

Highland gluten-free food formulary

Gluten-free Food Service

The Gluten-free Food Service is a voluntary service for people that need to eat gluten-free foods as part of their care. This service is available through most community pharmacies. See NES [Gluten Free Food Service: support pack](https://learn.nes.nhs.scot/1664/pharmacy/cpd-resources/gluten-free-food-service-support-pack) (<https://learn.nes.nhs.scot/1664/pharmacy/cpd-resources/gluten-free-food-service-support-pack>) for community pharmacies.

[NHS Inform](https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service) (<https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service>) contains information on:

- [How to register](https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service#overview) (<https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service#overview>) and the downloadable [registration form](http://intranet.nhsh.scot.nhs.uk/FormsLibrary/Documents/Gluten%20Free%20Food%20Registration%20Form.pdf) (<http://intranet.nhsh.scot.nhs.uk/FormsLibrary/Documents/Gluten%20Free%20Food%20Registration%20Form.pdf>)
- Food lists and allowances - The NHS Highland gluten-free food list is available on TAM below
- [How to order gluten-free foods](https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service#how-to-order) (<https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service#how-to-order>) and the downloadable order form
- Gluten-free Food Service [Patient Information Pack](https://www.nhsinform.scot/media/1827/gffs-patient-information-pack-30-08-17.pdf) (<https://www.nhsinform.scot/media/1827/gffs-patient-information-pack-30-08-17.pdf>)
- Downloadable Gluten-free Food Service [Patient Information Leaflet](https://www.nhsinform.scot/publications/gluten-free-food-service-patient-leaflet) (<https://www.nhsinform.scot/publications/gluten-free-food-service-patient-leaflet>)

[Community Pharmacy Scotland](https://www.cps.scot/nhs-services/national/gluten-free-food-service/) (<https://www.cps.scot/nhs-services/national/gluten-free-food-service/>) provides information for pharmacists and patients on the Gluten-free Foods Service.

[Coeliac UK](https://www.coeliac.org.uk/home/) (<https://www.coeliac.org.uk/home/>) has information on Coeliac Disease and gluten-free diet and lifestyle.

[NHS Inform](https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/coeliac-disease/living-well-with-coeliac-disease) (<https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/coeliac-disease/living-well-with-coeliac-disease>) has information on living with Coeliac Disease.

Food List (Formulary)

This Food List (Formulary) is a list of prescribable gluten-free products that can be ordered by patients in NHS Highland. It gives a wide, but not exhaustive list of available gluten-free products. In line with lists in other areas of Scotland, our list aims to give patients a wide selection of products whilst keeping the Food List (Formulary) affordable. In time, some products may be deleted from the list and some may be added; your Community Pharmacy will keep you updated of changes.

Products which are labelled as wheat-free are prescribable for individuals with established gluten-sensitive enteropathies with co-existing established wheat sensitivity. Products have also been annotated as lactose, milk or soya free, where the information is available from manufacturers.

If you have any additional diagnosed food intolerance or allergies please contact your Dietitian for more information. If you have any problems please speak to your Community Pharmacist or Dietitian who will be able to help.

When first diagnosed with coeliac disease you may be provided with starter packs by some manufacturers however it may be worth contacting manufacturers directly for sample packs of items in this Formulary – see manufacturers' contact details.

– Collapse All

Information for patients

Every month you may select up to an agreed number of units of prescribable gluten-free food from the Highland Gluten-free Food Formulary. Your Dietitian or Community Pharmacist will confirm the monthly number of units you may order.

Please write the items you wish to order on the '[Gluten-free Food Requirement Order Form](https://www.nhsinform.scot/publications/gluten-free-food-order-form)' (<https://www.nhsinform.scot/publications/gluten-free-food-order-form>) and hand the completed form to your Community Pharmacist to place your order.

