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**Gluten Free Prescribable Product List**

**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 |
| 3rd 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 |
| 2 x 110g - 180g pizza bases | 1 |
| 100 - 170g xanthan gum | 1 |
| 500g oats or 300g cereal | 1½ |

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

**Gluten Free Prescribing\***

**What products to prescribe and at what quantity.**

\*ACBS indications:established gluten-sensitive enteropathies including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis.

There is useful guidance on the Coeliac UK website. [www.coeliac.org.uk](http://www.coeliac.org.uk)

Recommended units per month

|  |  |
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| **Age and sex** | **Number of units** |
| Child 1-3 years | 10 |
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| Male 60-74 years | 16 |
| Male 75+ years | 14 |
| Female 19-74 years | 14 |
| Female 75+ years | 12 |
| Breastfeeding | Add 4 |
| 3rd trimester pregnancy | Add 1 |
| High Physical Activity Level | Add 4 |

Number of units represented by the prescribable gluten free food item.

|  |  |
| --- | --- |
| **Prescribable food item** | **No. of units** |
| 400g bread | 1 |
| 400g rolls/baguettes | 1 |
| 500g bread mix/flour mix/pastry mix/cake mix | 2 |
| 100g sweet/savoury biscuits/crackers | ½ |
| 150g sweet/savoury biscuits/crackers | ¾ |
| 200g sweet/savoury biscuits/crackers/crispbreads | 1 |
| 250g pasta | 1 |
| 500g pasta | 2 |
| 2 x 110g -180g pizza bases | 1 |

<http://www.coeliac.org.uk/sites/files/coeliac/GF_Foods_a_prescribing_guide_for_healthcare_professionalsFULL.pdf>

Updated quarterly available from

http://www.staffnet.ggc.scot.nhs.uk/Clinical%20Info/Clinical%20Guidelines/Clinical%20Guidelines%20By%20Clinical%20Topic/Pages/Nutrition%20Guidelines.aspx

**Gluten Free Food Prescribable Product List August 2023**

**Gluten Free Prescribing\***

**What products to prescribe and at what quantity.**

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There is useful guidance on the Coeliac UK website. [www.coeliac.org.uk](http://www.coeliac.org.uk)

Recommended units per month

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| Female 19-74 years | 14 |
| Female 75+ years | 12 |
| Breastfeeding | Add 4 |
| 3rd trimester pregnancy | Add 1 |
| High Physical Activity Level | Add 4 |

Number of units represented by the prescribable gluten free food item.

|  |  |
| --- | --- |
| **Prescribable food item** | **No. of units** |
| 400g bread | 1 |
| 400g rolls/baguettes | 1 |
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| 150g sweet/savoury biscuits/crackers | ¾ |
| 200g sweet/savoury biscuits/crackers/crispbreads | 1 |
| 250g pasta | 1 |
| 500g pasta | 2 |
| 2 x 110g -180g pizza bases | 1 |

<http://www.coeliac.org.uk/sites/files/coeliac/GF_Foods_a_prescribing_guide_for_healthcare_professionalsFULL.pdf>

Updated quarterly available from

http://www.staffnet.ggc.scot.nhs.uk/Clinical%20Info/Clinical%20Guidelines/Clinical%20Guidelines%20By%20Clinical%20Topic/Pages/Nutrition%20Guidelines.aspx

**ACBS indications for gluten free foods**: established gluten-sensitive enteropathies including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis.

In line with Coeliac UK guidance 2013, Sweet biscuits should only be considered in exceptional circumstances on clinical advice. There is useful guidance on theCoeliac UK website. [Coeliac UK Prescribing Guidelines September 2013](https://www.coeliac.org.uk/document-library/378-gluten-free-foods-a-revised-prescribing-guide/?return=/gluten-free-diet-and-lifestyle/prescriptions/national-prescribing-guidelines/)

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** |
| **BREAD & ROLLS** |
| **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\* |
| Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges. See contact details. The pharmacy needs to place orders as follow: • Before 2.00 pm Thursdays – for delivery on Tuesdays • Before 2.00 pm Fridays – for delivery on Wednesdays • Before 2.00 pm Saturdays– for delivery on Thursdays • Before 2.00 pm Sundays – for delivery on Fridays**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 **Fresh** Brown Loaf 400g x8 | (PIP Code: 330-6800)  | 8\* |
| Gluten Free Select **Fresh** White Loaf 400g x8 | (PIP Code: 290-6840)  | 8\* |
| Gluten Free Select **Fresh** 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, seeded and white bread- place the order before 2pm on Friday for delivery the following Thursday.**

