

Gluten Free products available on the NHS

This form lists the gluten free products that are available on prescription, and the number of units people are entitled to based on their age, sex, and other factors. Please complete the form to indicate the products which you would like to receive on prescription, and return to your GP practice.

Some of the products contain Codex wheat starch, a specially produced ingredient which is gluten-free and therefore safe for people with coeliac disease. These are highlighted with a black triangle ▲.

Table 1 below gives details of personal unit allocations per month which can be used to relate to the different types of gluten free staples available. This gives patients flexibility on the different types of gluten free products available on prescription.

Table 1: Recommended amounts per month:

Age and Sex	Number of units
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

Table 2: Gluten free bread products available:

	PIP Code	Unit Value	Order (X)
BARKAT			
Brown Rice Bread 500g	244-0691	1	
Home Fresh Country Loaf 250g	327-1186	0.5	
Home Fresh Baguette 200g	327-9023	0.5	
Multigrain Bread 500g	291-2871	1	
Par Baked Baguette 200g	339-4970	0.5	
Par Baked White Sliced 300g	339-4996	0.5	
White Rice Bread 500g	244-0709	1	
Wholemeal Sliced Bread 500g	339-4889	1	
ENER-G			
Brown Rice Bread 474g	221-2470	1	
Low-Protein Rice Bread 600g	273-0992	1	
Rice Loaf (Yeast-Free) 612g	233-5362	1.5	
Seattle Brown Loaf 454g	288-1324	1	
Tapioca Bread 480g	233-5370	1	
White Rice Bread 456g	225-9455	1	

GENIUS			
Seed Brown Farmhouse Loaf 6 x 535g	403-8345	6	
Soft Brown Sandwich Loaf 6 x 535g	379-8550	6	
Soft White Sandwich Loaf 6 x 535g	379-8568	6	
GLUTAFIN			
<i>Gluten free</i>			
Fibre Loaf Sliced 300g	237-7356	1	
Par Baked Baguettes 350g	224-0117	1	
White Loaf Sliced 300g	090-4268	1	
<i>Gluten free Select</i>			
▲ Fibre Loaf Sliced 400g	054-6101	1	
▲ Fresh Brown Loaf Sliced 8 x 400g	330-6800	8	
▲ Fresh Seeded Loaf Sliced 8 x 400g	402-3685	8	
▲ Fresh White Loaf Sliced 8 x 400g	290-6840	8	
▲ Seeded Loaf Sliced 400g	308-9364	1	
▲ White Loaf Sliced 400g	054-6093	1	
JUST: GLUTEN FREE BAKERY			
<i>Just: Gluten Free</i>			
Good White Bread 380g	845-3821	1	
White Sandwich Bread 600g	345-3813	1	
JUVELA			
<i>Gluten free</i>			
▲ Fibre Loaf Sliced 400g	074-8632	1	
▲ Fibre Loaf Unsliced 400g	010-1675	1	
▲ Fibre Part Baked Loaf 400g	273-6890	1	
▲ Fresh Fibre Bread 8 x 400g	339-9789	8	
▲ Fresh White Bread 8 x 400g	322-0217	8	
▲ White Loaf Sliced 400g	074-8590	1	
▲ White Part Baked Loaf 400g	273-6882	1	
▲ White Loaf Unsliced 400g	031-4781	1	
LIFESTYLE HEALTHCARE			
Brown Bread Sliced 8 x 400g	087-6557	8	
Brown 'n' Fibre Mixed Case 8 x 400g	839-2748	8	
High Fibre Bread Sliced 8 x 400g	229-4254	8	
White Bread Sliced 8 x 400g	087-6490	8	
White Mixed Case 8 x 400g	839-2763	8	
NEWBURN BAKEHOUSE BY WARBURTONS			
<i>Gluten, Wheat & Dairy Free</i>			
2 White Baguettes (Cases of 4) 160g	381-3805	2	
Sliced Brown Loaf (Cases of 4) 400g	368-5278	8	
Sliced Seeded Loaf (Cases of 4) 400g	401-8867	8	
Sliced White Loaf (Cases of 4) 400g	368-5260	8	
PROCELI			
Vienes Baguettes 2 x 125g	328-2803	1	