Your Dietitian:	
Your Community Pharmacist:	
Maximum number of units agreed to be prescribed:	

KEY	GF	Gluten-free
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	WF	Wheat-free (approved by ACBS as suitable for individuals with established gluten-sensitive enteropathies with co-existing established wheat sensitivity)
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You are allocated a maximum number of gluten-free food units for each month and this amount cannot be altered by anyone other than a registered dietitian or GP. Once your gluten-free food order form is submitted, the community pharmacist creates a prescription. The items listed on the prescription are for the sole use of the named patient.

If you require a large-print copy of this Food List or have an enquiry, please contact the Formulary Assistant on 01463 706806 or email: nhshighland.highlandformulary@nhs.net (<mailto:nhshighland.highlandformulary@nhs.net>)

Gluten-free food unit requirement

Gluten-free unit requirement

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

Bread, rolls, buns & baguettes (non-fresh)

Item	PIP Code		No of units
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ENER-G - Please note these products are no longer available. This is under review, a non-Formulary alternative is JUST from Gluten Foods Bakery

Brown Rice Sliced Bread 474g	221-2470	Wheat, dairy and soya free	1
Rice Loaf – Yeast-Free Sliced 612g	233-5362	Wheat, dairy and soya free	1 ½
Seattle Brown Loaf Sliced 454g	288-1324	Wheat, dairy and soya free	1
Tapioca Bread Sliced 480g	233-5370	Wheat, dairy and soya free	1
White Rice Bread Sliced 456g	225-9455	Wheat, dairy and soya free	1
Dinner Rolls (6 pack) 280g	317-5502	Wheat, dairy and soya free	1

Delivery costs to pharmacies: Distributed by Alliance, AAH, Phoenix. Additional charges may apply.

GLUTAFIN

GF Part Baked Baguettes (2 pack) 350g	224-0117	Wheat and lactose free Contains soya	1
GF Fibre Loaf – Sliced 300g	237-7356	Wheat and lactose free Contains soya	½
GF White Loaf – Sliced 300g	090-4268	Wheat and lactose free Contains soya	½
GF Part Baked Fibre Rolls (4 pack) 200g	344-3652	Wheat and lactose free Contains soya	½
GF White Rolls (4 pack) 200g	344-3645	Wheat and lactose free May contain soya	½

GF Select Fibre Loaf – Sliced 400g	054-6101	Wheat and lactose free Contains soya	1
GF Select Seeded Loaf – Sliced 400g	308-9364	Wheat and lactose free Contains soya	1
GF Select White Loaf – Sliced 400g	054-6093	Wheat and lactose free Contains soya	1
GF Part-Baked Long White Rolls (2 pack) 150g	344-3637	Wheat and lactose free Contains soya	½
GF Part-Baked White Rolls (4 pack) 200g	344-2753	Wheat and lactose free Contains soya	½

Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative or delivery charges.

JUELA			
GF Fibre Loaf – Sliced 400g	074-8632	Contains wheat and milk Cannot guarantee soya free	1
GF Fibre Loaf – Unsliced 400g	010-1675	Contains wheat and milk Cannot guarantee soya free	1
GF White Loaf – Sliced 400g	074-8590	Contains wheat and milk Cannot guarantee soya free	1
GF White Loaf – Unsliced 400g	031-4781	Contains wheat and milk Cannot guarantee soya free	1
GF Part-baked Fibre Loaf - Unsliced 400g	273-6890	Contains wheat and milk Cannot guarantee soya free	1
GF Part-baked White Loaf – Unsliced 400g	273-6882	Contains wheat and milk Cannot guarantee soya free	1
Fibre Rolls (5 pack - each roll 85g) 425g	080-3668	Contains wheat and milk Cannot guarantee soya free	1

Part-baked Fibre Rolls (5 pack - each roll 75g) 375g	262-9020	Contains wheat and milk Cannot guarantee soya free	1
Part-baked White Rolls (5 pack - each roll 75g) 375g	243-7267	Contains wheat and milk Cannot guarantee soya free	1
White Rolls (5 pack - each roll 85g) 425g	010-5916	Contains wheat and milk Cannot guarantee soya free	1

Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges.

