

## Gluten Free Food Prescribable Product List February 2019

This lists the gluten free products that are available on prescription in NHS Forth Valley. Every month you can select a number of units of gluten free food from the list. Please see the table below for your monthly number of units.

This list is updated annually.

It is available online at:

[www.nhsforthvalley.com/health-services/az-of-services/gluten-free-food-](http://www.nhsforthvalley.com/health-services/az-of-services/gluten-free-food-)

### The number of units per month

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 gluten free food item

Prescribable food item	No. of units
Less than 400g bread	½
400 - 599g bread	1
600g or more of bread	1 ½
500g bread mix or flour mix	2
150 - 250g rolls/baguettes	½
251 - 400g rolls/ baguettes	1
Less than 199g savoury biscuits/crackers	½
200g or more of savoury biscuits/crackers	1
250g pasta	1
251 - 499g pasta	1 ½
500g or more of pasta	2
100 - 170g xanthan gum	1
500g oats or 300g cereal	1 ½

## **Gluten Free Prescribable Product List**

**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 ■. Products highlighted with a ■ are prescribable for those with coexisting wheat sensitivity only.

In line with Coeliac UK guidance 2013, Sweet biscuits should only be considered in exceptional circumstances on clinical advice. There is useful guidance on the Coeliac UK website. [Coeliac UK Prescribing Guidelines September 2013](#)

**NHS Forth Valley gluten free formulary limits prescribable products to those which are classed as 'staple foods'. Pizza bases are no longer considered a staple food and have, therefore, been removed from the food list. Gluten free pizza bases are now more widely available from supermarkets or may be made using the gluten free flour available on prescription.**

This list is intended as a reference document and Forth Valley Health Board endeavours to ensure that the information including both product and delivery details in this list is correct at time of issue. Forth Valley Health Board does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS
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### **BREAD & ROLLS**

#### **ENER-G**

Brown Rice Sliced Bread 474g	(PIP Code: 221-2470)	1
Seattle Brown Loaf Sliced 454g	(PIP Code: 288-1324)	1
White Rice Bread Sliced 456g	(PIP Code: 225-9455)	1
Dinner Rolls (6 pack) 280g	(PIP Code: 317-5502)	1

**Ener-G products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.**

#### **GENIUS (ALL GENIUS BREAD IS FRESH)**

Soft Brown Sandwich Loaf Sliced 535g x6	(PIP Code 379-8550)	6
Soft White Sandwich Loaf Sliced 535g x6	(PIP Code 379-8568)	6
Seeded Brown Farmhouse Loaf Sliced 535g x6	(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 Genius Bread orders as follows:**

- Before 2.00 pm Monday –delivered on Thursday
- Before 2.00 pm Tuesday –delivered on Friday
- Before 2.00 pm Thursday – delivery on Tuesday
- Before 9.00 pm Sunday – delivery on Wednesday

**Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.**

#### **GLUTAFIN**

Gluten Free White Loaf – Sliced 300g	(PIP Code: 090-4268)	½
Gluten Free Fibre Loaf – Sliced 300g	(PIP Code: 237-7356)	½
Gluten Free White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
Gluten Free Part- Baked Baguettes (2 pack) 350g	(PIP Code: 224-0117)	1
Gluten Free Part- Baked Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½
Gluten Free Part- Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)	½
Gluten Free Part- Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)	½
Gluten Free Select Fibre Loaf – Sliced 400g	(PIP Code: 054-6101)	1
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 Select <b>Fresh</b> Brown Loaf 400g x8	(PIP Code: 330-6800)	8
Gluten Free Select <b>Fresh</b> White Loaf 400g x8	(PIP Code: 290-6840)	8
Gluten Free Select <b>Fresh</b> Seeded Loaf – Sliced 400g x8	(PIP Code: 402-3685)	8

**Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.**

**Glutafin fresh bread orders/ delivery:**

- Fresh Loaves are supplied in cases of 8
- Delivery of fresh brown and seeded bread – place the order before 2pm on Friday to be delivered on 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

**Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.**

ITEM	CODE	NO OF UNITS
<b>BREAD &amp; ROLLS CONT...</b>		
<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
Gluten Free Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1
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
Gluten Free <b>Fresh</b> Fibre Sliced Loaf 400g x8	(PIP Code: 339-9789)	8
Gluten Free <b>Fresh</b> White Loaf – Sliced 400g x8	(PIP Code: 322-0217)	8
<b>Fresh</b> White Rolls (5 pack - each roll 85g) 425g x8	(PIP Code 355-8871)	8
<b>Fresh</b> Fibre Rolls (5 pack - each roll 85g) 425g x8	(PIP Code 355-6800)	8
<b>Mixed Case Fresh</b> White (20x85g rolls + 4x400g loaves sliced)	(PIP Code: 836-4259)	8
<b>Mixed Case Fresh</b> Fibre (20x85g rolls + 4x400g loaves sliced)	(PIP Code: 836-4242)	8
<b>Mixed Case Fresh</b> Loaves (4x400g fibre + 4x400g white)	(PIP Code: 839-2821)	8
<b>Mixed Case Fresh</b> Rolls (20x85g rolls fibre + 20x85g rolls white)	(PIP Code: 839-2839)	8
<b>Mixed Case Fresh</b> Loaves and Rolls (20x85g fibre rolls + 4x400g white loaves)	(PIP Code: 839-2847)	8
<b>Mixed Case Fresh</b> Loaves and Rolls (20x85g white rolls + 4x400g fibre loaves)	(PIP Code: 839-2730)	8

**Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges**

**Juvela fresh bread/ rolls orders/ delivery:**

- **Both Fresh Loaves and Rolls are supplied in cases of 8.**
- **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).**

**The pharmacy needs to place orders as follows:**

- **Orders received by 10am on Monday will be delivered on Wednesday**
- **Orders received by 10am on Tuesday will be delivered on Thursday**
- **Orders received by 10am on Wednesday will be delivered on Friday**
- **Orders received by 10am on Friday will be delivered on Tuesday**

**Mixed cases and rolls will be delivered on a Friday only.**

**Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.**

**WARBURTONS (ALL WARBURTONS BREAD IS FRESH)**

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

**Warburtons have no handling or distribution costs if ordered through AAH or Phoenix Healthcare Distribution Ltd.**

- **Both Fresh Loaves and Rolls are supplied in minimum cases of 4.**
- **Products ordered by 5pm on Thursdays are delivered to pharmacies on Wednesdays**

**Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use.**

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 Fibre Mix 500g	(PIP Code: 231-2973)	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
<b>Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		
<b>INNOVATIVE SOLUTIONS</b>		
Pure Brown Rice Flour 500g	(PIP Code: 325-7912)	2
Pure Tapioca Starch (Flour) 500g	(PIP Code: 325-7946)	2
Pure White Rice Flour 500g	(PIP Code: 325-7904)	2
Pure Brown Teff Flour 1kg	(PIP code: 343-1467)	4
Pure White Teff Flour 1kg	(PIP Code: 343-1483)	4
<b>JUVELA</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
<b>Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges</b>		
<b>BAKING AIDS</b>		
<b>INNOVATIVE SOLUTIONS</b>		
Xanthan Gum 100g	(PIP Code: 282-8572)	1

<b>BREAKFAST CEREAL</b>		
<b>GLUTAFIN</b>		
Gluten-free Cornflakes 375g	(PIP Code: 381-3748)	1 ½
Gluten-free Fibre Flakes 300g	(PIP Code: 401-4288)	1½
<b>Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		
<b>JUVELA</b>		
Corn Flakes 375g	(PIP Code 388-2990)	1 ½
Crispy Rice 375g	(PIP Code 388-2982)	1 ½
Gluten Free Fibre Flakes 300g	(PIP Code 371-1660)	1 ½
Gluten Free Flakes 300g	(PIP Code 371-1652)	1 ½
Pure Oats 500g	(PIP Code 371-1678)	1 ½
<b>Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		

