

Gluten Free Food Formulary

Prescribable Product List January 2021

This Prescribable Product List will be updated annually. If in the interim products are discontinued the list will be updated in due course.

Up to date, online versions of this list are available to patients, the public and health professionals here: [Online Gluten Free Food Formulary](#)

“Important: Only the version of this document available from www.ggcprescribing.org.uk is maintained. Any printed copied should be viewed as ‘uncontrolled’ and may not be necessarily contain the latest updates”.

For community pharmacy staff: [further information on GFFS including forms and resources](#)

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.

[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 rd 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

Gluten Free Prescribable Product List

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of October 2020. This list is intended as a reference document. While NHSGGC Health Board endeavours to ensure that the information in this list is correct, NHSGGC Health Board does not warrant the accuracy and completeness of the material in the list.

When ordering a gluten free product please ensure you select a wholesaler who will not charge out of pocket expenses (OOPE). All formulary gluten free products are not subject to OOPE by the manufacturer. Please note the wholesaler may apply OOPE if not a 'stock item' typically £20 in addition to cost of item.

ITEM	CODE	NO OF UNITS
BREAD & ROLLS		
BARKAT		
Home Fresh Parbaked Bread Rolls (6 pack) 260g	(PIP Code: 325-4679)	4
Discontinued by the manufacturer		
<p>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 2kg a delivery fee of a minimum £10.55 will apply. No minimum order. See contact details.</p> <p>☐ 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</p>		
GENIUS – All Breads are Fresh		
Brown Sandwich Bread Sliced 535g (x6)	(PIP Code 379-8550)	6
White Sandwich Bread Sliced 535g (x6)	(PIP Code 379-8568)	6
Brown Seeded Farmhouse Loaf Sliced 535g (x6)	(PIP Code 403-8345)	6
<p>Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges. See contact details.</p> <p>The pharmacy needs to place orders as follows:</p> <ul style="list-style-type: none"> • Before 2.00 pm Mondays – for delivery on Thursdays • Before 2.00 pm Tuesdays – for delivery on Fridays • All day Wednesday or before 2.00 pm Thursdays – for delivery on Tuesdays • Friday, Saturdays and Sundays – for delivery on Wednesdays 		

ITEM	CODE	NO OF UNITS
GLUTAFIN		
Baguettes 350g (2 x 175g)	(PIP Code: 224-0117)	1
Select Fibre Loaf Sliced 400g	(PIP Code: 054-6101)	1
Select White Loaf Sliced 400g	(PIP Code:054-6093)	1
Select Seeded Loaf Sliced 400g	(PIP Code: 308-9364)	1
Select Fresh Seeded Loaf Sliced 400g (x 8)	(PIP Code: 402-3685)	8
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
<p>Glutafin are Dr Schar products. See contact details.</p> <p>Glutafin products are distributed by Alliance without any administrative or delivery charges.</p> <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 Wednesday • Delivery of fresh white bread only - place the order before 10am on Tuesday to be delivered the following Friday 		
JUST – All Breads are Fresh		
White Sandwich Bread 600g x 6	(PIP Code:845-3813)	9
Good White Rolls 260g (4x 65g) x 6	(PIP Code: 845-3839)	6
<p>Delivery costs to pharmacies: Just products are delivered distributed by Alliance without any administrative or delivery charges. See contact details.</p> <ul style="list-style-type: none"> • 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 		

ITEM	CODE	NO OF UNITS
JUVELA		
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 – 5 x 85g) 425g x 8	(PIP Code 355-8871)	8
Fresh Fibre Rolls (5 pack – 5 x 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
Mixed Case Fresh White (4 x 5 (85g) rolls + 4 loaves sliced (4 x 400g)	(PIP Code: 836-4259)	8
Mixed Case Fresh Fibre (4 x 5 (85g) rolls + 4 loaves sliced (4 x 400g)	(PIP Code: 836-4242)	8
Mixed Case Fresh Loaves (4 x 400g fibre loaves + 4 x 400g white loaves)	(PIP Code: 839-2821)	8
Mixed Case Fresh Rolls (4 x 5 (85g) fibre rolls + 4 x 5 (85g) white rolls)	(PIP Code: 839-2839)	8
Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) fibre rolls + 4 x 400g white loaves)	(PIP Code: 839-2847)	8
Mixed Case Fresh Loaves and Rolls (4 x 5 (85g) white rolls + 4 x 400g fibre loaves)	(PIP Code: 839-2730)	8
<p>Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges. See contact details. 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).</p> <p>All combinations of loaves and rolls are delivered to the pharmacy 4 times a week</p> <ul style="list-style-type: none"> • 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 		