Fresh bread, rolls, buns & baguettes

Please try to give the Pharmacy enough notice so that they are able to process your order in time or there may be a delay. The Pharmacy will advise on expected delivery and will contact you when the bread arrives.

Item	PIP Code		No of units
GENIUS (Fresh items)			
Soft Brown Sandwich Loaf Sliced 535g x6	379-8550	Wheat, dairy and soya free	6
Soft White Sandwich Loaf Sliced 535g x6	379-8568	Wheat, dairy and soya free	6
Seeded Brown Farmhouse Loaf Sliced 535g x 6	403-8345	Wheat, dairy and soya free	6

Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges.

GLUTAFIN (Fresh items)			
GF Select Fresh Brown Loaf Sliced 400g x8	330-6800	Wheat and lactose free Contains soya	8
GF Select Fresh White Loaf Sliced 400g x8	290-6840	Wheat and lactose free Contains soya	8

Glutafin are Dr Schar products. See contact details. Glutafin products are distributed by Alliance without any administrative or delivery charges. Fresh Loaves are supplied in cases of 8.

JUELA (Fresh items)

GF Fresh Fibre Sliced Loaf 400g x8	339-9789	Contains wheat and milk Cannot guarantee soya free	8
GF Fresh White Loaf – Sliced 400g x8	322-0217	Contains wheat and milk Cannot guarantee soya free	8
Fresh White Rolls (5 pack-each roll 85g) 425g x8	355-8871	Contains wheat and milk Cannot guarantee soya free	8
Fresh Fibre Rolls (5 pack-each roll 85g) 425g x8	355-6800	Contains wheat and milk Cannot guarantee soya free	8
Mixed case Fresh Fibre (20x85g Rolls + 4x400g Loaves sliced)	836-4242	Contains wheat and milk Cannot guarantee soya free	8
Mixed case Fresh White (20x85g Rolls + 4x400g Loaves sliced)	836-4259	Contains wheat and milk Cannot guarantee soya free	8

Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges. Both Fresh Loaves and Rolls are supplied in cases of 8. Mixed cases are also available. You can also 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).

LIFESTYLE HEALTHCARE (Fresh items)

Fresh Brown Bread Sliced 400g x8	087-6557		8
Fresh High Fibre Sliced 400g x8	229-4254		8
Fresh White Bread Sliced 400g x8	087-6490		8
Fresh High Fibre Rolls (5 rolls–each roll 80g) 400g x8	224-0125		8
Fresh Rolls – Brown (5 rolls–each roll 80g) 400g x8	264-1322		8
Fresh Rolls – White (5 rolls–each roll 80g) 400g x8	087-6706		8

Delivery costs to pharmacies: Lifestyle Healthcare products are distributed by Alliance. No handling charges apply.

WARBURTONS (Fresh items)			
GF Sliced Brown Bread 400g x4	368-5278	Wheat, milk and soya free	4
GF Sliced White Bread 400g x4	368-5260	Wheat, milk and soya free	4
GF Brown Sub Rolls (3 rolls per pack) 220g x4	368-5294	Wheat, milk and soya free	2
GF White Sub Rolls (3 rolls per pack) 220g x4	368-5286	Wheat, milk and soya free	2

Delivery costs to pharmacies: No handling or distribution costs apply if ordered through AAH or from Phoenix.

JUST Gluten Free Bakery (Fresh items)			
JUST Sliced Good White Bread 380g x6	845-3821	Wheat, milk and soya free	3*
JUST White Sandwich Bread 600g x6	845-3813	Wheat, milk and soya free	9*
JUST Good White Rolls (4 pack each roll 65g) x6	845-3839	Wheat, milk and soya free	6*

Delivery costs to pharmacies: JUST products are distributed by Alliance Healthcare (Distribution) to pharmacies without any administrative or delivery charges. PIP Codes given are for Alliance Healthcare and replace previous PIP codes. See contact details.

