

Dear Colleague

ADDITIONAL PHARMACEUTICAL SERVICES GLUTEN FREE FOOD PRESCRIBABLE PRODUCT LIST

Summary

1. This Circular provides an updated Gluten Free Food Prescribable Product List to be used in conjunction with the community pharmacy Gluten Free Food Service (GFFS).

Background

2. Circular PCA(P)(2013)29, published on 28 November 2013, announced the introduction of the new Gluten Free Food Service in community pharmacies on a trial basis. In September 2015, Circular PCA(P)(2015)24 advised that following a review of the trial period, the service was to continue as an Additional Pharmaceutical Service.

3. Only products which are listed in the Gluten Free Food Prescribable Product List and on the formulary established by the NHS Board concerned may be provided under this service.

Detail

4. The Gluten Free Prescribable Product List has been updated as of May 2023 to take account of withdrawn or discontinued lines. The list is consistent with products included in Part 16 of the Scottish Drug Tariff. The updated list is attached as an Annex to this Circular.

5. Community Pharmacy Scotland has been consulted on the contents on this Circular.

17 May 2023

Addresses

For action
Chief Executives, NHS Boards

For information
Chief Executive, NHS NSS
Directors of Pharmacy, NHS
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Action

6. NHS Boards are to :

- share this circular with their community pharmacy contractors and local dietitian services.
- review their formularies for the GFFS and update them as necessary.
- ensure NHS Inform content at <https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service#food-lists-and-allowances> is up-to-date with respect to links to local GFFS formularies. Any updates should be sent to the NHS Inform web content team at email: contentteam@nhs24.scot.nhs.uk

7. Community pharmacy contractors are to ensure that any products provided under the GFFS are included in the revised list and their Board's own formulary.

Yours sincerely



Alison Strath
Chief Pharmaceutical Officer
Pharmacy & Medicines Division

Gluten Free Food Prescribable Product List

May 2023

This guideline is updated annually. Every effort is made to ensure its accuracy for both products and delivery costs. However, some products may not be included as they may not have been available in time for the update. Available online: www.show.scot.nhs.uk/publications/

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](#)

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	1 ½

In line with Coeliac UK guidance 2013, Sweet biscuits should only be considered in exceptional circumstances on clinical advice.

Prescribable food item	No. of units
<199g sweet biscuits	½
200g+ sweet biscuits	1

Gluten Free Prescribable Product List

Delivery dates to the Community Pharmacies for fresh products and delivery costs are correct as of May 2023. This list is intended as a reference document. While X Health Board endeavours to ensure that the information in this list is correct, X Health Board does not warrant the accuracy and completeness of the material in the list.

ITEM	CODE	NO OF UNITS
BREAD & ROLLS		
BARKAT		
Wholemeal Sliced Bread 500g	(PIP Code: 339-4889)	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"> • Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix 		
GENIUS – All Breads are Fresh		
Brown Sandwich Bread Sliced 535g x 6	(PIP Code 379-8550)	6
White Sandwich Bread Sliced 535g x 6	(PIP Code 379-8568)	6
Brown Seeded Farmhouse Loaf Sliced 535g x 6	(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:		
<ul style="list-style-type: none"> • 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 		
GLUTAFIN		
Baguettes 350g (2 x 175g)	(PIP Code: 224-0117)	1
Fibre Loaf Sliced 300g	(PIP Code: 237-7356)	½
White Loaf Sliced 300g	(PIP Code: 090-4268)	½
High Fibre Loaf Sliced 350g	(PIP Code: 401-4296)	½
Part Baked Fibre Rolls 200g (4 x 50g)	(PIP Code: 344-3652)	½
Part-Baked Long White Rolls 150g (2 x 75g)	(PIP Code: 344-3637)	½
Part-Baked White Rolls 200g (4 x 50g)	(PIP Code: 344-2753)	½
White Rolls 200g (4 x 50g)	(PIP Code: 344-3645)	½
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.		
Glutafin products are distributed by Alliance without any administrative or delivery charges.		
<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 Thursday. 		
JUST – All Breads are Fresh		
Good White Bread 380g x 6	(PIP Code:845-3821)	3
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"> • Fresh Loaves and Rolls are supplied in cases of 6, minimum order is one case per delivery • Place order by Monday 1pm 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
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
Fibre Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)	1
White Bread Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)	1
Mixed Case Fresh White (4 packs of 5 rolls - each 85g) + 4 x 400g loaves sliced)	(PIP Code: 836-4259)	8
Mixed Case Fresh Fibre (4 packs of 5 rolls - each 85g + 4 x 400g loaves sliced)	(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 packs of 5 fibre rolls – each 85g + 4 packs of 5 white rolls – each 85g)	(PIP Code: 839-2839)	8
Mixed Case Fresh Loaves and Rolls (4 packs of 5 packs fibre rolls – each 85g + 4 x 400g white loaves)	(PIP Code: 839-2847)	8
Mixed Case Fresh Loaves and Rolls (4 packs of 5 white rolls –each 85g + 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 & 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. 		
WARBURTONS – All Breads are Fresh		
Brown Bread Sliced 400g x 4	(PIP Code: 368-5278)	4
White Bread Sliced 400g x 4	(PIP Code: 368-5260)	4
Brown Sliced Rolls 232g (4 rolls per pack) x 4	(PIP Code: 368-5294)	2
White Sliced Rolls 232g (4 rolls per pack) x 4	(PIP Code: 368-5286)	2
<p>Do not deliver directly.</p> <p>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
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"> Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix 		
DROSSA-FINAX		
Coarse Flour Mix 900g	(PIP Code:364-1024)	3 ½
Fibre Bread Mix 1000g	(PIP Code:359-4942)	4
Flour Mix 900g	(PIP Code:364-1032)	3 ½
Delivered directly from the company by courier- Royal Mail/UPS. See contact details for Drossa London Ltd within Tobia Teff information.		
Delivery costs to pharmacies: 1-2kg £4.45, 2kg – 10kg £8.10, 10kg -25 kg £7.60. Deliveries usually take 48 hours (2 days).		
Also available through Quantum Pharmaceuticals, Lexon, Alcura. Delivery/handling charges may vary.		
<ul style="list-style-type: none"> Please note that the above delivery charges only apply to mainland United Kingdom. Remote parts of Scotland and Northern Ireland are on a different tariff. 		
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
Glutafin are Dr Schar products. See contact details.		
<ul style="list-style-type: none"> Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative or delivery charges. 		
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
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> Juvela products are distributed by Alliance without any administrative or delivery charges. 		
DROSSA - MUM'S MILL		
Quick Bread Mix 1kg	(PIP Code:399-0116)	4
Delivered directly from the company by courier- Royal Mail/UPS. See contact details for Drossa London Ltd within Tobia Teff information.		
Delivery costs to pharmacies: 1-2kg £4.45, 2kg – 10kg £8.10, 10kg -25 kg £7.60. Deliveries usually take 48 hours (2 days).		
Also available through Quantum Pharmaceuticals, Lexon, Alcura. Delivery/handling charges may vary.		
<ul style="list-style-type: none"> Please note that the above delivery charges only apply to mainland United Kingdom. Remote parts of Scotland and Northern Ireland are on a different tariff. 		
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
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:		
<ul style="list-style-type: none"> Orders below £40 = £6.99 + VAT. Orders over £40 will incur no delivery charges. 		

