

# NHSGGC

## Gluten-Free Food Formulary

**Important:** Only the version of this document available from [GGC Medicines](#) is maintained. Any printed copies should be viewed as 'uncontrolled' and may not necessarily contain the latest updates.

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Author	Nutrition Sub Committee of ADTC
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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](http://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 <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	1 ½

## Gluten Free Prescribable Product List

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of October 2023. 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
<b>BREAD &amp; ROLLS</b>		
<b>BARKAT</b>		
Wholemeal Sliced Bread 500g	(PIP Code: 339-4889)	1
<p>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.</p> <ul style="list-style-type: none"> <li>• Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix.</li> </ul>		
<b>GENIUS – All Breads are Fresh</b>		
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 follow:</p> <ul style="list-style-type: none"> <li>• Before 2.00 pm Thursdays – for delivery on Tuesdays</li> <li>• Before 2.00 pm Fridays – for delivery on Wednesdays</li> <li>• Before 2.00 pm Saturdays– for delivery on Thursdays</li> <li>• Before 2.00 pm Sundays – for delivery on Fridays</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>GLUTAFIN</b>		
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
Glutafin are Dr Schar products. See contact details.		
<p>Glutafin products are distributed by Alliance without any administrative or delivery charges.</p> <ul style="list-style-type: none"> <li>• Fresh Loaves are supplied in cases of 8</li> <li>• Delivery of fresh brown, seeded and white bread- place the order before 2pm on Friday for delivery the following Thursday.</li> </ul>		
<b>JUST – All Breads are Fresh</b>		
White Sandwich Bread 600g x 6	(PIP Code:845-3813)	9
Good White Rolls 260g (4x 65g) x 6	(PIP Code: 845-3839)	6
Delivery costs to pharmacies: Just products are delivered distributed by Alliance without any administrative or delivery charges. See contact details.		
<ul style="list-style-type: none"> <li>• Fresh Loaves and Rolls are supplied in cases of 6, minimum order is one case per delivery</li> <li>• Place order by Monday 1pm for delivery on Thursday.</li> </ul>		

ITEM	CODE	NO OF UNITS
<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 – 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 from Alliance, you can order any combination of both fresh bread &amp; rolls i.e. 4 packs fresh fibre rolls &amp; 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"> <li>• Place order before 10am on Friday – delivered to the pharmacy by 5.30pm on Tuesday</li> <li>• Place order before 10am on Monday – delivered to the pharmacy by 5.30pm on Wednesday</li> <li>• Place order before 10am on Tuesday – delivered to the pharmacy by 5.30pm on Thursday</li> <li>• Place order before 10am on Wednesday – delivered to the pharmacy by 5.30pm on Friday.</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>WARBURTONS – All Breads are Fresh</b>		
Brown Bread Sliced 400g (x4)	(PIP Code: 368-5278)	4
White Bread Sliced 400g (x4)	(PIP Code: 368-5260)	4
White Rolls 232g (4 rolls per pack) x 4	(PIP Code: 368-5286)	2
Brown Rolls 232g (4 rolls per pack) x 4	(PIP Code: 368-5294)	2
Do not deliver directly.		
Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix. 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 Thursday 12pm, are delivered to pharmacies on Mondays/Tuesdays.</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>HOME BAKING</b>		
<b>BARKAT</b>		
Bread Mix 500g	(PIP Code: 051-5338)	2
All Purpose Flour Mix 500g	(PIP Code: 399-2377)	2
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.		
<ul style="list-style-type: none"> <li>Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix.</li> </ul>		
<b>GLUTAFIN</b>		
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
Glutafin are Dr Schar products. See contact details.		
<ul style="list-style-type: none"> <li>Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative</li> </ul>		
<b>JUEVELA</b>		
Fibre Mix 500g	(PIP Code: 023-6042)	2
Harvest Mix 500g	(PIP Code: 247-7875)	2
White Mix 500g	(PIP Code: 035-2161)	2
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance without any administrative or delivery charges.</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>PURE</b>		
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. Company reports all orders in Scotland are through the wholesalers. If ordered directly from the company the delivery charges are as follows:</p> <ul style="list-style-type: none"> <li>• Orders below £40 = £6.99 + VAT</li> <li>• Orders over £40 will incur no delivery charges.</li> </ul>		
<b>TRITAMYL</b>		
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: 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.</p> <p>Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix.</p>		

ITEM	CODE	NO OF UNITS
<b>PIZZA BASES</b>		
<b>GLUTAFIN</b>		
Pizza Bases 300g (2 x 150g)	(PIP Code: 334-1112)	1
<p>Glutafin are Dr Schar products. See contact details.</p> <p>Delivery costs to pharmacies:</p> <ul style="list-style-type: none"> <li>• Glutafin products are distributed by Alliance without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>PASTA</b>		
<b>BARKAT</b>		
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: 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.		
<ul style="list-style-type: none"> <li>Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix.</li> </ul>		
<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. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Glutafin products are distributed by Alliance without any administrative or delivery charges</li> </ul>		
<b>JUVELA</b>		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fusilli 500g	(PIP Code: 280-7980)	2
Macaroni 500g	(PIP Code: 280-8004)	2
Spaghetti 500g	(PIP Code: 280-7998)	2
Tagliatelle 250g	(PIP Code: 319-3497)	1
Lasagne 250g	(PIP Code: 280-7972)	1
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>CRACKERS &amp; CRISPBREAD</b>		
<b>GLUTAFIN</b>		
Crackers 200g	(PIP Code: 009-3302)	1
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 without any administrative or delivery charges</li> </ul>		
<b>JUVELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> <li>Juvela products are distributed by Alliance without any administrative or delivery charges</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>BAKING AIDS</b>		
<b>BARKAT</b>		
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.		
<ul style="list-style-type: none"> <li>• Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix.</li> </ul>		

ITEM	CODE	NO OF UNITS
<b>BREAKFAST CEREAL</b>		
<b>GLUTAFIN</b>		
Cornflakes 375g	(PIP Code: 381-3748)	1 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 without any administrative or delivery charges.</li> </ul>		
<b>JUVELA</b>		
Flakes 300g	(PIP Code 371-1652)	1 ½
Fibre Flakes 300g	(PIP Code 371-1660)	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 without any administrative or delivery charges</li> </ul>		

**GLUTEN FREE FOOD PRODUCT MANUFACTURERS  
CONTACT DETAILS**

**DR SCHAR**

Glutafin,  
Dr Schar,  
401 Faraday Street, 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, JUST**

**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**

**TOBIA TEFF**

67 Lilburne Walk  
London  
NW10 0TW  
Tel: 020 70181210  
Email: [info@tobiategff.co.uk](mailto:info@tobiategff.co.uk)  
Orders by email only: [sales@tobiategff.co.uk](mailto:sales@tobiategff.co.uk)  
[www.tobiategff.co.uk](http://www.tobiategff.co.uk)  
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**WARBURTONS**

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

**GLUTEN FREE FOODS LTD**

Unit 270 Centennial Park  
Centennial Avenue  
Elstree  
Borehamwood  
Hertfordshire WD6 3SS  
Tel: 020 8953 4444  
Fax: 020 8953 8285  
Email: [info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)  
[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)  
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**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 – PURE**

**HERO UK LTD trading as JUVELA**

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 – JUVELA GLUTEN FREE**

**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**

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)