



# **NHS Borders**

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

# Gluten Free Food Prescribable Product List

## September 2016

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/](http://www.show.scot.nhs.uk/publications/)

<http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/pharmacies/community-pharmacy/>

### 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.**

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

**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 <sup>rd</sup> 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	1½

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

## Gluten Free Prescribable Product List

Products highlighted with a ■ are prescribable for those with coexisting wheat sensitivity only. Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of April 2015. This list is intended as a reference document. While NHS Borders Health Board endeavours to ensure that the information in this list is correct, NHS Borders Health Board does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS
<b>BREAD &amp; ROLLS</b>		
<b>ENER-G</b>		
Brown Rice Sliced Bread 474g	(PIP Code: 221-2470)	1
Rice Loaf – Yeast Free Sliced 612g	(PIP Code: 233-5362)	1 ½
Seattle Brown Loaf Sliced 454g	(PIP Code: 288-1324)	1
Tapioca Bread Sliced 480g	(PIP Code: 233-5370)	1
White Rice Bread Sliced 456g	(PIP Code: 225-9455)	1
Dinner Rolls (6 pack) 280g	(PIP Code: 317-5502)	1
Seattle Brown Rolls Hamburger (4 pack) 320g	(PIP Code: 295-5870) ■	1
Seattle Brown Rolls Hot Dog (4 pack) 320g	(PIP Code: 295-5888) ■	1
ENER-G can be ordered directly from General Dietary Ltd in individual units. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>• Orders up to £10 = £4.50</li> <li>• Orders £10 - £20 = £6.00</li> <li>• Orders £20 - £35 = £8.00,</li> <li>• Orders £35 + free delivery</li> </ul>		
<b>GENIUS – All Breads are Fresh</b>		
Original Bread White Unsliced 400g x 8	(PIP Code 357-8333)	8
Original Bread Brown Unsliced 400g x8	(PIP Code 357-8325)	8
Original Bread Brown Sliced 400g x8	(PIP Code 370-0440)	8
Original Bread White Sliced Bread 400g x8	(PIP Code 370-0432)	8
Soft & Tasty Sandwich Bread Brown Sliced 535g x6	(PIP Code 379-8550)	6
Soft & Tasty Sandwich Bread White Sliced 535g x6	(PIP Code 379-8568)	6
White Bloomer 240g x 8	(PIP Code 379-8576)	4
Delivery costs to pharmacies: Genius products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. See contact details. The pharmacy needs to place orders as follows:		
<ul style="list-style-type: none"> <li>• Before 2.00 pm Mondays – for delivery on Thursday</li> <li>• Before 2.00 pm Tuesdays – for delivery on Friday</li> <li>• Before 2.00pm Wednesdays – for delivery on Tuesday</li> <li>• Before 2.00 pm Thursdays – for delivery on Tuesday</li> <li>• Before 9.00 pm Saturdays and Sundays – for delivery on Wednesday</li> </ul>		
<b>ITEM</b>		
<b>CODE</b>		
<b>NO OF UNITS</b>		
<b>GLUTAFIN</b>		
Gluten Free Part Baked Baguettes (2 pack) 350g	(PIP Code: 224-0117)	1
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 237-7356)	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 090-4268)	1
Gluten Free Part Baked Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½
Gluten Free White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
Gluten Free Select Fibre Loaf – Sliced 400g	(PIP Code: 054-6101)	1
Gluten Free Select Fresh Brown Loaf Sliced 400g x8	(PIP Code: 330-6800)	8
Gluten Free Select Fresh White Loaf Sliced 400g x8	(PIP Code: 290-6840)	8
Gluten Free Select Seeded Loaf – Sliced 400g	(PIP Code: 308-9364)	1
Gluten Free Select White Loaf – Sliced 400g	(PIP Code:054-6093)	1
Gluten Free Part-Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)	½
Gluten Free Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)	½
Glutafin are Dr Schar products. See contact details. 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 bread- place the order before 2pm on Friday to be delivered Wednesday
- Delivery of white bread- place the order before 10am on Tuesday to be delivered Friday or order before 2pm on Friday to be delivered Wednesday

