

GLUTEN FREE FOOD FORMULARY JANUARY 2026

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):

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
3 rd TRIMESTER PREGNANCY	ADD 1 UNIT

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/CRISP BREADS	0.5
≥ 200g CRACKERS/CRISP BREADS	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

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 JANUARY 2026

This guidance is available online:

<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:			
<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			
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
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.			
<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 Thursday. 			
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

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.			
<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. 			
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
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

WARBURTONS – all breads are fresh				
WHITE SLICED ROLLS	(4 PER PACK)	368-5286	4 packs of 232g	2
BROWN SLICED ROLLS	(4 PER PACK)	368-5294	4 packs of 232g	2

CRACKERS AND CRISPREAD

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

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

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

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	UNITS
PURE			
XANTHAN GUM	282-8572	1 x 100g	1

BREAKFAST CEREALS

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

PASTA

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

PIZZA BASES

ITEM	PIP CODE	MINIMUM ORDER	UNITS
GLUTAFIN			
PIZZA BASE (2 PER PACK)	334-1112	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

www.glutafin.co.uk

Tel: ordering 0844 854 4998

Brands- GLUTAFIN, JUST

GENIUS GLUTEN FREE

Tel: 0845 874 4000

www.geniusglutenfree.com

Brands – GENIUS

TOBIA TEFF

Tel: 020 70181210

Email: info@tobiateff.co.uk

Orders by email only: sales@tobiateff.co.uk

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

Brands – WARBURTONS

INNOVATIVE SOLUTIONS UK LTD

Tel: 01706 746 713

Fax: 01706 341 357

Email: info@pureglutenfree.co.uk

www.pureglutenfree.co.uk

Brands – PURE

HERO UK LTD trading as JUEVELA

Tel: 0800 783 1992

Email: info@juvela.co.uk

www.juvela.co.uk

Brands – JUEVELA 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

AAH PHARMACEUTICALS

Tel: 0141 423 5888

Order line Tel: 0844 561 8899

Email: enquiries@aah.co.uk

PHOENIX HEALTHCARE DISTRIBUTION LTD

Tel: 01928 750 500

Fax: 01928 750 750

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