ITEM	CODE	NO OF UNITS
TOBIA TEFF		
Brown Teff Bread Mix 1kg	(PIP Code: 346-6729)	4
White Teff Bread Mix 1kg	(PIP Code: 346-6711)	4
<p>Delivered directly from the company by courier- Royal Mail /UPS. See contact details. Delivery costs to pharmacies: 1-2kg £4.45, 2kg – 10kg £8.10, 10kg -25 kg £7.60. Deliveries usually take 48 hours (2 days). Also available through Quantum Pharmaceuticals, Lexon, Alcura. Delivery/handling charges may vary. Please note that the above delivery charges only apply to mainland United Kingdom. Remote parts of Scotland and Northern Ireland are on a different tariff.</p>		
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: 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"> • Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. 		

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: <ul style="list-style-type: none"> • Glutafin products are distributed by Alliance without any administrative or delivery charges. 		
JUELA		
Pizza Bases (2 x 150g) 300g	(PIP Code: 265-4390)	1
Delivery costs to pharmacies: <ul style="list-style-type: none"> • Juvela products are distributed by Alliance without any administrative or delivery charges. 		

ITEM	CODE	NO OF UNITS
PASTA		
BARKAT		
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"> Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. 		
GLUTAFIN		
Spirals (Fusilli) 500g	(PIP Code: 211-5178)	2
Macaroni 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"> Glutafin products are distributed by Alliance without any administrative or delivery charges. 		
JUVELA		
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: Juvela products are distributed by Alliance without any administrative or delivery charges.		
CRACKERS AND CRISPbread		
GLUTAFIN		
Crackers 200g	(PIP Code: 009-3302)	1
Crisp Bread 150g	(PIP Code: 338-4443)	½
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"> Glutafin products are distributed by Alliance 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
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> 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.		
<ul style="list-style-type: none"> • 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. Company reports all orders in Scotland are through the wholesalers Independent pharmacies can order directly from the company the delivery charges are as follows:		
<ul style="list-style-type: none"> • Orders below £40 = £6.99 postage and packing fee • Orders over £40 will incur no delivery charges. 		
BREAKFAST CEREAL		
BARKAT		
Porridge Flakes 500g	(PIP Code: 260-1888)	1 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"> • Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. 		
GLUTAFIN		
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"> • Glutafin products are distributed by Alliance without any administrative or delivery charges. 		
JUELA		
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.		
<ul style="list-style-type: none"> • Juvela products are distributed by Alliance without any administrative or delivery charges. 		

ITEM	CODE	NO OF UNITS
SWEET BISCUITS		
BARKAT		
Digestive Biscuits 175g	(PIP Code: 340-6030)	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"> • Delivery costs dependant on individual wholesaler. Available from AAH, Alliance and Phoenix. 		
GLUTAFIN		
Digestive Biscuits 150g	(PIP Code: 017-0225)	½
Shortbread Biscuits 100g	(PIP Code: 316-7848)	½
Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies:		
<ul style="list-style-type: none"> • Glutafin products are distributed by Alliance without any administrative or delivery charges. 		
JUVELA		
Digestive Biscuits 150g	(PIP Code: 210-0923)	½
Sweet Biscuits 150g	(PIP Code: 276-4959)	½
Tea Biscuits 150g	(PIP Code: 210-0915)	½
Delivery costs to pharmacies:		
<ul style="list-style-type: none"> • Juvela products are distributed by Alliance without any administrative or delivery charges. 		

**GLUTEN FREE FOOD PRODUCT MANUFACTURERS
CONTACT DETAILS**

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Email: glutenfree@glutafin.co.uk

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Tel: ordering 0844 854 4998

<http://www.glutafin.co.uk/healthcare-professionals/glutafin-fresh-bread-ordering/>

Brands- GLUTAFIN, JUST

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