ITEM	CODE	NO OF UNITS
WARBURTONS – All Breads are Fresh		
Brown Bread Sliced 400g (x4)	(PIP Code: 368-5278)	4
White Bread Sliced 400g (x4)	(PIP Code: 368-5260)	4
White Rolls 220g (3 rolls per pack) x 4	(PIP Code: 368-5286)	2
Brown Rolls 220g (3 rolls per pack) x 4	(PIP Code: 368-5294)	2
<p>Do not deliver directly. Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix. See contact details.</p> <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 		

ITEM	CODE	NO OF UNITS
HOME BAKING		
BARKAT		
Bread Mix 500g	(PIP Code: 051-5338)	2
All Purpose Flour Mix 500g	(PIP Code: 399-2377)	2
<p>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 2kg a delivery fee of a minimum £10.55 will apply. No minimum order. See contact details.</p> <p><input type="checkbox"/> 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</p>		
GLUTAFIN		
Bread Mix 500g	(PIP Code: 298-8418)	2
Fibre Bread Mix 500g	(PIP Code: 298-8426)	2
Multipurpose White Mix 500g	(PIP Code: 231-2981)	2
Multipurpose Fibre Mix 500g	(PIP Code: 231-2973)	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
<p>Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies:</p> <p><input type="checkbox"/> Glutafin products are distributed by Alliance without any administrative or delivery charges</p>		
JUELA		
Fibre Mix 500g	(PIP Code: 023-6042)	2
Harvest Mix 500g	(PIP Code: 247-7875)	2
White Mix 500g	(PIP Code: 035-2161)	2
<p>See contact details. Delivery costs to pharmacies: All products are routinely stocked.</p> <p>• Juvela products are distributed by Alliance without any administrative or delivery charges</p>		

ITEM	CODE	NO OF UNITS
PURE		
Bakery Blend 1kg	(PIP Code: 282-8580)	4
White Rice Flour 500g	(PIP Code: 325-7904)	2
Brown Rice Flour 500g	(PIP Code: 325-7912)	2
Potato Starch Flour 500g	(PIP Code: 325-7920)	2
Tapioca Starch Flour 500g	(PIP Code: 325-7946)	2
White Teff Flour 1kg	(PIP Code: 343-1483)	4
Brown Teff Flour 1kg	(PIP Code: 343-1467)	4
<p>Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details.</p> <p>If ordered directly from the company the delivery charges are as follows:</p> <ul style="list-style-type: none"> • Order up to 500g = £4.02, Order 501g – 5kg = £7.80, Order 5.01kg – 10kg = £8.52 • Order 10.01kg – 25kg = £13.56, Order 25.01 kg and over = £15.60 Orders over £30 will incur no delivery charges 		
TRITAMYL		
Self Raising Flour Mix 2kg	(PIP Code: 228-0675)	8
White Bread Mix 2kg	(PIP Code: 228- 0667)	8
Brown Bread Mix 1kg	(PIP Code: 228-0659)	4
<p>Tritamyl 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 2kg a delivery fee of a minimum £10.55 will apply. No minimum order. See contact details.</p> <p>□ 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</p>		

ITEM	CODE	NO OF UNITS
PIZZA BASES		
GLUTAFIN		
Pizza Bases 300g (2 x 150g)	(PIP Code: 334-1112)	1
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <input type="checkbox"/> Glutafin products are distributed by Alliance without any administrative or delivery charges		
JUVELA		
Pizza Bases 300g (2 x 150g)	(PIP Code: 265-4390)	1
See contact details. Delivery costs to pharmacies: <input type="checkbox"/> Juvela products are distributed by Alliance without any administrative or delivery charges		

