

Gluten Free Food Prescribable Product List

May 2023

Every effort is made to ensure its accuracy for both products and delivery costs.
Available online:

Pharm.braepharmacy@nhs.scot

Pharm.bootslerwick@nhs.scot

Pharm.freefield-pharmacy@nhs.scot

Pharm.marketcrosspharmacy@nhs.scot

pharm.scallowaypharmacy@nhs.scot

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.

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

Gluten Free Prescribable Product List

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of May 2023. This list is intended as a reference document. While X Health Board endeavours to ensure that the information in this list is correct, X Health Board does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS		
BREAD & ROLLS				
BARKAT				
Wholemeal Sliced Bread 500g	(PIP Code: 339-4889)	1		
•				
•				
GENIUS – All Breads are Fresh				
Brown Sandwich Bread Sliced 535g x 6	(PIP Code 379-8550)	6		
White Sandwich Bread Sliced 535g x 6	(PIP Code 379-8568)	6		
Brown Seeded Farmhouse Loaf Sliced 535g x 6	(PIP Code 403-8345)	6		
•				
GLUTAFIN				
Baguettes 350g (2 x 175g)	(PIP Code: 224-0117)	1		
Fibre Loaf Sliced 300g	(PIP Code: 237-7356)	½		
White Loaf Sliced 300g	(PIP Code: 090-4268)	½		
High Fibre Loaf Sliced 350g	(PIP Code: 401-4296)	½		
Part Baked Fibre Rolls 200g (4 x 50g)	(PIP Code: 344-3652)	½		
Part-Baked Long White Rolls 150g (2 x 75g)	(PIP Code: 344-3637)	½		
Part-Baked White Rolls 200g (4 x 50g)	(PIP Code: 344-2753)	½		
White Rolls 200g (4 x 50g)	(PIP Code: 344-3645)	½		
Select Fibre Loaf Sliced 400g	(PIP Code: 054-6101)	1		
Select White Loaf Sliced 400g	(PIP Code: 054-6093)	1		
Select Seeded Loaf Sliced 400g	(PIP Code: 308-9364)	1		
Select Fresh Seeded Loaf Sliced 400g x 8	(PIP Code: 402-3685)	8		

ITEM	CODE	NO OF UNITS		
Select Fresh Brown Loaf Sliced 400g x 8	(PIP Code: 330-6800)	8		
Select Fresh White Loaf Sliced 400g x 8	(PIP Code: 290-6840)	8		
<ul style="list-style-type: none"> Fresh Loaves are supplied in cases of 8 				
JUST – All Breads are Fresh				
Good White Bread 380g x 6	(PIP Code:845-3821)	3		
White Sandwich Bread 600g x 6	(PIP Code:845-3813)	9		
Good White Rolls 260g (4x 65g) x 6	(PIP Code:845-3839)	6		
<ul style="list-style-type: none"> Fresh Loaves and Rolls are supplied in cases of 6, minimum order is one case per delivery 				
JUVELA				
Fibre Loaf Sliced 400g	(PIP Code: 074-8632)	1		
Fibre Loaf Unsliced 400g	(PIP Code: 010-1675)	1		
White Loaf Sliced 400g	(PIP Code: 074-8590)	1		
White Loaf Unsliced 400g	(PIP Code: 031-4781)	1		
Part-baked Fibre Loaf Unsliced 400g	(PIP Code: 273-6890)	1		
Part-baked White Loaf Unsliced 400g	(PIP Code: 273-6882)	1		
Fresh Baked Fibre Loaf Sliced 400g x 8	(PIP Code: 339-9789)	8		
Fresh Baked White Loaf Sliced 400g x 8	(PIP Code: 322-0217)	8		
Fresh White Rolls (5 pack – 5 x 85g) 425g x 8	(PIP Code 355-8871)	8		
Fresh Fibre Rolls (5 pack – 5 x 85g) 425g x 8	(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		
Fibre Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1		
White Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1		
Mixed Case Fresh White (4 packs of 5 rolls - each 85g) + 4 x 400g loaves sliced)	(PIP Code: 836-4259)	8		
Mixed Case Fresh Fibre (4 packs of 5 rolls - each 85g + 4 x 400g loaves sliced)	(PIP Code: 836-4242)	8		
Mixed Case Fresh Loaves (4 x 400g fibre loaves + 4 x 400g white loaves)	(PIP Code: 839-2821)	8		

ITEM	CODE	NO OF UNITS		
Mixed Case Fresh Rolls (4 packs of 5 fibre rolls – each 85g + 4 packs of 5 white rolls – each 85g)	(PIP Code: 839-2839)	8		
Mixed Case Fresh Loaves and Rolls (4 packs of 5 packs fibre rolls – each 85g + 4 x 400g white loaves)	(PIP Code: 839-2847)	8		
Mixed Case Fresh Loaves and Rolls (4 packs of 5 white rolls –each 85g + 4 x 400g fibre loaves)	(PIP Code: 839-2730)	8		
Both Fresh Loaves and Rolls are supplied in cases of 8. Mixed cases are also available from Alliance, you can 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).				
WARBURTONS – All Breads are Fresh				
Brown Bread Sliced 400g x 4	(PIP Code: 368-5278)	4		
White Bread Sliced 400g x 4	(PIP Code: 368-5260)	4		
Brown Sliced Rolls 232g (4 rolls per pack) x 4	(PIP Code: 368-5294)	2		
White Sliced Rolls 232g (4 rolls per pack) x 4	(PIP Code: 368-5286)	2		
<ul style="list-style-type: none"> Both Fresh Loaves and Rolls are supplied in minimum cases of 4. 				

