

**GLUTEN FREE FOOD FORMULARY SEPTEMBER 2023**

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):**

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| **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 |
| 3rd TRIMESTER PREGNANCY | ADD 1 UNIT |

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| **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 |

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| Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of August 2023. 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 SEPTEMBER 2023** | | | | | |
| **This guidance will be updated annually and is available online:**  [**https://www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-lanarkshire/pharmacy-services/gluten-free-food-service/**](https://www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-lanarkshire/pharmacy-services/gluten-free-food-service/) | | | | | |
| **FRESH PRODUCTS ARE HIGHLIGHTED IN GREY**  **PLEASE NOTE THESE OFTEN HAVE LARGER MINIMUM ORDER QUANTITIES** | | | | | |
| **BREAD / LOAVES** | | | | | |
| **ITEM** | **PIP CODE** | **MINIMUM ORDER** | | **UNITS** | |
| **GENIUS – all breads are fresh** | | | | | |
| SOFT BROWN SANDWICH LOAF SLICED (535g LOAF) | 379-8550 | 6 x 535g |  | 6 | |
| SOFT WHITE SANDWICH LOAF SLICED (535g LOAF) | 379-8568 | 6 x 535g |  | 6 | |
| SEEDED BROWN FARMHOUSE LOAF SLICED (535g LOAF) | 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 pages 7+8.  The pharmacy needs to place orders as follows:   * 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** | | | | | |
| FIBRE LOAF SLICED (300g LOAF) | 237-7356 | 1 x 300g |  | 0.5 | |
| WHITE LOAF SLICED (300g LOAF ) | 090-4268 | 1 x 300g |  | 0.5 | |
| HIGH FIBRE LOAF SLICED (350g LOAF) | 401-4296 | 1 x 350g |  | 0.5 | |
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| **GLUTAFIN SELECT** | | | | | |
| LOAF SLICED FRESH BROWN (400g LOAF) | 330-6800 | 8 x 400g | | 8 | |
| LOAF SLICED FRESH WHITE (400g LOAF) | 290-6840 | 8 x 400g | | 8 | |
| LOAF SLICED FRESH SEEDED (400g LOAF) | 402-3685 | 8 x 400g | | 8 | |
| LOAF SLICED FIBRE (400g LOAF) | 054-6101 | 1 x 400g |  | 1 | |
| LOAF SLICED WHITE (400g LOAF) | 054-6093 | 1 x 400g |  | 1 | |
| LOAF SLICED SEEDED (400g LOAF) | 308-9364 | 1 x 400g |  | 1 | |
| Glutafin are Dr Schar products. See contact details pages 7+8.  Glutafin products are distributed by Alliance without any administrative or delivery charges. See page 7 for contact details.   * Fresh loaves are supplied in cases of 8 * Delivery of fresh brown, seeded and white bread- place the order before 2pm on Friday for delivery the following Thursday. | | | | | |
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| **JUST – all breads are fresh** | | | | | |
| GOOD WHITE BREAD (380g LOAF) | 845-3821 | 6 x 380g | | | 3 |
| WHITE SANDWICH BREAD (600g LOAF) | 845-3813 | 6 x 600g | | | 9 |
| Just products are delivered/ distributed by Alliance without any administrative or delivery charges. See contact details pages 7+8.   * Fresh Loaves and Rolls are supplied in cases of 6 * Minimum order is one case per delivery * Place order by 1pm on Monday for delivery on Thursday. | | | | | |
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| **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 UNSLICED WHITE (400g LOAF) | 031-4781 | 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 pages 7+8. 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 | | | | | |

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| **WARBURTONS – all breads are fresh** | | | | | | | |
| LOAF SLICED WHITE (400g LOAF) | | 368-5260 |  | 4 x 400g | | | 4 |
| LOAF SLICED BROWN (400g LOAF) | | 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. See contact details pages 7+8.   * Both fresh loaves and rolls are supplied in minimum cases of 4. * Products ordered by Thursday 12pm, are delivered to pharmacies on Mondays/Tuesdays.   Products ordered by Thursday 12pm are delivered to pharmacies on Monday/Tuesday. | | | | | | | |
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| **ROLLS** | | | | | | | |
| **ITEM** | | **PIP CODE** |  | **MINIMUM ORDER** | |  | **UNITS** |
| **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 |
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| **JUST – all breads are fresh** | | | | | | | |
| GOOD WHITE ROLLS (4 PER PACK) | 845-3839 | | | | 6 packs of 4 x 65g | | 6 |
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| **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 FRESH MIXED CASE(FIBRE ROLLS/WHITE ROLLS) | | 839-2839 |  | 20 x 85g fibre rolls + 20 x 85g white rolls | |  | 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 |
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| **WARBURTONS – all breads are fresh** | | | | | | | |
| 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 |

