PER PACK)	080-3668	1 pack of 5 x 85g	1
ROLLS WHITE	(5 PER PACK)	010-5916	1 pack of 5 x 85g	1
ROLLS PART-BAKED FIBRE	(5 PER PACK)	262-9020	1 pack of 5 x 75g	1
ROLLS PART-BAKED WHITE	(5 PER PACK)	243-7267	1 pack of 5 x 75g	1

WARBURTONS

ROLLS FRESH WHITE	(3 PER PACK)	368-5286	4 packs of 220g	2
ROLLS FRESH BROWN	(3 PER PACK)	368-5294	4 packs of 220g	2

ITEM	PIP CODE	MINIMUM ORDER	UNITS
CRACKERS AND CRISPREAD			
GLUTAFIN			
CRACKERS PLAIN	009-3302	1 x 200g	1
CRACKERS MINI	353-5515	1 x 175g	0.5
JUELA			
CRISPREAD PLAIN	236-6136	1 x 200g	1
FLOUR MIXES / HOME BAKING			
GLUTAFIN			
FLOUR MIX MULTIPURPOSE FIBRE	231-2973	1 x 500g	2
FLOUR MIX MULTIPURPOSE WHITE	231-2981	1 x 500g	2
BREAD MIX FIBRE	298-8426	1 x 500g	2
BREAD MIX	298-8418	1 x 500g	2
GLUTAFIN SELECT			
FLOUR MIX BREAD FIBRE	297-9912	1 x 500g	2
FLOUR MIX BREAD WHITE	274-4951	1 x 500g	2
FLOUR MIX MULTIPURPOSE FIBRE	004-5591	1 x 500g	2
FLOUR MIX MULTIPURPOSE WHITE	004-5187	1 x 500g	2
JUELA			
FLOUR MIX FIBRE	023-6042	1 x 500g	2
FLOUR MIX WHITE	035-2161	1 x 500g	2
FLOUR MIX HARVEST WHITE	247-7875	1 x 500g	2
TRITAMYL			
SELF RAISING FLOUR MIX 2KG	228-0675	1 x 2kg	8
Tritamyl products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods: Orders under 1kg, a £6.55 postage charge will be applied. For orders over 1kg a delivery fee of a minimum £10.55 will apply. No minimum order. See contact details on pages 6+7.			
<ul style="list-style-type: none"> • Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. 			
XANTHAN GUM / BAKING AIDS			
BARKAT			
XANTHAN GUM	400-8074	1 x 80	0.5
Barkat products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods: Orders under 1kg, a £6.55 postage charge will be applied. For orders over 1kg a delivery fee of a minimum £10.55 will apply. No minimum order. See contact details on pages 6+7.			
<ul style="list-style-type: none"> • Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. 			
PURE			
XANTHAN GUM	282-8572	1 x 100g	1
Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details on page 6+7.			
If ordered directly from the company the delivery charges are as follows:			
<ul style="list-style-type: none"> • Orders below £30 = £5.99 postage and packing fee • Orders over £30 will incur no delivery charges. 			

ITEM	PIP CODE	MINIMUM ORDER QUANTITIES	UNITS	
BREAKFAST CEREALS				
GLUTAFIN				
CORNFLAKES	381-3748	1 x 375g	1.5	
JUVELA				
CORN FLAKES	388-2990	1 x 375g	1.5	
FIBRE FLAKES	371-1660	1 x 300g	1.5	
PURE OATS	371-1678	1 x 500g	1.5	
CRISPY RICE	388-2982	1 x 375g	1.5	
PASTA				
BIALIMENTA				
PENNE	364-1040	500g	2	
POTATO GNOCCHI	351-1961	500g	2	
SPIRALI (SPIRALS)	364-1073	500g	2	
ACINI DI PEPE (PASTA GRAINS)	364-1057	500g	2	
FORMATIMISTI (VARIETY PACK OF 4 SHAPES)	364-1438	6 x 500g	12	
Delivery costs to pharmacies: Bialimenta products can be obtained by ordering from Drossa Limited. See contact details page 6.				
<ul style="list-style-type: none"> • Drossa can accept orders for single packs/smaller quantities between 500g - 2699g for a delivery cost of £5.95. • Drossa can supply mixed flour and pasta products, with free delivery, with a weight order of 2.7kg and above. • For FormatiMisti/Variety pack which comprises of 6 x 500g packs (of x 4 different shapes) of pasta, 3kg is the minimum order. • Aim to send out orders the first working day following receipt via courier delivery. 				
GLUTAFIN				
PENNE	211-5152	1 x 500g	2	
FUSILLI (SPIRALS)	211-5178	1 x 500g	2	
SPAGHETTI	211-5160	1 x 500g	2	
JUVELA				
FUSILLI (SPIRALS)	280-7980	1 x 500g	2	
LASAGNE SHEETS	280-7972	1 x 250g	1	
MACARONI	280-8004	1 x 500g	2	
FIBRE PENNE	332-8010	1 x 500g	2	
TAGLIATELLE	319-3497	1x 250g	1	
PIZZA BASES				
GLUTAFIN				
PIZZA BASE	(2 PER PACK)	334-1112	1 pack of 2 x 150g	1
JUVELA				
PIZZA BASE	(2 PER PACK)	265-4390	1 pack of 2 x 150g	1

Gluten Free Product Manufacturers and Wholesaler Contact Details

DROSSA LTD

Tel: 020 3393 0859

Pharmacists go to: www.drossa.ltd.uk

Consumer / Retail go to www.drossa.co.uk

Email: enquiries@drossa.co.uk

Orders: orders@drossa.co.uk

Brands – BIALIMENTA

GLUTEN FREE FOODS LTD

Tel: 020 8953 4444

Fax: 020 8953 8285

Email: info@glutenfree-foods.co.uk

www.glutenfreefoods.co.uk

Brands – BARKAT, TRITAMYL

DR SCHAR

Tel: 0800 988 2470

Email: glutenfree@glutafin.co.uk

www.glutafin.co.uk

Tel: ordering 0844 854 4998

Brands – GLUTAFIN

HERO UK LTD trading as JUELA

Tel: 0800 783 1992

Email: info@juvela.co.uk

www.juvela.co.uk

Brands – JUELA

GENIUS GLUTEN FREE

Tel: 0845 874 4000

www.geniusglutenfree.com

Brands – GENIUS

INNOVATIVE SOLUTIONS UK LTD

Tel: 01706 746 713

Fax: 01706 341 357

Email: info@pureglutenfree.co.uk

www.pureglutenfree.co.uk

Brands – PURE

WARBURTONS

Tel: 0800 243 684

www.newburnbakehouse.com

Brands – WARBURTONS

MAIN WHOLESALERS

AAH PHARMACEUTICALS

Tel: 0141 423 5888

Order line Tel: 0844 561 8899

Email: enquiries@aah.co.uk

ALLIANCE HEALTH CARE

Tel: 020 8391 2323

Pharmacy Services Tel: 020 3044 8021

Gluten Free Bread Team: 0844 854 4998

Email: information@alliance-healthcare.co.uk

PHOENIX HEALTHCARE DISTRIBUTION LTD

Tel: 01928 750 500

Fax: 01928 750 750

www.myp-i-n.co.uk