

Gluten Free Food Prescribable Product List NHS Grampian May 2021

This guideline is updated annually. Every effort is made to ensure its accuracy for both products and delivery costs. However, some products may not be included as they may not have been available in time for the update. Available online:

www.show.scot.nhs.uk/publications/

Show community pharmacy web address

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.

[Coeliac UK Prescribing Guidelines September 2013](#)

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	1 ½

In line with Coeliac UK guidance 2013, Sweet biscuits should only be considered in exceptional circumstances on clinical advice.

Prescribable food item	No. of units
<199g sweet biscuits	½
200g+ sweet biscuits	1

NHS Grampian Gluten Free Prescribable Product List

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of March 2020. This list is intended as a reference document. While NHS Grampian Health Board endeavours to ensure that the information in this list is correct, NHS Grampian Health Board does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS
BREAD & ROLLS		
GENIUS – All Breads are Fresh		
Brown Sandwich Bread Sliced 535g (x6)	(PIP Code 379-8550)	6
White Sandwich Bread Sliced 535g (x6)	(PIP Code 379-8568)	6
Brown Seeded Farmhouse Loaf Sliced 535g (x6)	(PIP Code 403-8345)	6
<p>Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges. See contact details.</p> <p>The pharmacy needs to place orders as follows:</p> <ul style="list-style-type: none"> • Before 2.00 pm Mondays – for delivery on Thursdays • Before 2.00 pm Tuesdays – for delivery on Fridays • All day Wednesday or before 2.00 pm Thursdays – for delivery on Tuesdays • Friday, Saturdays and Sundays – for delivery on Wednesdays 		
GLUTAFIN		
Baguettes (2 x 175g) 350g	(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 (4 x 50g) 200g	(PIP Code: 344-3652)	½
Part-Baked Long White Rolls (2 x 75g) 150g	(PIP Code: 344-3637)	½
Part-Baked White Rolls (4 x 50g) 200g	(PIP Code: 344-2753)	½
White Rolls (4 x 50g) 200g	(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 (x 8) 400g	(PIP Code: 402-3685)	8
Select Fresh Brown Loaf Sliced (x 8) 400g	(PIP Code: 330-6800)	8
Select Fresh White Loaf Sliced (x 8) 400g	(PIP Code: 290-6840)	8
<p>Glutafin are Dr Schar products. See contact details.</p> <p>Glutafin products are distributed by Alliance without any administrative or delivery charges.</p> <ul style="list-style-type: none"> • 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 Wednesday • Delivery of fresh white bread only - place the order before 10am on Tuesday to be delivered the following Friday 		

ITEM	CODE	NO OF UNITS
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
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 • Delivery cost is included in the cost of each case • Minimum order is one case per delivery • Place order by 2pm on Monday for delivery on Thursday 		
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
Fibre Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	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
White Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1
Mixed Case Fresh White (4 x 5 (85g) rolls + 4 loaves sliced (4 x 400g)	(PIP Code: 836-4259)	8
Mixed Case Fresh Fibre (4 x 5 (85g) rolls + 4 loaves sliced (4 x 400g)	(PIP Code: 836-4242)	8
Mixed Case Fresh Loaves (4 x 400g fibre loaves + 4 x 400g white loaves)	(PIP Code: 839-2821)	8
Mixed Case Fresh Rolls (4 x 5 (85g) fibre rolls + 4 x 5 (85g) white rolls)	(PIP Code: 839-2839)	8
Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) fibre rolls + 4 x 400g white loaves)	(PIP Code: 839-2847)	8
Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) white rolls + 4 x 400g fibre loaves)	(PIP Code: 839-2730)	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 fresh loaves and rolls are delivered to the pharmacy 4 times a week <ul style="list-style-type: none"> • 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		
Brown Bread Sliced 400g (x4)	(PIP Code: 368-5278)	4
White Bread Sliced 400g (x4)	(PIP Code: 368-5260)	4
Brown Rolls 220g (3 rolls per pack) (x4)	(PIP Code: 368-5294)	2
White Rolls 220g (3 rolls per pack) (x4)	(PIP Code: 368-5286)	2
Do not deliver directly. Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix. See contact details. <ul style="list-style-type: none"> • Both Fresh Loaves and Rolls are supplied in minimum cases of 4. • Products ordered by Thursday 12pm, are delivered to pharmacies on Mondays/Tuesdays 		

