

## **Prescribable Gluten Free Food List (Formulary)**

**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 Dietician, GP or Pharmacist.**

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The list does not include all foods that are currently available on prescription. It is the local NHS Ayrshire & Arran formulary list.

New products may become available and some products may be deleted. Your local Community Pharmacist can keep you updated. Changes to the Formulary will be included in the updates which can be found at the NHS Ayrshire & Arran Pharmacy site [click here](#)

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 who will be able to help.

### Acknowledgement

With grateful thanks to NHS Tayside Nutrition Managed Clinical network and to Jacqueline Walker Tayside Nutrition MCN Manager for advice in preparation of this Formulary.

## Gluten Free Prescribable Product List NHS A&A

This guideline is updated six monthly. Every effort is made to ensure its accuracy; however, some products may not be included as they may not have been available in time for the update. Available online at the NHS Ayrshire & Arran Pharmacy site:

[click here](#)

### 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. [www.coeliac.org.uk](http://www.coeliac.org.uk)

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 <sup>rd</sup> trimester pregnancy	Add 1

Number of units represented by the prescribable gluten free food item.

Prescribable food item	No. of units
<400g bread	0.5
400-599g bread	1
600g + bread	1.5
500g bread mix or flour mix	2
150-250g rolls/baguettes	0.5
251-400g rolls/ baguettes	1
<199g savoury biscuits/crackers	0.5
200g + savoury biscuits/crackers	1
250g pasta	1
251-499g pasta	1.5
500g+	2
2 x 110g -180g pizza bases	1
100-170g xanthan gum	1
500g oats Or 300g cereal	1.5

**In line with Coeliac UK guidance 2013 and NHS A&A ADTC guidance, sweet biscuits should only to be prescribed in exceptional circumstances on clinical advice from a dietician who can advise on allowable products and units**

## Gluten Free Prescribable Product List NHS A&A

**Note: ACBS indications for gluten & wheat free foods: established gluten- sensitive enteropathies with coexisting wheat sensitivity only. These products are highlighted with a square ■.**

**Delivery dates and costs to Community Pharmacies are correct as of March 2019**

**This list is intended as a reference document. While NHS Ayrshire & Arran Health Board endeavours to ensure the information in this list is correct, NHS Ayrshire & Arran does not warrant the accuracy and completeness of the material in the list**

ITEM	CODE	NO OF UNITS
<b>BREAD &amp; ROLLS</b>		
<b>BARKAT</b>		
Brown Rice Bread Sliced 500g	(PIP Code: 244-0691)	1
White Rice Bread Sliced 500g	(PIP Code: 244-0709)	1
Barkat products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods minimum delivery fee of £6.50 applies. For orders over 1kg a delivery fee of a minimum £10.50 will apply. No minimum order. See contact details. Delivery costs to pharmacies: All items are available to order from AAH and Alliance with no associated delivery costs. Not every wholesaler will stock full range. Phoenix may charge for delivery dependant on account status		
<b>ENER-G</b>		
Seattle Brown Loaf Sliced 454g	(PIP Code: 288-1324)	1
ENER-G products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods minimum delivery fee of £6.50 applies. For orders over 1kg a delivery fee of a minimum £10.50 will apply. No minimum order. See contact details. All items are available to order from AAH and Alliance with no associated delivery costs. Not every wholesaler will stock full range. Phoenix may charge for delivery dependant on account status		
<b>GENIUS- All Breads are Fresh</b>		
Brown Sandwich Bread Sliced 535g (x 6)	(PIP Code 379-8550)	6
White Sandwich Bread Sliced 535g (x 6)	(PIP Code 379-8568)	6
Brown Seeded Farmhouse Loaf Sliced 535g (x 6)	(PIP Code 403-8345)	6
Genius 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"> <li>• Before 2.00 pm Mondays – for delivery on Thursdays</li> <li>• Before 2.00 pm Tuesdays – for delivery on Fridays</li> <li>• All day Wednesday or before 2.00 pm Thursdays – for delivery on Tuesdays</li> <li>• Friday, Saturdays and Sundays – for delivery on Wednesdays</li> </ul>		
<b>GLUTAFIN</b>		
Fibre Loaf – Sliced 300g	(PIP Code: 237-7356)	0.5
White Loaf – Sliced 300g	(PIP Code: 090-4268)	0.5
Part baked Fibre Rolls 200g (4 x 50g)	(PIP Code: 344-3652)	0.5
Part baked White rolls 200g (4 x 50g)	(PIP Code: 344-2753)	0.5
White Rolls 200g (4 x 50g)	(PIP Code: 344-3645)	0.5
<b>GLUTAFIN Select</b>		
Select Fibre Loaf Sliced 400g	(PIP Code: 054-6101)	1
Select Fresh Brown Loaf Sliced 400g (x 8)	(PIP Code: 330-6800)	8
Select Fresh White Loaf Sliced 400g (x 8)	(PIP Code: 290-6840)	8
Select Seeded Loaf Sliced 400g	(PIP Code: 308-9364)	1
Select White Loaf Sliced 400g	(PIP Code:054-6093)	1

