



NORTH OF SCOTLAND (Grampian, Highland and Tayside)

PRESCRIBABLE GLUTEN-FREE FOOD LIST (Formulary)

PHARMACY/DIETITIANS COPY

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 =

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: May 2023

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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

Gluten-free foods unit allowance - How were the monthly units worked out?

There are a large number of natural gluten-free foods and gluten-free alternatives which can be purchased from shops. People with coeliac disease are expected to obtain most of their diet from these sources. The amount of gluten-free staple food such as bread and pasta allowed on prescription is based on healthy eating guidelines and information from the National Diet and Nutrition Surveys which indicate that prescribable gluten-free foods should provide 15% of energy needs. This information has been used to work out the number of units a person can get on prescription based on their age and sex.

Out of Pocket Expenses (OOPE)

All items within the NHS Tayside gluten-free food formulary can be obtained from the main pharmaceutical wholesalers without the need for additional charges (out-of-pocket-expenses (OOPE)) by following the guidance on ordering contained within the formulary. As a result NHS Tayside will begin monitoring OOPE from February 2016 and if OOPE are being claimed then the community pharmacy will be asked to explain the reason for this and guidance will be given on how to avoid such charges in the future. There should be no OOPE associated with products supplied from the gluten-free food formulary and NHS Tayside may reclaim any OOPE applied to these products dispensed after 1st April 2016.

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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.

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 (chemist) who will be able to help.

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of March 2022. While Tayside Health Board endeavours to ensure that the information in this list is correct, Tayside Health Board does not warrant the accuracy and completeness of the material in the list.

Making sure your food list is the most up to date copy

The food list is usually updated once a year, however if products are discontinued we do aim to remove them in a timely manner. You can check if there is a newer version by visiting:

- **NHS Inform website <https://www.nhsinform.scot/gffs> under food lists and allowances you will find the NHS Tayside Gluten Free Food List.**
- **Online ordering system www.scotlandglutenfree.org.uk**

BREAKFAST CEREALS

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Glutafin®	Cornflakes	381-3748	375g	1.5
Glutafin (Dr Schar): Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				
Juvela®	Fibre Flakes	371-1660	300g	1.5
	Flakes	371-1652	300g	1.5
	Corn Flakes	388-2990	375g	1.5
	Crispy Rice	388-2982	375g	1.5
	Pure Oats	371-1678	500g	1.5
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				

BREAD, ROLLS & BAGUETTES

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Genius – Fresh Breads				
Genius	Soft Brown Sandwich Loaf (Sliced)	379-8550	6 x 535g	6*
	Soft White Sandwich Loaf (Sliced)	379-8568	6 x 535g	6*
	Seeded Brown Farmhouse Loaf (Sliced) 535g x 6	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. The pharmacy needs to place orders as follow: <ul style="list-style-type: none"> • Before 2.00 pm Thursdays – for delivery on Tuesdays • Before 2.00 pm Fridays – for delivery on Wednesdays • Before 2.00 pm Saturdays– for delivery on Thursdays • Before 2.00 pm Sundays – for delivery on Fridays 				

Glutafin® Fresh Breads				
	Select Brown Loaf - sliced x 8	330-6800	8 x 400g	8*
	Select Seeded Loaf – sliced x 8	402-3685	8 x 400g	8*
	Select White Loaf - sliced x 8	290-6840	8 x 400g	8*
Glutafin® Longer Life Breads				
	Select Fibre Loaf - Sliced	054-6101	400g	1
	Select Seeded Loaf – Sliced	308-9364	400g	1
	Select White Loaf – Sliced	054-6093	400g	1
	High Fibre Loaf – Sliced	401-4296	350g	0.5
	Fibre Loaf – Sliced	237-7356	300g	0.5
	White Loaf – Sliced	090-4268	300g	0.5
Glutafin® Longer Life Rolls				
	Part Baked Fibre Rolls (4 pack)	344-3652	200g	0.5
	Part-Baked Long White Rolls (2 pack)	344-3637	150g	0.5
	Part-Baked White Rolls (4 pack)	344-2753	200g	0.5
	White Rolls (4 pack)	344-3645	200g	0.5
Glutafin® Baguettes				
	Part Baked Baguettes (2 pack)	224-0117	350g	1
Glutafin (Dr Schar): Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. The pharmacy needs to place orders as follows: <ul style="list-style-type: none"> • Fresh loaves are supplied in cases of 8 • Delivery of fresh brown, white & seeded bread - place the order before 2pm on Friday for delivery the following Thursday *Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