ITEM	CODE	NO OF UNITS
<b>JUVELA</b>		
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)	1
Gluten Free Fibre Loaf – Unsliced 400g	(PIP Code: 010-1675)	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 074-8590)	1
Gluten Free White Loaf – Unsliced 400g	(PIP Code: 031-4781)	1
Gluten Free Part-baked Fibre Loaf unsliced 400g	(PIP Code: 273-6890)	1
Gluten Free Part-baked White Loaf unsliced 400g	(PIP Code: 273-6882)	1
Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1
Gluten Free Fresh Fibre Loaf - Sliced 400g x8	(PIP Code: 339-9789)	8
Gluten Free Fresh White Loaf – Sliced 400g x8	(PIP Code: 322-0217)	8
Fresh White Rolls (5 pack - each roll 85g) 425g x8	(PIP Code 355-8871)	8
Fresh Fibre Rolls (5 pack - each roll 85g) 425g x8	(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 Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1
Mixed Case Fresh White (20x85g rolls + 4x400g loaves sliced)	(PIP Code: 836-4259)	8
Mixed Case Fresh Fibre (20x85g rolls + 4x400g loaves sliced)	(PIP Code: 836-4242)	8

Delivery costs to pharmacies: Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. See contact details. Both Fresh Loaves and Rolls are supplied in cases of 8. 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).

- Place order before 10:00 am on a Monday, it will be delivered on Wednesday.
- Place order before 10:00 am on a Wednesday, it will be delivered on Friday.
- Place order after 10:00 am on a Wednesday, it will be delivered the following Wednesday.
- Mixed cases and rolls will be delivered on a Friday only.

#### LIFESTYLE HEALTHCARE

Fresh Brown Bread Sliced 400g x8	(PIP Code: 087-6557)	8
Fresh Brown Bread Unsliced 400g x8	(PIP Code: 087-6698)	8
Fresh High Fibre Sliced 400g x8	(PIP Code: 229-4254)	8
Fresh High Fibre Unsliced 400g x8	(PIP Code: 213-2959)	8
Fresh White Bread Sliced 400g x8	(PIP Code: 087-6490)	8
Fresh High Fibre Rolls (5 pack - each roll 80g) 400g x8	(PIP Code: 224-0125)	8
Fresh Rolls - Brown (5 pack - each roll 80g) 400g x8	(PIP Code: 264-1322)	8
Fresh Rolls - White (5 pack - each roll 80g) 400g x8	(PIP Code: 087-6706)	8

Lifestyle Healthcare products are distributed by Ultrapharm Limited. See contact details.

Delivery costs to pharmacies: No handling charges apply. Ordered by Friday, produced on Sunday and delivered Tuesdays, order by Tuesday to be delivered on Thursdays.

ITEM	CODE	NO OF UNITS
<b>LIVWELL</b>		
Tear Drop Flat Breads (Naan) (2 pack) 180g	(PIP Code 339-8591)	½
Flat Breads 220g	(PIP Code: 339-8583)	½

Delivery costs to pharmacies: See contact details.

Now part of Genius. Can order through Alliance Healthcare, Quantum Pharmaceuticals & AAH

#### WARBURTONS – All Breads are Fresh

Gluten Free Sliced Brown Bread 400g x4	(PIP Code: 368-5278)	4
Gluten Free Sliced White Bread 400g x4	(PIP Code: 368-5260)	4
Gluten Free Brown Sub Rolls (3 rolls per pack) 220g x4	(PIP Code: 368-5294)	2
Gluten Free White Sub Rolls (3 rolls per pack) 220g x4	(PIP Code: 368-5286)	2