<p>Glutafin are Dr Schar products.          Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges          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</p>		
<b>JUVELA</b>		
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 – each roll 85g) 425g (x 8)	(PIP Code 355-8871)	8
Fresh Fibre Rolls (5 pack – each roll 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
<p>Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges          Both Fresh Loaves and Rolls are supplied in cases of 8.          You can also order any combination of both fresh bread &amp; rolls i.e. 4 packs rolls (white or fibre) &amp; 4 loaves (white or fibre) (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 Friday- delivery by 5.30pm on Tuesday          Place order before 10am Monday- delivery by 5.30pm Wednesday          Place order before 10am Tuesday- delivery by 5.30pm Thursday          Place order before 10am Wednesday- delivery by 5.30pm Friday</p>		
<b>WARBURTONS- All Breads are Fresh</b>		
Brown Bread Sliced 400g (x 4)	(PIP Code: 368-5278)	4
White Bread Sliced 400g (x 4)	(PIP Code: 368-5260)	4
Brown Sub Rolls (3 rolls per pack) 220g (x 4)	(PIP Code: 368-5294)	2
White Sub Rolls (3 rolls per pack) 220g (x 4)	(PIP Code: 368-5286)	2
<p>Do not deliver directly.          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 Mondays/Tuesdays</p>		

ITEM	CODE	NO OF UNITS
<b>HOME BAKING</b>		
<b>BARKAT</b>		
Bread Mix 500g	(PIP Code: 051-5338)	2
Flour Mix 500g	(PIP Code: 335-6672)	2
Barkat products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods minimum delivery fee of £6.50 applies. For orders over 1kg a delivery fee of a minimum £10.50 will apply. No minimum order. Delivery costs to pharmacies: All items are available to order from AAH and Alliance with no associated delivery costs. Not every wholesaler will stock full range. Phoenix may charge for delivery dependant on account status		
<b>GLUTAFIN</b>		
Bread Mix 500g	(PIP Code: 298-8418) ■	2
Multipurpose Fibre Mix 500g	(PIP Code: 231-2973)	2
Multipurpose White Mix 500g	(PIP Code: 231-2981)	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
Glutafin are Dr Schar products. Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		
<b>JUELA</b>		
Fibre Mix 500g	(PIP Code: 023-6042)	2
White Mix 500g	(PIP Code: 035-2161)	2
All products are routinely stocked. Juvela products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		

ITEM	CODE	NO OF UNITS
<b>PIZZA BASES</b>		
<b>GLUTAFIN</b>		
Gluten Free Pizza Bases (2 x 150g) 300g	(PIP Code: 334-1112)	1
Glutafin are Dr Schar products. Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		
<b>JUVELA</b>		
Pizza Bases (2 x 180g) 360g	(PIP Code: 265-4390)	1
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		
<b>PASTA</b>		
<b>BARKAT</b>		
Macaroni 500g	(PIP Code: 339-4921)	2
Spaghetti 500g	(PIP Code: 339-4947)	2
Spirals 500g	(PIP Code: 339-4939)	2
Barkat products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods minimum delivery fee of £6.50 applies. For orders over 1kg a delivery fee of a minimum £10.50 will apply. No minimum order. See contact details. All items are available to order from AAH and Alliance with no associated delivery costs. Not every wholesaler will stock full range. Phoenix may charge for delivery dependant on account status		
<b>GLUTAFIN</b>		
Spirals 500g	(PIP Code: 211-5178)	2
Penne 500g	(PIP Code: 211-5152)	2
Long Cut Spaghetti 500g	(PIP Code: 211-5160)	2
Glutafin are Dr Schar products. Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		
<b>JUVELA</b>		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fusilli 500g	(PIP Code: 280-7980)	2
Lasagne 250g	(PIP Code: 280-7972)	1
Macaroni 500g	(PIP Code: 280-8004)	2
Spaghetti 500g	(PIP Code: 280-7998)	2
Tagliatelle 250g	(PIP Code: 319-3497)	1
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		