Bread, Rolls & Baguettes continued

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
JUST Gluten Free Bakery – Fresh Breads				
JUST	Good White Bread – Sliced x 6	845-3821	6x380g	3*
	White Sandwich Bread x 6	845-3813	6x600g	9*
	Good White Rolls (4 pack) x 6	845-3839	6x(4x65g)	6*
Delivery costs to pharmacies: Just products are delivered distributed by Alliance without any administrative or delivery charges. See contact details.				
<ul style="list-style-type: none"> Fresh Loaves and Rolls are supplied in cases of 6, minimum order is one case per delivery Place order by Monday 1pm for delivery on Thursday. 				
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use				

Juvela® Fresh Breads				
	White Bread – Sliced x 8 ▲	322-0217	8 x 400g	8*
	Fibre Bread - Sliced x 8 ▲	339-9789	8 x 400g	8*
Juvela® Longer Life Breads				
	Fibre Part-baked Loaf unsliced ▲	273-6890	400g	1
	White Part-baked unsliced ▲	273-6882	400g	1
	Fibre Loaf – Sliced ▲	074-8632	400g	1
	Fibre Loaf – Unsliced ▲	010-1675	400g	1
	White Loaf – Sliced ▲	074-8590	400g	1
	White Loaf – Unsliced ▲	031-4781	400g	1
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

Juvela® Fresh Rolls				
	White Rolls (5 pack) x 8 ▲	355-8871	8 x (5 x 85g)	8*
	Fibre Rolls (5 pack) x 8 ▲	355-6800	8 x (5 x 85g)	8*
Juvela® Longer Life Rolls				
	Fibre Part-baked Rolls (5 pack) ▲	262-9020	5 x 75g	1
	White Part-baked Rolls (5 pack) ▲	243-7267	5 x 75g	1
	Fibre Bread Rolls (5 pack) ▲	080-3668	5 x 85g	1
	White Bread Rolls (5 pack) ▲	010-5916	5 x 85g	1
Juvela® Mixed Cases				
	Mixed Case Fresh White (20x85g rolls + 4x400g loaves sliced)	836-4259	20 x 85g +4 x 400g	8*
	Mixed Case Fresh Fibre (20x85g rolls + 4x400g loaves sliced)	836-4242	20 x 85g + 4 x 400g	8*
	Mixed Case Fresh Loaves (4x400g fibre + 4x400g white)	839-2821	8 x 400g	8*
	Mixed Case Fresh Rolls (20x85g rolls fibre + 20x85g rolls white)	839-2839	40 x 85g	8*
	Mixed Case Fresh Loaves and Rolls (4x400g White Loaves + 20x85g Fibre Rolls)	839-2847	4 x 400g +20 x85g	8*
	Mixed Case Fresh Loaves and Rolls (4x400g Fibre Loaves + 20x85g white rolls)	839-2730	4 x 400g +20 x 85g	8*
Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges. See contact details. 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).				
All combinations of loaves and rolls are delivered to the pharmacy 4 times a week				
Pharmacy ordering deadline before 10am		Day Delivered to Pharmacy by 5.30pm		
	Friday		Tuesday	
	Monday		Wednesday	
	Tuesday		Thursday	
	Wednesday		Friday	
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

Bread, Rolls & Baguettes continued

Warburtons – Fresh Breads				
	Sliced Brown Bread x 4	368-5278	4 x 400g	4*
	Sliced White Bread x 4	368-5260	4 x 400g	4*
Warburtons – Fresh Rolls				
	Brown Sub Rolls (3 pack) x 4	368-5294	4 x 220g	2*
	White Sub Rolls (3 pack) x 4	368-5286	4 x 220g	2*
Do not deliver directly. No handling or distribution costs apply if ordered through AAH or from Phoenix Healthcare Distribution Ltd. See contact details.				
<ul style="list-style-type: none"> Both Fresh Loaves and Rolls are supplied in minimum cases of 4. Products ordered by 12pm on Thursday are delivered to pharmacies on Mondays/Tuesdays. 				
*Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.				

