

Community Pharmacy Gluten Free Food Service Formulary



This guideline is updated every two years. Every effort is made to ensure its accuracy for both products and delivery costs.

Available online:

| 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 |

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

Gluten free products such as sweet biscuits, cookies and cakes should be self funded by the patient as they are widely available in shops and they are not thought to be essential to the diet. They are also considered to be contrary to the NHS public health messages about healthy eating and therefore are not included in this list. A small variety of plain biscuits have been included but a **maximum of 3 units per month** should be used on these.

Products highlighted with a ■ are prescribable for those with coexisting wheat sensitivity only.

| ITEM | CODE | NO OF UNITS |
|--|----------------------|-------------|
| BREAD & ROLLS (LONG-LIFE) | | |
| GLUTAFIN | | |
| Gluten Free Fibre Loaf – Sliced 300g ■ | (PIP Code: 237-7356) | ½ |
| Gluten Free White Loaf – Sliced 300g ■ | (PIP Code: 090-4268) | ½ |
| Gluten Free Part Baked White rolls (4 pack) 200g ■ | (PIP Code: 344-2753) | ½ |
| Gluten Free Part Baked Fibre rolls (4 pack) 200g ■ | (PIP Code: 344-3652) | ½ |
| <i>Distributed by Alliance Healthcare Ltd without any administrative or delivery charges</i> | | |
| ITEM | CODE | NO OF UNITS |
| JUVELA | | |
| Gluten Free Fibre Loaf – Sliced 400g | (PIP Code: 074-8632) | 1 |
| Gluten Free White Loaf – Sliced 400g | (PIP Code: 074-8590) | 1 |
| Gluten Free Part Baked White rolls (5 pack) 375g | (PIP Code: 243-7267) | 1 |
| Gluten Free Part Baked Fibre rolls (5 pack) 375g | (PIP Code: 262-9020) | 1 |
| Delivery costs to pharmacies: Juvela products are distributed by Alliance Healthcare (Distribution) Ltd and are distributed without any administrative or delivery charges. See contact details. <ul style="list-style-type: none"> • Place order before 10:00 am on a Monday, it will be delivered on Wednesday. • Place order before 10:00 am on a Wednesday, it will be delivered on Friday. • Place order after 10:00 am on a Wednesday, it will be delivered the following Wednesday. • Mixed cases and rolls will be delivered on a Friday only. | | |

| 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 Select Bread Mix 500g | (PIP Code: 274-4951) | 2 |
| Gluten Free Select Fibre Bread Mix 500g | (PIP Code: 297-9912) | 2 |
| Gluten Free Multipurpose White Mix 500g ■ | (PIP Code: 231-2981) | 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 |
| <i>Distributed by Alliance Healthcare Ltd without any administrative or delivery charges</i> | | |
| 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 |
| <i>Distributed by Alliance Healthcare Ltd without any administrative or delivery charges</i> | | |

| ITEM | CODE | NO OF UNITS |
|--|----------------------|-------------|
| PIZZA BASES | | |
| GLUTAFIN | | |
| Gluten Free Pizza Bases (2 pack) 300g ■ | (PIP Code: 334-1112) | 1 |
| JUVELA | | |
| Gluten Free Pizza Bases (2 pack) 300g | (PIP Code: 265-4390) | 1 |
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| ITEM | CODE | NO OF UNITS |
|--|----------------------|-------------|
| PASTA | | |
| GLUTAFIN | | |
| Spaghetti 500g ■ | (PIP Code: 211-5160) | 2 |
| Fibre Fusili 500g ■ | (PIP Code: 386-2646) | 2 |
| Fusilli (Spirals) 500g ■ | (PIP Code: 211-5178) | 2 |
| Penne 500g ■ | (PIP Code: 211-5152) | 2 |
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| 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 |
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| ITEM | CODE | NO OF UNITS |
|--|----------------------|-------------|
| CRACKERS & CRISPREAD | | |
| GLUTAFIN | | |
| Crisp Bread 150g ■ | (PIP Code: 338-4443) | ½ |
| Mini Crackers 175g ■ | (PIP Code: 353 5515) | ½ |
| Crackers 200g ■ | (PIP Code: 009-3302) | 1 |
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| JUVELA | | |
| Crispbread 200g ■ | (PIP Code: 236-6136) | 1 |
| Savoury biscuits 150g ■ | (PIP Code: 310-7893) | ½ |
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| ITEM | CODE | NO OF UNITS |
|--|---------------------|-------------|
| BREAKFAST CEREAL | | |
| <i>Available through Alliance Health Care, AAH, Phoenix Medical Pharmacy Wholesalers</i> | | |
| JUVELA | | |
| Gluten-Free Fibre Flakes 300g ■ | (PIP Code 371-1660) | 1 ½ |
| Gluten-Free Flakes 300g ■ | (PIP Code 371-1652) | 1 ½ |
| CornFlakes 375g ■ | (PIP Code 388-2990) | 1 ½ |
| Crispy Rice 375g ■ | (PIP Code 388-2982) | 1 ½ |
| Pure Oats 500g ■ | (PIP Code 371-1678) | 2 |
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| GLUTAFIN | | |
| Cornflakes 375g ■ | (PIP Code 381-3748) | 1 ½ |
| Fibre Flakes 300g■ | (PIP Code 401-4288) | 1 ½ |

| ITEM | CODE | NO OF UNITS |
|--|----------------------|-------------|
| BAKING AIDS | | |
| INNOVATIVE SOLUTIONS | | |
| Pure Xanthan Gum 100g ■ | (PIP Code: 282-8572) | 1 |
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