**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** |
| **BREAD & ROLLS CONT…** |
| **JUVELA**  |
| 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 **Fresh** Fibre Sliced Loaf 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\* |
| **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\* |
| **Mixed** **Case** **Fresh** Loaves (4x400g fibre + 4x400g white) | (PIP Code: 839-2821) | 8\* |
| **Mixed** **Case** **Fresh** Rolls (20x85g rolls fibre + 20x85g rolls white) | (PIP Code: 839-2839) | 8\* |
| **Mixed** **Case** **Fresh** Loaves and Rolls (20x85g fibre rolls + 4x400g white loaves) | (PIP Code: 839-2847) | 8\* |
| **Mixed** **Case** **Fresh** 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).**

**All combinations of loaves and rolls are delivered to the pharmacy 4 times a week** **• 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.****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 (4 rolls per pack) 232g x4 | (PIP Code: 368-5294) | 2\* |
| Gluten Free White Rolls (4 rolls per pack) 232g 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 12pm on Thursdays are delivered to pharmacies on Mondays/Tuesdays**

**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** |
| **HOME BAKING**  |
| **GLUTAFIN**  |
| 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\* |
| **Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.** |
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|  |
| **JUVELA**  |
| 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\* |
| **Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges**  |
| **PIZZA BASES** |
| **GLUTAFIN** |
| Pizza bases 300g (2x150g) |  PIP Code: 334-1112 | 1 |
| Glutafin are Dr Schar products. See contact detail.Delivery cost to pharmacies:* Glutafin products are distributed by Alliance without any administrative or deliver charges.
 |  |  |
| **JUVELA** |
| Pizza bases 300g (2x150g) |  PIP Code: 265-4390 | 1 |
| Delivery costs to pharmacies:• Juvela products are distributed by Alliance without any administrative or delivery charges. |

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| **BREAKFAST CEREAL** |
| **GLUTAFIN** |
| Gluten-free Cornflakes 375g  | (PIP Code: 381-3748) | 1 ½ \* |
| **Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges**. |
| **JUVELA** |
| 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\* |
| **Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.** |
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|  |  |  |
| --- | --- | --- |
| **Item** | **Code** | **No of units** |
| **PASTA**  |
| **GLUTAFIN**  |
| Fusilli (Spirals) 500g | (PIP Code: 211-5178)  | 2\* |
| Penne 500g | (PIP Code: 211-5152)  | 2\* |
| Spaghetti 500g | (PIP Code: 211-5160)  | 2\* |
|   |  |  |
| **Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.** |
| **JUVELA**  |
| 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\* |
| **Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges**  |
|  |
|  |
| **CRACKERS & CRISPBREAD** |  |  |
| **GLUTAFIN**  |  |  |
| Crackers 200g | (PIP Code: 009-3302)  | 1 |
| Crispbread 150g | (PIP Code: 338-4443)  | ½ \* |
| Mini Crackers 175g | (PIP Code: 353 5515) | ½ \* |
| **Glutafin (Dr Schar) products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.** |
| **JUVELA**  |
| Crispbread 200g | (PIP Code: 236-6136)  | 1\* |
| Savoury Biscuits 150g | (PIP Code: 310-7893)  | ½ \* |
| **Juvela products are distributed by Alliance Healthcare Distribution Ltd and are distributed without any administrative or delivery charges.** |

**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, RisleyWarrington, WA3 6GATel: 0800 988 2470Email: 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 Foods22 Northumberland Street SouthWest Lane Edinburgh EH3 6JDTel: 0845 874 4000 [www.geniusglutenfree.com](http://www.geniusglutenfree.com)**Brands – GENIUS** **INNOVATIVE SOLUTIONS UK LTD**Mayfield CentreMayfield StreetRochdale OL16 2UZ Tel: 01706 746 713 Fax: 01706 341 357Email: 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 2ZXTel: 01992 581715info@pgrhealthfoods.co.uk[www.rizopia.co.uk](http://www.rizopia.co.uk)**Brands – RIZOPIA** **WARBURTONS**Hereford HouseHereford StreetBoltonBL1 8JBTel: 0800 243684[www.newburnbakehouse.com](http://www.newburnbakehouse.com)**Brands- WARBURTONS** | **HERO UK LTD trading as JUVELA**19 De Havilland DriveLiverpool L24 8RNTel: 0800 783 1992 Email: info@juvela.co.uk[www.juvela.co.uk](http://www.juvela.co.uk) **Brands – JUVELA GLUTEN FREE** **MAIN WHOLESALERS****ALLIANCE HEALTHCARE DISTRIBUTION LTD**43 Cox LaneChessingtonSurreyKT9 1SNTel: 020 8391 2323Pharmacy Services Tel: 020 3044 8021Gluten Free Bread Team:0844 854 4998information@alliance-healthcare.co.uk**AAH PHARMACEUTICALS**204 Polmadie RoadGlasgow G42 0PHTel: 0141 423 5888Order line Tel: 0844 561 8899 enquiries@aah.co.uk**PHOENIX HEALTHCARE DISTRIBUTION LTD**Rivington RoadWhitehouse Industrial EstateRuncornCheshire WA7 3DJTel: 01928 750500Fax: 01928 750750[www.myp-i-n.co.uk](http://www.myp-i-n.co.uk) |