ITEM	CODE	NO OF UNITS
<b>PASTA</b>		
<b>GLUTAFIN</b>		
Fusilli (Spirals) 500g	(PIP Code: 211-5178)	2
Penne 500g	(PIP Code: 211-5152)	2
Spaghetti 500g	(PIP Code: 211-5160)	2
Fibre Fusilli (Spirals) 500g	(PIP Code: 386-2646)	2
<b>Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		
<b>JUVELA</b>		
Fibre Penne 500g	(PIP Code: 332-8010)	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
<b>Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		
<b>RIZOPIA</b>		
<b>ORGANIC BROWN RICE PASTA</b>		
Fusilli 500g	(PIP Code: 340-0074)	2
Lasagne 375g	(PIP Code: 340-0108)	1 ½
Penne 500g	(PIP Code: 340-0082)	2
Spaghetti 500g	(PIP Code: 340-0090)	2
<b>Rizopia products are distributed by AAH Pharmaceuticals, Alliance Healthcare Distribution Ltd, and Phoenix Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		
ITEM	CODE	NO OF UNITS
<b>CRACKERS &amp; CRISPBREAD</b>		
<b>GLUTAFIN</b>		
Crackers 200g	(PIP Code: 009-3302)	1
Crispbread 150g	(PIP Code: 338-4443) ■	½
Mini Crackers 175g	(PIP Code: 353 5515)	½
<b>Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		
<b>JUVELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1
Savoury Biscuits 150g	(PIP Code: 310-7893)	½
<b>Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.</b>		

## Gluten-Free Products – Manufacturers

If you would like to try a new gluten-free product, contact the manufacturers directly as most will be able to send you a free sample.

### **DR SCHAR UK Ltd**

Glutafin,  
Dr Schar,  
401 Faraday Street,  
Birchwood Park,  
Risley  
Warrington, WA3 6GA  
Tel: 0800 988 2470  
Email: [glutenfree@glutafin.co.uk](mailto:glutenfree@glutafin.co.uk)  
[www.glutafin.co.uk](http://www.glutafin.co.uk)  
Tel: ordering 0844 854 4998,  
<http://www.glutafin.co.uk/healthcare-professionals/glutafin-fresh-bread-ordering/>  
**Brands- GLUTAFIN**

### **GENIUS GLUTEN FREE**

Genius Foods  
22 Northumberland Street South  
West Lane  
Edinburgh EH3 6JD  
Tel: 0845 874 4000  
[www.geniusglutenfree.com](http://www.geniusglutenfree.com)  
**Brands – GENIUS**

### **INNOVATIVE SOLUTIONS UK LTD**

Mayfield Centre  
Mayfield Street  
Rochdale OL16 2UZ  
Tel: 01706 746 713 Fax: 01706 341 357  
Email: [info@pureglutenfree.co.uk](mailto:info@pureglutenfree.co.uk)  
[www.pureglutenfree.co.uk](http://www.pureglutenfree.co.uk)  
**Brands – INNOVATIVE SOLUTIONS, PURE**

### **PGR HEALTH FOODS LTD**

PO Box 214,  
Hertford SG14 2ZX  
Tel: 01992 581715  
[info@pgrhealthfoods.co.uk](mailto:info@pgrhealthfoods.co.uk)  
[www.rizopia.co.uk](http://www.rizopia.co.uk)  
**Brands – RIZOPIA**

### **WARBURTONS**

Hereford House  
Hereford Street  
Bolton  
BL1 8JB  
Tel: 0800 243684  
[www.newburnbakehouse.com](http://www.newburnbakehouse.com)  
**Brands- WARBURTONS**

### **HERO UK LTD trading as JUELA**

19 De Havilland Drive  
Liverpool L24 8RN  
Tel: 0800 783 1992  
Email: [info@juvela.co.uk](mailto:info@juvela.co.uk)  
[www.juvela.co.uk](http://www.juvela.co.uk)  
**Brands – JUELA GLUTEN FREE**

### **MAIN WHOLESALERS**

#### **ALLIANCE HEALTHCARE DISTRIBUTION LTD**

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**

204 Polmadie Road  
Glasgow  
G42 0PH  
Tel: 0141 423 5888  
Order line Tel: 0844 561 8899  
[enquiries@aah.co.uk](mailto:enquiries@aah.co.uk)

#### **PHOENIX HEALTHCARE DISTRIBUTION LTD**

Rivington Road  
Whitehouse Industrial Estate  
Runcorn  
Cheshire WA7 3DJ  
Tel: 01928 750500  
Fax: 01928 750750  
[www.myp-i-n.co.uk](http://www.myp-i-n.co.uk)