

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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