ITEM	CODE	NO OF UNITS
HOME BAKING		
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
<p>Delivery costs to pharmacies: Bialimenta, Finax and Mum's Mill products can be obtained by ordering from Drossa Limited. See contact details.</p> <ul style="list-style-type: none"> • Drossa can accept orders for single packs/smaller quantities between 500g – 2699g for a delivery cost of £5.25 • Drossa can supply mixed flour & pasta products (from Bialimenta, Finax and Mum's Mill), with free delivery, with a minimum weight order of 2.7kg and above • Aim to send out orders the first working day following receipt via courier delivery 		
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
<p>Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies:</p> <ul style="list-style-type: none"> • Glutafin products are distributed by Alliance without any administrative or delivery charges 		
JUVELA		
Fibre Mix 500g	(PIP Code: 023-6042)	2
Harvest Mix 500g	(PIP Code: 247-7875)	2
White Mix 500g	(PIP Code: 035-2161)	2
<p>See contact details. Delivery costs to pharmacies: All products are routinely stocked.</p> <ul style="list-style-type: none"> • Juvela products are distributed by Alliance without any administrative or delivery charges 		
MUM'S MILL		
Quick Bread Mix 1kg	(PIP Code:399-0116)	4
<p>Delivery costs to pharmacies: Bialimenta, Finax and Mum's Mill products can be obtained by ordering from Drossa Limited. See contact details.</p> <ul style="list-style-type: none"> • Drossa can accept orders for single packs/smaller quantities between 500g – 2699g for a delivery cost of £5.25 • Drossa can supply mixed flour & pasta products (from Bialimenta, Finax and Mum's Mill), with free delivery, with a minimum weight order of 2.7kg and above <p>Aim to send out orders the first working day following receipt via courier delivery</p>		

ITEM	CODE	NO OF UNITS
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
<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. If ordered directly from the company the delivery charges are as follows:</p> <ul style="list-style-type: none"> • Order up to 500g = £4.02, Order 501g – 5kg = £7.80, Order 5.01kg – 10kg = £8.52 • Order 10.01kg – 25kg = £13.56, Order 25.01 kg and over = £15.60 <p>Orders over £30 will incur no delivery charges</p>		

ITEM	CODE	NO OF UNITS
PIZZA BASES		
GLUTAFIN		
Pizza Bases 300g (2 x 150g)	(PIP Code: 334-1112)	1
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> • Glutafin products are distributed by Alliance without any administrative or delivery charges. 		
JUVELA		
Pizza Bases (2 x150g) 300g	(PIP Code: 265-4390)	1
See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> • Juvela products are distributed by Alliance without any administrative or delivery charges. 		
PASTA		
BIALIMENTA		
Tubetti 500g	(PIP Code: 351-1979)	2
Potato Gnocchi 500g	(PIP Code: 351-1961)	2
Potato Perle di Gnocchi 500g	(PIP Code: 351-1987)	2
Spirali /Spirals 500g	(PIP Code: 364-1073)	2
Penne 500g	(PIP Code: 364-1040)	2
Sagnette 500g	(PIP Code: 364-1065)	2
Acini di Pepe/Pasta Grains 500g	(PIP Code: 364-1057)	2
FormatiMisti/Variety Pack 3kg (2 x 500g Acini di Pepe, 2 x 500g Penne, 1x 500g Sagnette, 1 x 500g Spirali)	(PIP Code: 364-1438)	12
Delivery costs to pharmacies: Bialimenta, Finax and Mum's Mill products can be obtained by ordering from Drossa Limited. See contact details. <ul style="list-style-type: none"> • Drossa can accept orders for single packs/smaller quantities between 500g – 2699g for a delivery cost of £5.25 • Drossa can supply mixed flour & 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		
Spirals (Fusilli) 500g	(PIP Code: 211-5178)	2
Penne 500g	(PIP Code: 211-5152)	2
Long Cut Spaghetti 500g	(PIP Code: 211-5160)	2
Fibre Fusilli 500g	(PIP Code: 386-2646)	2
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> • Glutafin products are distributed by Alliance without any administrative or delivery charges 		

ITEM	CODE	NO OF UNITS
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
See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> Juvela products are distributed by Alliance without any administrative or delivery charges 		

RIZOPIA		
Organic Brown Rice Fusilli 500g	(PIP Code: 340-0074)	2
Organic Brown Rice Spaghetti 500g	(PIP Code: 340-0090)	2
Organic Brown Rice Penne 500g	(PIP Code: 340-0082)	2
Organic Brown Rice Lasagne 375g	(PIP Code: 340-0108)	1½

ITEM	CODE	NO OF UNITS
CRACKERS & CRISPbread		
GLUTAFIN		
Crackers 200g	(PIP Code: 009-3302)	1
Crisp Bread 150g	(PIP Code: 338-4443)	½
Mini Crackers 175g	(PIP Code: 353 5515)	½

Glutafin are Dr Schar products. See contact details.