BREAD MIXES & FLOUR

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
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
	Select Fibre Bread Mix ▲	297-9912	500g	2
	Select Multipurpose Fibre Mix ▲	004-5591	500g	2
	Select Multipurpose White Mix ▲	004-5187	500g	2
Glutafin (Dr Schar)				
Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				

PURE				
	Bakery Blend	282-8580	1kg	4
	Brown Rice Flour	325-7912	500g	2
	Brown Teff Flour	343-1467	1kg	4
	Potato Starch Flour	325-7920	500g	2
	Tapioca Starch Flour	325-7946	500g	2
	White Rice Flour	325-7904	500g	2
	White Teff Flour	343-1483	1kg	4
Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details. Company reports all orders in Scotland are through the wholesalers. If ordered directly from the company the delivery charges are as follows:				
<ul style="list-style-type: none"> Orders below £40 = £6.99 + VAT - DO NOT ORDER THIS WAY Orders over £40 will incur no delivery charges 				

Juvela®	Fibre Mix ▲	023-6042	500g	2
All Purpose Mixes	Harvest White Mix	247-7875	500g	2
	White Mix ▲	035-2161	500g	2
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				

CRACKERS & CRISPBREADS

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Glutafin®	Crackers	009-3302	200g	1
	Crispbread	338-4443	150g	0.5
	Mini Crackers	353-5515	175g	0.5
Glutafin (Dr Schar). See contact details.				
Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				
Juvela®	Crispbread	236-6136	200g	1
	Savoury Biscuits ▲	310-7893	150g	0.5
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				

PASTA

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Glutafin®	Spirals (Fusilli)	211-5178	500g	2
	Penne	211-5152	500g	2
	Spaghetti (Long cut)	211-5160	500g	2
Glutafin (Dr Schar). See contact details.				
Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				
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
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				

PIZZA BASES

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
Glutafin®	Pizza Bases (2 x 150g) individually wrapped	334-1112	300g	1
Glutafin (Dr Schar). See contact details.				
Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				
Juvela®	Pizza Bases (2 x 150g) ▲	265-4390	300g	1
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.				

XANTHAN GUM (Baking Aid)

Manufacturer	Description	PIP Code	Unit Size	Unit(s)
PURE	Xanthan Gum	282-8572	100g	1
<p>Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details. Company reports all orders in Scotland are through the wholesalers Independent pharmacies can order directly from the company the delivery charges are as follows:</p> <ul style="list-style-type: none"> Orders below £40 = £6.99 postage and packing fee – DO NOT ORDER THIS WAY Orders over £40 will incur no delivery charges. 				

**GLUTEN FREE FOOD PRODUCT MANUFACTURERS
CONTACT DETAILS**

DR SCHAR

Glutafin,
Dr Schar,
401 Faraday Street, Warrington, WA3 6GA
Tel: 0800 988 2470
Email: glutenfree@glutafin.co.uk
www.glutafin.co.uk
Tel: ordering 0844 854 4998,
<http://www.glutafin.co.uk/healthcare-professionals/glutafin-fresh-bread-ordering/>

Brands – GLUTAFIN & JUST

GENIUS GLUTEN FREE

Genius Foods
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Edinburgh EH3 6JD
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www.geniusglutenfree.com

Brands - GENIUS

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Tel: 020 8953 4444
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Brands - JUELA GLUTEN FREE

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Brands - INNOVATIVE SOLUTIONS, PURE

JUST: GLUTEN FREE BAKERY

Block 21 Unit 7
Motherwell Food Park
ML4 3NP
T: 01698 841559
E: info@justglutenfree.co.uk
www.justglutenfree.co.uk
Community pharmacy to order by email using
all of the addresses below:
admin@justglutenfree.co.uk
ronnie@justglutenfree.co.uk
ola@justglutenfree.co.uk

Brands - JUST

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Hereford Street
Bolton
BL1 8JB
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www.newburnbakehouse.com

Brands - WARBURTONS

MAIN WHOLESALERS

ALLIANCE HEALTH CARE

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Chessington
Surrey
KT9 1SN
Tel: 020 8391 2323
Pharmacy Services Tel: 020 3044 8021
Gluten Free Bread Team: 0844 854 4998
information@alliance-healthcare.co.uk

AAH PHARMACEUTICALS

204 Polmadie Road
Glasgow
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Order line Tel: 0844 561 8899
enquiries@aah.co.uk

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