*Fresh Loaves and Rolls are supplied in cases of 6**

The Pharmacy needs to place the order as follows:

Place order by 2pm on Monday for delivery on Thursday

**Please note as these are fresh products they must be collected on time and frozen to preserve those products not for immediate use*

Home baking (bread mixes and flour)

Item	PIP Code	No of units
GLUTAFIN		

GF Bread Mix 500g	298-8418	Wheat free Contains lactose May contain soya	2
GF Fibre Bread Mix 500g	298-8426	Wheat, lactose and soya free	2
GF Multipurpose White Mix 500g	231-2981	Wheat free Contains lactose May contain soya	2
GF Select Bread Mix 500g	274-4951	Wheat and soya free Contains lactose	2
GF Select Fibre Bread Mix 500g	297-9912	Wheat and soya free Contains lactose	2
GF Select Multipurpose Fibre Mix 500g	004-5591	Wheat and soya free Contains lactose	2
GF Select Multipurpose White Mix 500g	004-5187	Wheat and soya free Contains lactose	2

Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative or delivery charges.

INNOVATIVE SOLUTIONS (PURE)

Pure Brown Rice Flour 500g	325-7912	Wheat, milk and soya free	2
Pure Blended Flour 1kg	282-8580	Wheat, milk and soya free	4
Pure Potato Starch (Flour) 500g	325-7920	Wheat, milk and soya free	2
Pure Tapioca Starch (Flour) 500g	325-7946	Wheat, milk and soya free	2
Pure Brown Teff Flour 1kg	343-1467	Wheat, milk and soya free	4
Pure White Teff Flour 1kg	343-1483	Wheat, milk and soya free	4
Pure White Rice Flour 500g	325-7904	Wheat, milk and soya free	2

Delivery costs to pharmacies: AAH and Alliance stock and distribute.

JUELA

Fibre Mix 500g	023-6042	Soya free Contains wheat and milk	2
Harvest White Mix 500g	247-7875	Wheat, milk and soya free	2

White Mix 500g	035-2161	Soya free Contains wheat and milk	2
<i>Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges.</i>			

FINAX (Drossa) - see section below

MUM'S MILL (Drossa) - see section below

Pizza bases

Item	PIP Code		No of units
GLUTAFIN			
GF Pizza Bases (2 pack) 300g	334-1112	Wheat and lactose free May contain soya	1
<i>Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative or delivery charges.</i>			

JUELA			
Pizza Bases (2 pack) 360g	265-4390	Soya free Contains wheat and milk	1
<i>Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges.</i>			

Pasta

Item	PIP Code		No of units
BIALIMENTA (Drossa) - see information below			
GLUTAFIN			

Fusilli (Spirals) 500g	211-5178	Wheat and lactose free May contain soya	2
Penne 500g	211-5152	Wheat and lactose free May contain soya	2
Spaghetti 500g	211-5160	Wheat and lactose free May contain soya	2

Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative or delivery charges.

JUELA

Fibre Penne 500g	332-8010	Wheat and milk free Contains soya	2
Fusilli (Spirals) 500g	280-7980	Wheat and milk free Contains soya	2
Lasagne Sheets 250g	280-7972	Wheat and milk free Contains soya	1
Macaroni 500g	280-8004	Wheat and milk free Contains soya	2
Spaghetti 500g	280-7998	Wheat and milk free Contains soya	2
Tagliatelle 250g	319-3497	Wheat, milk and soya free	1

See contact details. Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges.

RIZOPIA

Organic Brown Rice Pasta – Fusilli 500g	340-0074	Wheat free	2
Organic Brown Rice Pasta – Lasagne 375g	340-0108	Wheat free	1½
Organic Brown Rice Pasta – Penne 500g	340-0082	Wheat free	2
Organic Brown Rice Pasta – Spaghetti 500g	340-0090	Wheat free	2

Rizopia products are distributed by PGR Health Foods Ltd. See contact details. Delivery costs to pharmacies:

- *Rizopia products are distributed by AAH, Alliance and Phoenix without any administrative or delivery charges.*
- *Not every wholesaler will stock full range. Wholesaler may charge for delivery dependent on account status.*

Crackers & crispbread

Item	PIP Code		No of units
GLUTAFIN			
Crackers 200g	009-3302	Wheat and lactose free Contains soya	1
Crispbread 150g	338-4443	Wheat and lactose free May contain soya	½
Mini Crackers 175g	353-5515	Wheat and lactose free Contains soya	½

Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative or delivery charges.