Table 3: Gluten free bread roll products available

	PIP Code	Unit Value	Order (X)
BARKAT			
Part Baked Rolls 2 Pack 200g	339-4988	0.5	
Home Fresh Bread Rolls 260g	325-4679	1	
ENER-G			
Dinner Rolls 280g	317-5502	1	
Seattle Brown Rolls Hamburger 4 Pack 320g	295-5870	1	
Seattle Brown Rolls (Hotdog) 320g	295-5888	1	
GLUTAFIN			
<i>Gluten free</i>			
4 White Rolls 200g	344-3645	0.5	
Part-Baked 4 Fibre Rolls 200g	344-3652	0.5	
Part-Baked 4 White Rolls 200g	344-2753	0.5	
Part-Baked 2 Long White Rolls 150g	344-3637	0.5	
JUST: GLUTEN FREE BAKERY			
<i>Just: Gluten Free</i>			
Good White Rolls 260g	100-0039	1	
JUELA			
<i>Gluten free</i>			
▲ Fibre Part Baked Rolls 5 x 75g	262-9020	1	
▲ Fibre Rolls 5 x 85g	080-3668	1	
▲ Fresh Fibre Rolls (Case of 8) 5 x 85g	355-6800	8	
▲ Fresh White Rolls (Case of 8) 5 x 85g	355-8871	8	
▲ White Part Baked Rolls 5 x 75g	243-7267	1	
▲ White Rolls 5 x 85g	010-5916	1	
LIFESTYLE HEALTHCARE			
Brown Rolls (Case of 8) 5 x 80g	264-1322	8	
High Fibre Rolls (Case of 8) 5 x 80g	224-0125	8	
White Rolls (Case of 8) 5 x 80g	087-6706	8	
NEWBURN BAKEHOUSE BY WARBURTONS			
<i>Gluten, Wheat & Dairy Free</i>			
3 Brown Rolls (Cases of 4) 220g	368-5294	2	
3 White Rolls (Cases of 4) 220g	368-5286	2	
4 Seeded Thin Rolls (Cases of 4) 232g	402-3511	2	
4 White Thin Rolls (Cases of 4) 232g	391-4496	2	

Table 4: Gluten free home baking products available:

	PIP Code	Unit value	Order (X)
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BARKAT			
All Purpose Flour Mix 500g	399-2377	2	
Bread Mix 500g	051-5338	2	
FINAX			
Coarse Flour Mix 3 x 900g ▲	364-1024	12	
Fibre Bread Mix 3 x 1kg ▲	359-4942	12	
Flour Mix 3 x 900g ▲	364-1032	12	
GLUTAFIN			
<i>Gluten free</i>			
Bread Mix 500g	298-8418	2	
Fibre Bread Mix 500g	298-8426	2	
Fibre Mix 500g	231-2973	2	
Multipurpose White Mix 500g	231 -2981	2	
<i>Gluten free Select</i>			
Bread Mix 500g ▲	274-4951	2	
Fibre Bread Mix 500g ▲	297-9912	2	
Multipurpose Fibre Mix 500g ▲	004-5591	2	
Multipurpose White Mix 500g ▲	004-5187	2	
GLUTENEX			
Gluten Free White Bread Mix 500g	395-1456	2	
JUELA			
<i>Gluten free</i>			
Harvest White Mix 500g	247-7875	2	
Fibre Mix 500g ▲	023-6042	2	
White Mix 500g ▲	035-2161	2	
MRS CRIMBLE'S			
<i>Home Bake</i>			
Bread Mix 275g	356-7625	1	
MUM'S MILL			
Quick Bread Mix 3 x 1kg	399-0116	12	
ORGRAN			
Bread Mix 450g	273-4796	2	
Wholemeal Bread Mix 450g	329-9138	2	
PROCELI			
Basic Mix 1kg	328-4577	4	