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| **CRACKERS AND CRISPBREAD** | | | |
| **ITEM** | **PIP CODE** | **MINIMUM ORDER** | **UNITS** |
| **GLUTAFIN** | | | |
| CRACKERS PLAIN | 009-3302 | 1 x 200g | 1 |
| CRISP BREAD | 338-4443 | 1 x 150g | 0.5 |
| CRACKERS MINI | 353-5515 | 1 x 175g | 0.5 |
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| **JUVELA** | | | |
| CRISPBREAD PLAIN | 236-6136 | 1 x 200g | 1 |
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| **FLOUR MIXES / HOME BAKING** | | | |
| **ITEM** | **PIP CODE** | **MINIMUM ORDER** | **UNITS** |
| **DROSSA-FINAX** | | | |
| FLOUR MIX | 364-1032 | 1 x 900g | 3.5 |
| Delivered directly from the company by courier- Royal Mail/UPS. See contact details for Drossa London Ltd on page 7 within Tobia Teff information.  Delivery costs to pharmacies: 1-2kg £4.45, 2kg – 10kg £8.10, 10kg -25 kg £7.60. Deliveries usually take 48 hours (2 days).  Also available through Quantum Pharmaceuticals, Lexon, Alcura. Delivery/handling charges may vary.  Please note that the above delivery charges only apply to mainland United Kingdom. Remote parts of Scotland and Northern Ireland are on a different tariff. | | | |
| **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 |
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| **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 |
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| **JUVELA** | | | |
| 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 |
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| **PURE** | | | |
| BAKERY BLEND | 282-8580 | 1 x 1000g | 4 |
| WHITE RICE FLOUR | 325-7904 | 1 x 500g | 2 |
| BROWN RICE FLOUR | 325-7912 | 1 x 500g | 2 |
| POTATO STARCH FLOUR | 325-7920 | 1 x 500g | 2 |
| TAPIOCA STARCH FLOUR | 325-7946 | 1 x 500g | 2 |
| WHITE TEFF FLOUR | 343-1483 | 1 x 1000g | 4 |
| BROWN TEFF FLOUR | 343-1467 | 1 x 1000g | 4 |
| Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details pages 7+8. Company reports all orders in Scotland are through the wholesalers.  If ordered directly from the company the delivery charges are as follows:  • Orders below £40 = £6.99 + VAT.  • Orders over £40 will incur no delivery charges. | | | |
| **XANTHAN GUM / BAKING AIDS** | | | |
| **ITEM** | **PIP CODE** | **MINIMUM ORDER QUANTITI**QUANTITIES | **UNITS** |
| **PURE** | | | |
| XANTHAN GUM | 282-8572 | 1 x 100g | 1 |

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| **BREAKFAST CEREALS** |

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| **ITEM** | **PIP CODE** | **MINIMUM ORDER** | **UNITS** |

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| **GLUTAFIN** | | | |
| CORNFLAKES | 381-3748 | 1 x 375g | 1.5 |
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| **JUVELA** | | | |
| FLAKES | 371-1652 | 1 x 300g | 1.5 |
| 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 |
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| **PASTA** | | | |

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| **ITEM** | **PIP CODE** | **MINIMUM ORDER** | **UNITS** |

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| **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 |
| SPAGHETTI | 280-7998 | 1 x 500g | 2 |
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| **PIZZA BASES** | | | |

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| **ITEM** | **PIP CODE** | **MINIMUM ORDER** | **UNITS** |

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| **GLUTAFIN** | | | | |
| PIZZA BASE (2 PER PACK) | 334-1112 | 1 pack of 2 x 150g | 1 | |
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| **JUVELA** | | | | |
| PIZZA BASE (2 PER PACK) | 265-4390 | 1 pack of 2 x 150g | | 1 |

Gluten Free Product Manufacturers and Wholesaler Contact Details

**DR SCHAR**

Tel: 0800 988 2470

Email: [glutenfree@glutafin.co.uk](mailto:glutenfree@glutafin.co.uk)

[www.glutafin.co.uk](http://www.glutafin.co.uk/)

Tel: ordering 0844 854 4998

**Brands- GLUTAFIN, JUST**

**GENIUS GLUTEN FREE**

Tel: 0845 874 4000

[www.geniusglutenfree.com](http://www.geniusglutenfree.com/)

**Brands – GENIUS**

**TOBIA TEFF**

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Orders by email only: [sales@tobiateff.co.uk](mailto:sales@tobiateff.co.uk)

[www.tobiateff.co.uk](http://www.tobiateff.co.uk)

**Brands – TOBIA TEFF, DROSSA LONDON LTD products DROSSA FINAX and DROSSA MUM’S Mill**

**WARBURTONS**

Tel: 0800 243 684

[www.newburnbakehouse.com](http://www.newburnbakehouse.com/)

**Brands – WARBURTONS**

**INNOVATIVE SOLUTIONS UK LTD**

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**Brands – PURE**

**HERO UK LTD trading as JUVELA**

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**Brands – JUVELA GLUTEN FREE**

**MAIN WHOLESALERS**

**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](mailto:information@alliance-healthcare.co.uk)

**AAH PHARMACEUTICALS**

Tel: 0141 423 5888

Order line Tel: 0844 561 8899

Email: [enquiries@aah.co.uk](mailto:enquiries@aah.co.uk)

**PHOENIX HEALTHCARE DISTRIBUTION LTD**

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[www.myp-i-n.co.uk](http://www.myp-i-n.co.uk/)