JUELA			
Crispbread 200g	236-6136	Wheat, milk and soya free	1
Savoury Biscuits 150g	310-7893	Contains wheat, milk and soya	½

See contact details. Delivery costs to pharmacies: All products are routinely stocked. Juvela products are distributed by Alliance without any administrative or delivery charges.

Baking aids

Item	PIP Code		No of Units
INNOVATIVE SOLUTIONS (PURE)			

Pure Xanthan Gum 100g	282-8572	Wheat, milk and soya free	1
<i>See contact details. Delivery costs to pharmacies: AAH and Alliance stock and distribute. Additional charges may apply.</i>			

Breakfast cereal

Item	PIP Code		No of units
JUELA			
GF Fibre Flakes 300g	371-1660	Wheat, milk and soya free	1 ½
Crispy Rice 375g	388-2982	Wheat, milk and soya free	1 ½
(GF) Pure Oats 500g	371-1678	Wheat, milk and soya free	1 ½
<i>Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges.</i>			

GLUTAFIN			
GF Cornflakes 375g	381-3748	Wheat, lactose and soya free	1 ½
<i>Glutafin are Dr Schar products. See contact details. Delivery costs to pharmacies: Glutafin products are distributed by Alliance without any administrative or delivery charges.</i>			

BARKAT			
Porridge (Rice & Millet - not Oats)	260-1888	Wheat, lactose and soya free	1 ½
Barkat products are distributed by Gluten Free Foods Ltd. These products should be ordered from Alliance Healthcare (Distribution) Ltd or from Phoenix Healthcare Distribution Ltd and are distributed without any administrative or delivery charges. Phoenix may charge a delivery dependant on account status.			

Drossa products

A minimum order weight of 2.7kg is required to avoid delivery costs.

Bread Mixes & Flours				
Finax	Course Flour Mix ▲	364-1024	900g	3.5
	Fibre Bread Mix ▲	359-4942	1kg	4
	Flour Mix ▲	364-1032	900g	3.5
Mum's Mill	Quick Bread Mix 1kg	399-0116	1kg	4
A minimum of 3 packs (10.5 – 12 units) MUST be ordered, a combination of mixes can be chosen or combined with BiAlimenta Pasta – see information below.				

Pasta				
BiAlimenta	Potato Gnocchi	351-1961	500g	2
	Potato Pasta Perle Di Gnocchi	351-1987	500g	2
	Pasta Tubetti	351-1979	500g	2
	Pasta Spirali (spirals)	364-1073	500g	2
	Pasta Penne	364-1040	500g	2
	Acini di pepe/Pasta Grains	364-1057	500g	2
	Sagnette (Short length pasta strips)	364-1065	500g	2
A minimum of 6 packs (12 units) of BiAlimenta pastas MUST be ordered, a mixture of pastas can be chosen or combined with the above flour and bread mixes – see information above.				

BiAlimenta Variety Pack/FormatiMisi				
	2 x pasta grains, 2 x penne, 1 x spirali, 1 x sagnette	364-1438	6 x 500g	12
The variety pack comprises of 6 x 500g packs of pasta. 3kg (12 units) is the minimum order.				

To prevent delivery charges BiAlimenta, Finax & Mum's Mill products must be ordered directly from Drossa Ltd (see contact details).

- Drug Tariff price includes delivery.
- Drossa can supply mixed flour and pasta products but minimum order is (2.7kg) 10.5 - 12 units.
- Happy to accept 'mixed outers' at Drug Tariff prices, for example:

4 x 500g pasta and 1 x Finax/Mum's Mill Flour or Mix, or
2 x 500g pasta and 2 x Finax/Mum's Mill Flour or Mix

- Aim to send out orders the first working day following receipt via UPS (courier).
- Single packs/smaller quantities between 500g – 2699g will incur a delivery cost of £4.25.
PLEASE DO NOT ORDER IN THIS WAY.