Gluten Free White Baguette (2 pack x 80g) 160g x4	(PIP Code: 381-3805)	2
Gluten Free White Thin Rolls (4 pack x 58g) 232g x 4	(PIP Code: 391-4496)	2
Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix Medical Supplies Ltd from 1 <sup>st</sup> May 2015. See contact details.		
<ul style="list-style-type: none"> <li>Both Fresh Loaves and Rolls are supplied in minimum cases of 4.</li> <li>Products ordered by 5pm on Fridays are delivered to pharmacies on Tuesdays.</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>HOME BAKING</b>		
<b>GLUTAFIN</b>		
Gluten Free Bread Mix 500g	(PIP Code: 298-8418) ■	2
Gluten Free Fibre Bread Mix 500g	(PIP Code: 298-8426) ■	2
Gluten Free Multipurpose White Mix 500g	(PIP Code: 231-2981)	2
Gluten Free Select Bread Mix 500g	(PIP Code: 274-4951)	2
Gluten Free Select Fibre Bread Mix 500g	(PIP Code: 297-9912)	2
Gluten Free Select Multipurpose Fibre Mix 500g	(PIP Code: 004-5591)	2
Gluten Free Select Multipurpose White Mix 500g	(PIP Code: 004-5187)	2
Glutafin are Dr Schar products. See contact details.		
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>JUELA</b>		
Fibre Mix 500g	(PIP Code: 023-6042)	2
Harvest White Mix 500g	(PIP Code: 247-7875)	2
White Mix 500g	(PIP Code: 035-2161)	2
See contact details.		
Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>PIZZA BASES</b>		
<b>GLUTAFIN</b>		
Gluten Free Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1
Glutafin are Dr Schar products. See contact details.		
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>JUELA</b>		
Pizza Bases (2 pack) 360g	(PIP Code: 265-4390)	1
See contact details.		
Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>PASTA</b>		
<b>GLUTAFIN</b>		
Lasagne 250g	(PIP Code: 215-5091)	1
Pasta Shells (Conchiglie) 500g	(PIP Code: 250-0676)	2
Fusilli (Spirals) 500g	(PIP Code: 211-5178)	2
Fibre Fusilli (Spirals) 500g	(PIP Code: 386-2646)	2
Penne 500g	(PIP Code: 211-5152)	2
Spaghetti 500g	(PIP Code: 211-5160)	2
Fibre Spaghetti 500g	(PIP Code: 386-2653)	2
Tagliatelle 250g	(PIP Code: 215-5109)	1
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>• Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>JUELA</b>		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fibre Linguine 500g	(PIP Code: 332-8002)	2
Fusilli (spirals) 500g	(PIP Code: 280-7980)	2
Lasagne Sheets 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
See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>• Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		
<b>RIZOPIA</b>		
<b>ORGANIC BROWN RICE PASTA</b>		
Fusilli 500g	(PIP Code: 340-0074)	2
Lasagne 375g	(PIP Code: 340-0108)	1½
Penne 500g	(PIP Code: 340-0082)	2
Spaghetti 500g	(PIP Code: 340-0090)	2
Rizopia products are distributed by PGR Health Foods Ltd. See contact details. Delivery costs to pharmacies: <ul style="list-style-type: none"> <li>• Rizopia products are distributed by AAH Pharmaceuticals, Alliance Healthcare, and Phoenix Health Care Distribution Ltd and are distributed without any administrative or delivery charges</li> <li>• In most cases, delivered in 24 hours</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>CRACKERS &amp; CRISPbread</b>		
<b>GLUTAFIN</b>		
Crackers 200g	(PIP Code: 009-3302)	1
Crisp Bread 150g	(PIP Code: 338-4443) ■	½
High Fibre Crackers 200g	(PIP Code: 018-7641)	1
Savoury Shorts 130g	(PIP Code: 359-6996)	½
Mini Crackers 175g	(PIP Code: 353 5515)	½
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Glutafin products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges.</li> </ul>		
<b>JUVELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1
Savoury Biscuits 150g	(PIP Code: 310-7893)	½
Crackers (2 x 62.5g)125g	(PIP Code: 337-9576)	½
See contact details. Delivery costs to pharmacies: All products are routinely stocked.		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		
<b>NAIRN'S</b>		
Nairn's Wholegrain Crackers 114g	(PIP Code: 398-7138)	½
See contact details. Delivery costs to pharmacies: Is available through Alliance Health Care, AAH, Phoenix Medical Pharmacy Wholesalers		