ITEM	CODE	NO OF UNITS		
HOME BAKING				
BARKAT				
Bread Mix 500g	(PIP Code: 051-5338)	2		
All Purpose Flour Mix 500g	(PIP Code: 399-2377)	2		
DROSSA-FINAX				
Coarse Flour Mix 900g	(PIP Code:364-1024)	3 ½		
Fibre Bread Mix 1000g	(PIP Code:359-4942)	4		
Flour Mix 900g	(PIP Code:364-1032)	3 ½		
GLUTAFIN				
Bread Mix 500g	(PIP Code: 298-8418)	2		
Fibre Bread Mix 500g	(PIP Code: 298-8426)	2		
Multipurpose White Mix 500g	(PIP Code: 231-2981)	2		
Multipurpose Fibre Mix 500g	(PIP Code: 231-2973)	2		
Select Bread Mix 500g	(PIP Code: 274-4951)	2		
Select Fibre Bread Mix 500g	(PIP Code: 297-9912)	2		
Select Multipurpose Fibre Mix 500g	(PIP Code: 004-5591)	2		
Select Multipurpose White Mix 500g	(PIP Code: 004-5187)	2		
JUELA				
Fibre Mix 500g	(PIP Code: 023-6042)	2		
Harvest Mix 500g	(PIP Code: 247-7875)	2		
White Mix 500g	(PIP Code: 035-2161)	2		

ITEM	CODE	NO OF UNITS		
DROSSA - MUM'S MILL				
Quick Bread Mix 1kg	(PIP Code:399-0116)	4		
PURE				
Bakery Blend 1kg	(PIP Code: 282-8580)	4		
White Rice Flour 500g	(PIP Code: 325-7904)	2		
Brown Rice Flour 500g	(PIP Code: 325-7912)	2		
Potato Starch Flour 500g	(PIP Code: 325-7920)	2		
Tapioca Starch Flour 500g	(PIP Code: 325-7946)	2		
White Teff Flour 1kg	(PIP Code: 343-1483)	4		
Brown Teff flour 1kg	(PIP Code: 343-1467)	4		
TOBIA TEFF				
Brown Teff Bread Mix 1kg	(PIP Code: 346-6729)	4		
White Teff Bread Mix 1kg	(PIP Code: 346-6711)	4		
TRITAMYL				
Self Raising 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		

ITEM	CODE	NO OF UNITS	£ PER ITEM / PACK	£ PER UNIT
PIZZA BASES				
GLUTAFIN				
Pizza Bases 300g (2 x 150g)	(PIP Code: 334-1112)	1		
JUVELA				
Pizza Bases (2 x 150g) 300g	(PIP Code: 265-4390)	1		

ITEM	CODE	NO OF UNITS		
PASTA				
BARKAT				
Buckwheat Pasta Penne 250g	(PIP Code: 232-3319)	1		
Buckwheat Pasta Spirals 250g	(PIP Code: 232-2873)	1		
GLUTAFIN				
Spirals (Fusilli) 500g	(PIP Code: 211-5178)	2		
Macaroni Penne 500g	(PIP Code: 211-5152)	2		
Long Cut Spaghetti 500g	(PIP Code: 211-5160)	2		
JUVELA				
Fibre Penne 500g	(PIP Code: 332-8010)	2		
Fusilli 500g	(PIP Code: 280-7980)	2		
Macaroni 500g	(PIP Code: 280-8004)	2		
Spaghetti 500g	(PIP Code: 280-7998)	2		
Tagliatelle 250g	(PIP Code: 319-3497)	1		
Lasagne 250g	(PIP Code: 280-7972)	1		

ITEM	CODE	NO OF UNITS		
CRACKERS & CRISPREAD				
GLUTAFIN				
Crackers 200g	(PIP Code: 009-3302)	1		
Crisp Bread 150g	(PIP Code: 338-4443)	½		
Mini Crackers 175g	(PIP Code: 353-5515)	½		
JUELA				
Crispbread 200g	(PIP Code: 236-6136)	1		
Savoury Biscuits 150g	(PIP Code: 310-7893)	½		
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		
BAKING AIDS				
BARKAT				
Xanthan Gum 80g	(PIP Code: 400-8074)	½		
PURE				
Xanthan Gum 100g	(PIP Code: 282-8572)	1		
BREAKFAST CEREAL				
BARKAT				
Porridge Flakes 500g	(PIP Code: 260-1888)	1 ½		
GLUTAFIN				
Cornflakes 375g	(PIP Code: 381-3748)	1 ½		
JUELA				
Flakes 300g	(PIP Code 371-1652)	1 ½		
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		