

**GLUTEN FREE FOOD FORMULARY MARCH 2022**

**(INTERIM UPDATE NOVEMBER 2022; REVIEW DATE EXTENDED TO 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 November 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** **(INTERIM UPDATE NOVEMBER 2022, REVIEW DATE EXTENDED TO SEPTEMBER 2023)** | | | | | |
| **This guidance will be updated annually and is available online:** [**https://www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-lanarkshire/local-formularies/**](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 (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 page 8+9.  The pharmacy needs to place orders as follows:   * 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 LOAF) | 237-7356 | 1 x 300g |  | 0.5 | |
| WHITE LOAF SLICED (300g LOAF ) | 090-4268 | 1 x 300g |  | 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 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 page 8.  Glutafin products are distributed by Alliance without any administrative or delivery charges. See page 9 for contact details.   * 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 | | | | | |
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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 page 9.   * 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. | | | | | |
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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 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 8+9. 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.  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 |
|  | | | | | | | |
| **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 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 – 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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| **ITEM** | PIP CODE | | MINIMUM ORDER QUANTITIES QUANTITIES | | UNITS |
| **CRACKERS AND CRISPBREAD** | | | | | |
| **GLUTAFIN** | | | | | |
| CRACKERS PLAIN | 009-3302 | | 1 x 200g | | 1 |
| 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** | | | | | |
| **FINAX** | | | | | |
| FLOUR MIX | 364-1032 | 1 x 900g | | 3.5 | |
| Products can be ordered from wholesalers (Alliance, Lexon, Quantum, Phoenix etc.), delivery charges from individual wholesalers may vary. Orders placed via wholesalers should be for minimum 2700g – product orders can be mixed: Finax flour and bread mixes and BiAlimenta pasta. See contact details pages 8+9.  Drossa can accept orders for single packs/smaller quantities between 500g – 2699g for a delivery cost of £5.95. This cost is applicable to the whole of Scotland, including Highlands and Islands.   * Free delivery on order quantities of 2.7kg and above to the whole of Scotland, including Highlands and Islands – including mixed flour & pasta products (from BiAlimenta and Finax).   Aim to send out orders the first working day following receipt via courier delivery. | | | | | |
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| **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 |
|  | | | | | |
| **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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| **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 8+9.  Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. | | | | | |
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| **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 8+9.  Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. | | | | | |
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| **PURE** | | | | | |
| XANTHAN GUM | 282-8572 | | 1 x 100g | | 1 |
| Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details on page 8+9.  If ordered directly from the company the delivery charges are as follows:  Orders below £30 = £5.99 postage and packing fee  Orders over £30 will incur no delivery charges. | | | | | |

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| **ITEM** | **PIP CODE** | **MINIMUM ORDER QUANTITIES** | **UNITS** | |
| **BREAKFAST CEREALS** | | | | |
| **GLUTAFIN** | | | | |
| CORNFLAKES | 381-3748 | 1 x 375g | 1.5 | |
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| **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 | |
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| **PASTA** | | | | |
| **BARKAT** | | | | |
| BUCKWHEAT PASTA (PENNE) | 232-3319 | 1 x 250g | 1 | |
| BUCKWHEAT PASTA (SPIRALS) | 232-2873 | 1 x 250g | 1 | |
| 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 page 8+9.   * Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. | | | | |
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| **BIALIMENTA** | | | | |
| POTATO GNOCCHI | 351-1961 | 1 x 500g | 2 | |
| Products can be ordered from wholesalers (Alliance, Lexon, Quantum, Phoenix etc.), delivery charges from individual wholesalers may vary. Orders placed via wholesalers should be for minimum 2700g – product orders can be mixed: Finax flour and bread mixes and BiAlimenta pasta. See contact details on pages 8+9.  Drossa can accept orders for single packs/smaller quantities between 500g – 2699g for a delivery cost of £5.95. This cost is applicable to the whole of Scotland, including Highlands and Islands.   * Free delivery on order quantities of 2.7kg and above to the whole of Scotland, including Highlands and Islands – including mixed flour & pasta products (from BiAlimenta and Finax). * 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 | |
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| **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 | |
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| **PIZZA BASES** | | | | |
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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

**DROSSA LTD**

Tel: 020 3393 0859

Pharmacists go to: [www.drossa.ltd.uk](http://www.drossa.ltd.uk)

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

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

Orders: [orders@drossa.co.uk](mailto:orders@drossa.co.uk)

**Brands – BIALIMENTA, FINAX**

**GLUTEN FREE FOODS LTD**

Tel: 020 8953 4444

Fax: 020 8953 8285

Email: [info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)

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

**Brands – BARKAT, TRITAMYL**

**DR SCHAR**

Tel: 0800 988 2470

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

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

Tel: ordering 0844 854 4998

**Brands – GLUTAFIN**

**JUST: GLUTEN FREE**

T: 01698 841559

E: [info@justglutenfree.co.uk](mailto:info@justglutenfree.co.uk)

<http://www.justglutenfree.co.uk>

Community pharmacy to order by email using **all** of the email addresses below:

[admin@justglutenfree.co.uk](mailto:admin@justglutenfree.co.uk)

[ronnie@justglutenfree.co.uk](mailto:ronnie@justglutenfree.co.uk)

[ola@justglutenfree.co.uk](mailto:ola@justglutenfree.co.uk)

**Brands – JUST**

**HERO UK LTD trading as JUVELA**

Tel: 0800 783 1992

Email: [info@juvela.co.uk](mailto:info@juvela.co.uk)

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

**Brands – JUVELA**

**GENIUS GLUTEN FREE**

Tel: 0845 874 4000

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

**Brands – GENIUS**

**INNOVATIVE SOLUTIONS UK LTD**

Tel: 01706 746 713

Fax: 01706 341 357

Email: [info@pureglutenfree.co.uk](mailto:info@pureglutenfree.co.uk)

[www.pureglutenfree.co.uk](https://www.pureglutenfree.co.uk/)

**Brands – PURE**

**WARBURTONS**

Tel: 0800 243 684

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

**Brands – WARBURTONS**

**MAIN WHOLESALERS**

**AAH PHARMACEUTICALS**

Tel: 0141 423 5888

Order line Tel: 0844 561 8899

Email: [enquiries@aah.co.uk](mailto: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](mailto:information@alliance-healthcare.co.uk)

**PHOENIX HEALTHCARE DISTRIBUTION LTD**

Tel: 01928 750 500

Fax: 01928 750 750

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