Delivery costs to pharmacies:

- Glutafin products are distributed by Alliance without any administrative or delivery charges.

JUVELA		
Crispbread 200g	(PIP Code: 236-6136)	1
Savoury Biscuits 150g	(PIP Code: 310-7893)	½

See contact details.

Delivery costs to pharmacies:

- Juvela products are distributed by Alliance without any administrative or delivery charges

ITEM	CODE	NO OF UNITS
BAKING AIDS		
PURE		
Xanthan Gum 100g	(PIP Code: 282-8572)	1

Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details.

If ordered directly from the company the delivery charges are as follows:

- Order up to 500g = £4.02, Order 501g – 5kg = £7.80, Order 5.01kg – 10kg = £8.52
- Order 10.01kg – 25kg = £13.56, Order 25.01 kg and over = £15.60
- Orders over £30 will incur no delivery charges

ITEM	CODE	NO OF UNITS
BREAKFAST CEREAL		
BARKAT		
Porridge Flakes 500g	(PIP Code: 260-1888)	1 ½
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.		
<ul style="list-style-type: none"> • Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix 		
GLUTAFIN		
Cornflakes 375g	(PIP Code: 381-3748)	1 ½
Glutafin are Dr Schar products. See contact details.		
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> • Glutafin products are distributed by Alliance without any administrative or delivery charges 		
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
See contact details.		
Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> • Juvela products are distributed by Alliance without any administrative or delivery charges 		

GLUTEN FREEFOOD PRODUCT MANUFACTURERS

CONTACT DETAILS

<p>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, FINAX, MUM'S MILL</p> <p>DR SCHAR Glutafin, Dr Schar, Units 1-2, Station Court, 442 Stockport Road, Warrington, WA4 2GW 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</p> <p>GENIUS GLUTEN FREE Genius Foods 22 Northumberland Street South West Lane Edinburgh EH3 6JD Tel: 0845 874 4000 www.geniusglutenfree.com Brands – GENIUS</p> <p>PGR HEALTH FOODS LTD PO Box 214, Hertford SG14 2ZX Tel: 01992 581715 info@pgrhealthfoods.co.uk www.rizopia.co.uk Brands – RIZOPIA</p> <p>TOBIA TEFF 67 Lilburne Walk London NW10 0TW Tel: 020 70181210 Email: info@tobiateff.co.uk Orders by email only: sales@tobiateff.co.uk www.tobiateff.co.uk Brands – TOBIA TEFF</p> <p>WARBURTONS Hereford House Hereford Street Bolton BL1 8JB Tel: 0800 243684 www.newburnbakehouse.com Brands- WARBURTONS</p>	<p>GLUTEN FREE FOODS LTD Unit 270 Centennial Park Centennial Avenue Elstree Borehamwood Hertfordshire WD6 3SS Tel: 020 8953 4444 Fax: 020 8953 8285 Email: info@glutenfree-foods.co.uk www.glutenfree-foods.co.uk Brands – BARKAT & TRITAMYL</p> <p>INNOVATIVE SOLUTIONS UK LTD Mayfield Centre Mayfield Street Rochdale OL16 2UZ Tel: 01706 746 713 Fax: 01706 341 357 Email: info@pureglutenfree.co.uk www.pureglutenfree.co.uk Brands – INNOVATIVE SOLUTIONS, PURE</p> <p>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</p> <p>HERO UK LTD trading as JUVELA 19 De Havilland Drive Liverpool L24 8RN Tel: 0800 783 1992 Email: info@juvela.co.uk www.juvela.co.uk Brands – JUVELA GLUTEN FREE</p>
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MAIN WHOLESALERS

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Gluten Free Bread Team:0844 854 4998
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Order line Tel: 0844 561 8899
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