ITEM	CODE	NO OF UNITS
<b>BAKING AIDS</b>		
<b>ENER-G</b>		
Xanthan Gum 170g	(PIP Code: 272-4318)	1
ENER-G can be ordered directly from General Dietary Ltd in individual units. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Orders up to £10 = £4.50, Orders £10 - £20 = £6.00, Orders £20 - £35 = £8.00,</li> <li>Orders £35 + free delivery</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>BREAKFAST CEREAL</b>		
<b>NAIRNS</b>		
Gluten Free Porridge Oats 500g	(PIP Code 368-7332)	1 ½
See contact details. Delivery costs to pharmacies: Is available through Alliance Health Care, AAH, Phoenix Medical Pharmacy Wholesalers		
<b>JUVELA</b>		
Gluten-Free Flakes 300g	(PIP Code 371-1652)	1 ½
Gluten-Free 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"> <li>Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges</li> </ul>		

**GLUTEN FREE FOOD PRODUCT MANUFACTURERS  
CONTACT DETAILS**

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Tel: ordering 0844 854 4998,  
<http://www.glutafin.co.uk/healthcare-professionals/glutafin-fresh-bread-ordering/>  
**Brands- GLUTAFIN**

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**Brands – ENER-G**

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[www.geniusglutenfree.com](http://www.geniusglutenfree.com)  
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**INNOVATIVE SOLUTIONS UK LTD**

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E: [info@justglutenfree.co.uk](mailto:info@justglutenfree.co.uk)  
[www.justglutenfree.co.uk](http://www.justglutenfree.co.uk)  
Community pharmacy to order by email using  
all of the addresses below:  
[admin@justglutenfree.co.uk](mailto:admin@justglutenfree.co.uk)  
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**Brands – JUST**

**HERO UK LTD trading as JUVELA**

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**Brands – JUVELA GLUTEN FREE**

**LIVWELL LTD ( Part of Genius Foods)**

1 Main Street  
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**Brands – LIVWELL**

**NAIRNS OATCAKES LTD**

90 Peffermill Road  
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**Brands - NAIRNS**



**Brands – ORGRAN**

**PGR HEALTH FOODS LTD**

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**Brands – RIZOPIA**

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

**Brands – TOBIA TEFF**

**WARBURTONS**

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**Brands- WARBURTONS**

**WELLFOODS LTD**

Towngate,  
Barnsley,  
South Yorkshire S75 6AS  
Tel: 01226 381712  
Email: [janet@wellfoods.co.uk](mailto:janet@wellfoods.co.uk)  
[www.wellfoods.co.uk](http://www.wellfoods.co.uk)

**Brands – WELLFOODS**

**FEED ME RIGHT LTD**

13 Mill Fold Gardens  
Littleborough  
Rochdale  
OL15 8SA  
[info@glutenex.co.uk](mailto:info@glutenex.co.uk)

**Brand - GLUTENEX**

**ULTRAPHARM**

Mamhilad Technology Park,  
Pontypool NP4 0JJ  
0845 270 1400  
Tel: 0845 270 1200  
Email: [info@ultrapharm.eu](mailto:info@ultrapharm.eu)  
[www.ultrapharm.eu](http://www.ultrapharm.eu)  
Pharmacies to call Alliance Healthcare on  
0844 8544 998 to place an order.

**Brands- LIFESTYLE**

**MAIN WHOLESALERS**

**ALLIANCE HEALTH CARE**

43 Cox Lane  
Chessington  
Surrey  
KT9 1SN  
Tel: 020 8391 2323  
Pharmacy Services Tel: 020 3044 8021  
Gluten Free Bread Team:0844 854 4998  
[information@alliance-healthcare.co.uk](mailto:information@alliance-healthcare.co.uk)

**AAH PHARMACEUTICALS**

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