If you have any queries, please contact Drossa before placing an order. Tel 0203 393 0859, email enquiries@drossa.co.uk and orders@drossa.co.uk

Products added or removed since August 2016

Products added since November 2019	Products removed since August 2016
<p>Juvela: Fibre Flakes, Corn Flakes, Mixed Case Fresh Loaves, Mixed Case Fresh Rolls, Mixed Case Fresh Loaves and Rolls, Fibre Linguine</p> <p>Glutafin: High Fibre Loaf, High Fibre Seeded Loaf(x8), Multipurpose Fibre Mix, Fibre Fusilli (spirals) and Fibre Flakes</p>	<p>Barkat: Multigrain Rice Bread Sliced and Wholemeal Bread Sliced</p>

Products added since August 2016	Products removed since August 2016

<p>Genius: Seeded Brown Farmhouse Loaf Sliced</p> <p>Juvela: Crispy Rice</p>	<p>Ener-G: Seattle Brown Rolls Hamburger and Hot Dog (discontinued); Xanthan Gum (alternative available)</p> <p>Genius: original bread white unsliced, original bread brown unsliced, bread white sliced, bread brown sliced and white bloomer (discontinued)</p> <p>Glutafin: Savoury Short Biscuits, Lasagne, Tagliatelle and High Fibre Crackers (discontinued); Tea Biscuits and Digestive Biscuits (no longer recommended); Pasta shells - conchiglie</p> <p>Juvela: GF Flakes (alternatives available); Crackers</p> <p>Livwell: Tear Drop Flat Breads - Naan, Flat Breads, Baguette, White Bread – Sliced, White Rolls, Toasting Bread Buns - English Muffins and Ciabatta Rolls - Part Baked/Square Dinner Rolls (discontinued)</p> <p>Nairns: Wholegrain crackers, GF porridge oats (no longer supplied to community pharmacies)</p> <p>Warburtons: GF White Baguette, GF White Thin Rolls, GF Bran Crackers</p>
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Manufacturers' contact details

Manufacturer	Contact details	Brands
Ambe medical group	Ambe House Commerce Way Edenbridge Kent TN8 6ED Tel:01732 760 900 / Fax: 01732 760 901 Email: info@proceli.com (mailto:info@proceli.com), www.proceli.com (http://proceli.com/?lang=en)	Proceli
Drossa Ltd	Tel: 020 3393 0859 Pharmacists go to: www.drossa.ltd.uk (http://www.drossa.ltd.uk/) Consumer / Retail go to www.drossa.co.uk (http://www.drossa.co.uk/) Email: enquiries@drossa.co.uk (mailto:enquiries@drossa.co.uk) Order s: orders@drossa.co.uk (mailto:orders@drossa.co.uk)	Bialimenta, Finax, Mum's Mill

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Feed Me Right Ltd	13 Mill Fold Garden Littleborough Rochdale, OL15 8SA info@glutenex.co.uk (mailto:info@glutenex.co.uk)	Glutenex
General Dietary Ltd	Trident Court Chessington Surrey KT9 1BD Tel: 0203 044 2933 (customer support) Fax: 0203 044 2701 Email: info@generaldietary.com (mailto:info@generaldietary.com)	Ener-G
Genius Gluten Free	Genius Foods 22 Northumberland Street South West Lane Edinburgh EH3 6JD Tel: 0845 874 4000 www.geniusglutenfree.com (http://www.geniusglutenfree.com/)	Genius, Livwell

