

Gluten Free Food 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 copies should be viewed as ‘uncontrolled’ and may not 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

NAME:

DOB/CHI:

UNIT ALLOWANCE:

DATE:

This list is intended as a reference document. While NHS GGC endeavours to ensure that the information in this list is correct, NHS GGC does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS	QUANTITY
BREAD & ROLLS			
BARKAT			
Home Fresh Parbaked Rolls 260g	(PIP Code: 325-4679)	1	
GENIUS			
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	
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	
JUST			
White Sandwich Bread 600g x 6	(PIP Code:845-3813)	9	
Good White Rolls 260g (4x 65g) x 6	(PIP Code: 845-3839)	6	
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	

NAME:

DOB/CHI:

UNIT ALLOWANCE:

DATE:

WARBURTONS			
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	

NAME:

DOB/CHI:

UNIT ALLOWANCE:

DATE:

ITEM	CODE	NO OF UNITS	QUANTITY
HOME BAKING			
BARKAT			
Bread Mix 500g	(PIP Code: 051-5338)	2	
All Purpose Flour Mix 500g	(PIP Code: 399-2377)	2	
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	
JUVELA			
Fibre Mix 500g	(PIP Code: 023-6042)	2	
Harvest Mix 500g	(PIP Code: 247-7875)	2	
White Mix 500g	(PIP Code: 035-2161)	2	
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	
TRITAMYL			
Self Raising Flour 2kg	(PIP Code: 228-0675)	8	
White Bread Mix 2kg	(PIP Code: 228-0667)	8	
Brown Bread Mix 1kg	(PIP Code: 228-0659)	4	

NAME:

DOB/CHI:

UNIT ALLOWANCE:

DATE:

ITEM	CODE	NO OF UNITS	QUANTITY
PIZZA BASES			
GLUTAFIN			
Pizza Bases 300g (2 x 150g)	(PIP Code: 334-1112)	1	
JUELA			
Pizza Bases (x 2 180g) 360g	(PIP Code: 265-4390)	1	

NAME:

DOB/CHI:

UNIT ALLOWANCE:

DATE:

ITEM	CODE	NO OF UNITS	QUANTITY
PASTA			
BARKAT			
Animal Shapes 500g	(PIP Code: 339-4913)	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	
Alphabet Shapes 500g	(PIP Code: 339-4962)	2	
Tagliatelle 500g	(PIP Code: 339-4954)	2	
Gnocchi 250g	(PIP Code: 399-1577)	1	
Buckwheat Pasta Penne 250g	(PIP Code: 232-3319)	1	
Buckwheat Pasta Spirals 250g	(PIP Code: 232-2873)	1	
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	(PIP Code: 386-2646)	2	
JUVELA			
Fibre Penne 500g	(PIP Code: 332-8010)	2	
Tagliatelle 250g	(PIP Code: 319-3497)	1	
RIZOPIA			
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	

NAME:

DOB/CHI:

UNIT ALLOWANCE:

DATE:

ITEM	CODE	NO OF UNITS	QUANTITY
CRACKERS & CRISPbread			
BARKAT			
Matzo Crackers Round 200g	(PIP Code: 337-8296)	1	
Crackers 200g	(PIP Code: 342-7457)	1	
Crispbread 150g	(PIP Code: 341-0420)	½	
GLUTAFIN			
Crackers 200g	(PIP Code: 009-3302)	1	
JUVELA			
Crispbread 200g	(PIP Code: 236-6136)	1	

ITEM	CODE	NO OF UNITS	QUANTITY
BAKING AIDS			
BARKAT			
Xanthan Gum 80g	(PIP Code: 400-8074)	½	
PURE			
Xanthan Gum 100g	(PIP Code: 282-8572)	1	

ITEM	CODE	NO OF UNITS	QUANTITY
BREAKFAST CEREAL			
BARKAT			
Cornflakes 250g	(PIP Code: 339-4905)	1 ½	
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	

GLUTEN FREE FOOD PRODUCT MANUFACTURERS CONTACT DETAILS

DR SCHAR

Glutafin,
Dr Schar,
Units 1-2, Station Court, 442 Stockport Road,
Warrington, WA4 2GW
Tel: 0800 988 2470
Email: glutenfree@glutafin.co.uk
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
Brands – GENIUS

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
www.glutenfree-foods.co.uk
Brands – BARKAT, TRITAMYL

HERO UK LTD trading as JUEVELA

19 De Havilland Drive
Liverpool L24 8RN
Tel: 0800 783 1992
Email: info@juvela.co.uk
www.juvela.co.uk
Brands – JUEVELA GLUTEN FREE

INNOVATIVE SOLUTIONS UK LTD

Mayfield Centre
Mayfield Street
Rochdale OL16 2UZ
Tel: 01706 746713 Fax: 01706 341357
info@pureglutenfree.co.uk
www.pureglutenfree.co.uk
Brands – INNOVATIVE SOLUTIONS, PURE

JUST: GLUTEN FREE BAKERY

Block 21 Unit 7
Motherwell Food Park
ML4 3NP
T: 01698 841559
E: info@justglutenfree.co.uk
www.justglutenfree.co.uk
Community pharmacy to order by email using all of
the addresses below:
admin@justglutenfree.co.uk
ronnie@justglutenfree.co.uk
ola@justglutenfree.co.uk
Brands – JUST

PGR HEALTH FOODS LTD

PO Box 214
Hertford SG14 2ZX
Tel: 01992 581715
info@pgrhealthfoods.co.uk
www.rizopia.co.uk
Brands – RIZOPIA

WARBURTONS

Hereford House
Hereford Street
Bolton
BL1 8JB
Tel: 0800 243684
www.newburnbakehouse.com
Brands- WARBURTONS

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

AAH PHARMACEUTICALS

204 Polmadie Road
Glasgow
G42 0PH
Tel: 0141 423 5888
Order line Tel: 0844 561 8899
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