ITEM	CODE	NO OF UNITS
PASTA		
BARKAT		
Animal Shapes 500g	(PIP Code: 339-4913)	2
Alphabet Shapes 500g	(PIP Code: 339-4962)	2
Macaroni 500g	(PIP Code: 339-4921)	2
Spaghetti 500g	(PIP Code: 339-4947)	2
Spirals 500g	(PIP Code: 339-4939)	2
Shells 500g	(PIP Code: 392-6763)	2
Tagliatelle 500g	(PIP Code: 339-4954)	2
Gnocchi 250g		
Discontinued by the manufacturer	(PIP Code: 399-1577)	4
Buckwheat Pasta Penne 250g	(PIP Code: 232-3319)	1
Buckwheat Pasta Spirals 250g	(PIP Code: 232-2873)	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 2kg a delivery fee of a minimum £10.55 will apply. No minimum order. See contact details.		
<input type="checkbox"/> 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		
GLUTAFIN		
Spirals 500g	(PIP Code: 211-5178)	2
Penne 500g	(PIP Code: 211-5152)	2
Long Cut Spaghetti 500g	(PIP Code: 211-5160)	2
Fibre Fusilli 500g		
Discontinued by manufacturer	(PIP Code: 386-2646)	2
Glutafin are Dr Schar products. See contact details.		
Delivery costs to pharmacies:		
<input type="checkbox"/> Glutafin products are distributed by Alliance without any administrative or delivery charges		
JUVELA		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Tagliatelle 250g	(PIP Code: 319-3497)	1
See contact details. Delivery costs to pharmacies:		
<input type="checkbox"/> Juvela products are distributed by Alliance without any administrative or delivery charges		

ITEM	CODE	NO OF UNITS
RIZOPIA No longer on tariff		
Organic Brown Rice Fusilli 500g	(PIP Code: 340-0074)	2
Organic Brown Rice Spaghetti 500g	(PIP Code: 340-0090)	2
Organic Brown Rice Penne 500g	(PIP Code: 340-0082)	2
Organic Brown Rice Lasagne 375g	(PIP Code: 340-0108)	1½
<p>Rizopia products are distributed by PGR Health Foods Ltd. Rizopia comes in cases of 12, so the minimum order if supplied directly from Rizopia is 8 cases (96 packs) per line. See contact details.</p> <p>Delivery costs to pharmacies:</p> <ul style="list-style-type: none"> • Rizopia products are distributed by AAH, Alliance without any administrative or delivery charges • Not every wholesaler will stock full range. 		

ITEM	CODE	NO OF UNITS
CRACKERS & CRISPbread		
BARKAT		
Matzo Crackers Round 200g	(PIP Code: 337-8296)	1
Crackers 200g Discontinued by manufacturer	(PIP Code: 342-7457)	4
Crispbread 150g	(PIP Code: 341-0420)	½
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 2kg a delivery fee of a minimum £10.55 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		
GLUTAFIN		
Crackers 200g	(PIP Code: 009-3302)	1
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: <input type="checkbox"/> Glutafin products are distributed by Alliance without any administrative or delivery charges		
JUVELA		
Crispbread 200g	(PIP Code: 236-6136)	1
See contact details. Delivery costs to pharmacies: <input type="checkbox"/> Juvela products are distributed by Alliance without any administrative or delivery charges		

ITEM	CODE	NO OF UNITS
BAKING AIDS		
BARKAT		
Xanthan Gum 80g	(PIP Code: 400-8074)	½
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.		
Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix.		
PURE		
Xanthan Gum 100g	(PIP Code: 282-8572)	1
Delivery costs to pharmacies: Pure products are distributed by AAH and Alliance without any administrative or delivery charges. See contact details.		
If ordered directly from the company the delivery charges are as follows:		
<ul style="list-style-type: none"> • Order up to 500g = £4.02, Order 501g – 5kg = £7.80, Order 5.01kg – 10kg = £8.52 • Order 10.01kg – 25kg = £13.56, Order 25.01 kg and over = £15.60 • Orders over £30 will incur no delivery charges 		

ITEM	CODE	NO OF UNITS
BREAKFAST CEREAL		
BARKAT		
Cornflakes 250g	(PIP Code: 339-4905)	1 ½
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 2kg a delivery fee of a minimum £10.55 will apply. No minimum order. See contact details.		
<input type="checkbox"/> 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		
JUVELA		
Flakes 300g	(PIP Code 371-1652)	1 ½
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.		
<input type="checkbox"/> Juvela products are distributed by Alliance without any administrative or delivery charges		

**GLUTEN FREE FOOD PRODUCT MANUFACTURERS
CONTACT DETAILS**

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