ITEM	CODE	NO OF UNITS
<b>CRACKERS &amp; CRISPREAD</b>		
<b>BARKAT</b>		
Matzo Crackers Round 200g	(PIP Code: 337-8296)	1
Barkat products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods minimum delivery fee of £6.50 applies. For orders over 1kg a delivery fee of a minimum £10.50 will apply. No minimum order. See contact details. All items are available to order from AAH and Alliance with no associated delivery costs. Not every wholesaler will stock full range. Phoenix may charge for delivery dependant on account status		
<b>GLUTAFIN</b>		
Crackers 200g	(PIP Code: 009-3302)	1
Crispbread 150g	(PIP Code: 338-4443) ■	0.5
Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges		
<b>JUELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		
<b>BAKING AIDS</b>		
<b>BARKAT</b>		
Xanthan Gum 80g	(PIP Code: 400-8074)	0.5
Barkat products are distributed by Gluten Free Foods Ltd. If ordering directly from Gluten Free foods minimum delivery fee of £6.50 applies. For orders over 1kg a delivery fee of a minimum £10.50 will apply. No minimum order. See contact details. Delivery costs to pharmacies: All items are available to order from AAH and Alliance with no associated delivery costs. Not every wholesaler will stock full range. Phoenix may charge for delivery dependant on account status		
<b>BREAKFAST CEREAL</b>		
<b>GLUTAFIN</b>		
Cornflakes 375g	(PIP CODE 381-3748)	1.5
Glutafin are Dr Schar products. Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		
<b>JUELA</b>		
Fibre Flakes 300g	(PIP Code 371-1660)	1.5
Pure Oats 500g	(PIP Code 371-1678)	1.5
Crispy Rice 375g	(PIP Code: 388-2982)	1.5
Juvela products are distributed by Alliance Healthcare (Distribution) Ltd without any administrative or delivery charges		



## GLUTEN FREE FOOD PRODUCT MANUFACTURERS CONTACT DETAILS

<p><b>DROSSA LTD</b>  <b>Tel:</b> 020 3393 0859  Pharmacists go to: <a href="http://www.drossa.ltd.uk">www.drossa.ltd.uk</a>  Consumer / Retail go to <a href="http://www.drossa.co.uk">www.drossa.co.uk</a>  <b>Email:</b> <a href="mailto:enquiries@drossa.co.uk">enquiries@drossa.co.uk</a>  Orders: <a href="mailto:orders@drossa.co.uk">orders@drossa.co.uk</a>  <b>Brands – BIALIMENTA, FINAX</b></p>	<p><b>INNOVATIVE SOLUTIONS UK LTD</b>  Mayfield Centre  Mayfield Street  Rochdale OL16 2UZ  <b>Tel:</b> 01706 746 713 Fax: 01706 341 357  <b>Email:</b> <a href="mailto:info@pureglutenfree.co.uk">info@pureglutenfree.co.uk</a>  <a href="http://www.pureglutenfree.co.uk">www.pureglutenfree.co.uk</a>  <b>Brands – INNOVATIVE SOLUTIONS, PURE</b></p>
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<b>MAIN WHOLESALERS</b>	
<p><b>ALLIANCE HEALTH CARE</b>            43 Cox Lane            Chessington            Surrey            KT9 1SN            Tel: 020 8391 2323            Pharmacy Services Tel: 020 3044 8021            Gluten Free Bread Team:0844 854 4998  <a href="mailto:information@alliance-healthcare.co.uk">information@alliance-healthcare.co.uk</a></p>	<p><b>PHOENIX HEALTHCARE DISTRIBUTION LTD</b>            Rivington Road            Whitehouse Industrial Estate            Runcorn            Cheshire WA7 3DJ            Tel: 01928 750500 Fax:            01928 750750  <a href="http://www.myp-i-n.co.uk">www.myp-i-n.co.uk</a></p>
<p><b>AAH PHARMACEUTICALS</b>            204 Polmadie Road            Glasgow            G42 0PH            Tel: 0141 423 5888            Order line Tel: 0844 561 8899 <a href="mailto:enquiries@aah.co.uk">enquiries@aah.co.uk</a></p>	