Gluten Free Foods Ltd	Unit 270 Centennial Park Centennial Avenue Elstree Borehamwood Hertfordshire WD6 3SS Tel: 020 8953 4444 Fax: 020 8953 8285 Email: info@glutenfree-foods.co.uk (mailto:info@glutenfree-foods.co.uk) www.glutenfree-foods.co.uk (http://www.glutenfree-foods.co.uk)	Barkat, Heron & Tritamyl
Hero UK Ltd trading as JUELA	19 De Havilland Drive Liverpool L24 8RN Tel: 0800 783 1992 Email: info@juvela.co.uk (mailto:info@juvela.co.uk) www.juvela.co.uk (http://www.juvela.co.uk)	Juvella Gluten Free
Innovative Solutions UK Ltd	Mayfield Centre Mayfield Street Rochdale OL16 2UZ Tel: 01706 746 713 Fax: 01706 341 357 Email: info@pureglutenfree.co.uk (mailto:info@pureglutenfree.co.uk) www.pureglutenfree.co.uk (http://www.pureglutenfree.co.uk)	Innovative Solutions, Pure

Just: Gluten Free Bakery	Block 21 Unit 7 Motherwell Food Park Motherwell ML4 3NP Tel: 01698 841559 Email: info@justglutenfree.co.uk mailto:info@justglutenfree.co.uk www www.justglutenfree.co.uk http://www.justglutenfree.co.uk/ <u>Co</u> <u>mmunity pharmacy to order by email</u> <u>using all of the addresses below:</u> mailto:info@justglutenfree.co.uk http://www.justglutenfree.co.uk/ <u>ad</u> <u>min@justglutenfree.co.uk</u> mailto:admin@justglutenfree.co.uk http://www.justglutenfree.co.uk/ <u>ron</u> <u>nie@justglutenfree.co.uk</u> mailto:ronnie@justglutenfree.co.uk http://www.justglutenfree.co.uk/ <u>ola</u> <u>@justglutenfree.co.uk</u> mailto:ola@justglutenfree.co.uk	Just
Livwell Ltd (part of Genius Foods)	1 Main Street Hull, HU2 0YX Tel: 0845 874 4000 www.livwellfoods.co.uk http://www.livwellfoods.co.uk/	Livwell
Naturally Good Food Ltd	The Haybarn Newnham Ground Kings Newnham Lane Bretford Rugby CV23 0JU Tel: 02476 541990 mail: orders@naturallygoodfood.co.uk mailto:orders@naturallygoodfood.co.uk www.naturallygoodfood.co.uk http://www.naturallygoodfood.co.uk/).	Orgran
PGR Health Foods Ltd	PO Box 214 Hertford, SG14 2ZX Tel: 01992 581715 info@pgrhealthfoods.co.uk mailto:info@pgrhealthfoods.co.uk www www.rizopia.co.uk http://www.rizopia.co.uk/	Rizopia

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Ultrapharm	Mamhilad Technology Park Pontypool NP4 0JJ Tel:0845 270 1400/0845 270 1200 Email: info@ultrapharm.eu (mailto:info@ultrapharm.eu) www.ultrapharm.eu (http://www.ultrapharm.eu/)Pharmacies to call Alliance Healthcare on 0844 8544 998 to place an order. (mailto:info@ultrapharm.eu)	Lifestyle
Warburtons	Hereford House Hereford Street Bolton BL1 8JB Tel: 0800 243684 www.newburnbakehouse.com (http://www.newburnbakehouse.com/).	Warburtons
Wellfoods Ltd	Towngate Barnsley South Yorkshire S75 6AS Tel: 01226 381712 Email: janet@wellfoods.co.uk www.wellfoods.co.uk (http://www.wellfoods.co.uk/)	Wellfoods
Main wholesalers		
AAH Pharmaceuticals	204 Polmadie Road Glasgow G42 0PH Tel: 0141 423 5888 Order line Tel: 0844 561 8899 enquiries@aah.co.uk (mailto:enquiries@aah.co.uk)	

Alliance Health Care	43 Cox Lane Chessington Surrey, KT9 1SN Tel: 020 8391 2323 Pharmacy Services Tel: 020 3044 8021 Gluten Free Bread Team:0844 854 4998 information@alliance-healthcare.co.uk (mailto:information@alliance-healthcare.co.uk)	
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