

## **Freedom of Information Request: Our Reference CTHB\_259\_17**

### **You asked:**

Can you please send me the link to which gluten free foods are available on prescription?

### **Our response:**

Please follow the links below for information on which gluten free foods are available on prescription.

The information provided by the All Wales Medicines Strategy Group (AWMSG) and Coeliac UK is freely available within the public domain. The AWMSG guidance is available on the Cwm Taf University Health Board GP prescribing portal as guidance for primary care prescribers.

All prescribable gluten free foods are listed in the current British National Formulary (BNF), which is available in paper copy and updated twice a year. The up to date BNF can also be accessed on line by health care professionals. I have attached a copy (attachment 1) of the current products available as per the BNF on-line for your perusal.

The first link is to the AWMSG Guidance.

<http://www.awmsg.org/docs/awmsg/medman/All%20Wales%20Guide%20to%20Prescribing%20Gluten-Free%20Products.pdf>

The second link is to the Coeliac UK Website where you can access a prescribable products list. Click on the prescribable products list in the related documents box on the right hand side of the page (also attached).

<https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/prescriptions/>

**List of Gluten Free Foods as copied from the borderline substances section of the On-line BNF, accessed 09.08.2017**

**Bread**

**Barkat® Loaf**

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Barkat gluten free brown rice bread (Gluten Free Foods Ltd)  
Barkat gluten free par baked white bread sliced (Gluten Free Foods Ltd)  
Barkat gluten free home fresh country loaf (Gluten Free Foods Ltd)  
Barkat gluten free wheat free multigrain bread (Gluten Free Foods Ltd)  
Barkat gluten free wholemeal bread sliced (Gluten Free Foods Ltd)  
Barkat gluten free white rice bread (Gluten Free Foods Ltd)

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**Dietary Specials® Loaf**

**Ener-G® Loaves**

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Ener-G gluten free brown rice bread (General Dietary Ltd)  
Ener-G gluten free tapioca bread (General Dietary Ltd)  
Ener-G gluten free rice loaf (General Dietary Ltd)  
Ener-G gluten free Seattle brown loaf (General Dietary Ltd)  
Ener-G gluten free white rice bread (General Dietary Ltd)

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**Genius Gluten Free® Loaf**

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Genius gluten free brown bread sliced (Genius Foods Ltd)  
Genius gluten free brown bread unsliced (Genius Foods Ltd)  
Genius gluten free brown sandwich bread sliced (Genius Foods Ltd)  
Genius gluten free white bread sliced (Genius Foods Ltd)  
Genius gluten free white bread unsliced (Genius Foods Ltd)  
Genius gluten free white sandwich bread sliced (Genius Foods Ltd)

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## **Glutafin® Loaves**

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Glutafin gluten free fibre loaf sliced (Dr Schar UK Ltd)

Glutafin gluten free white loaf sliced (Dr Schar UK Ltd)

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## **Glutafin® Select Loaves**

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Glutafin gluten free Select fibre loaf sliced (Dr Schar UK Ltd)

Glutafin gluten free Select fresh brown loaf sliced (Dr Schar UK Ltd)

Glutafin gluten free Select fresh white loaf sliced (Dr Schar UK Ltd)

Glutafin gluten free Select seeded loaf sliced (Dr Schar UK Ltd)

Glutafin gluten free Select white loaf sliced (Dr Schar UK Ltd)

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## **Juvela® Loaf**

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Juvela gluten free fresh fibre loaf sliced (Hero UK Ltd)

Juvela gluten free fresh white loaf sliced (Hero UK Ltd)

Juvela gluten free fibre loaf sliced (Hero UK Ltd)

Juvela gluten free part baked loaf (Hero UK Ltd)

Juvela gluten free part baked fibre loaf (Hero UK Ltd)

Juvela gluten free loaf unsliced (Hero UK Ltd)

Juvela gluten free fibre loaf unsliced (Hero UK Ltd)

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## **Lifestyle® Loaf**

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Lifestyle gluten free brown bread sliced (Ultraparm Ltd)

Lifestyle gluten free high fibre bread sliced (Ultraparm Ltd)

Lifestyle gluten free white bread sliced (Ultraparm Ltd)

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Livwell® Loaf

Proceli® Loaf

Ultra® Loaf

## **Warburtons® Loaf**

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Warburtons gluten free brown bread sliced (Warburtons Ltd)

Warburtons gluten free white bread sliced (Warburtons Ltd)

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## **Wellfoods® Loaf**

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Wellfoods gluten free loaf sliced (Wellfoods Ltd)

Wellfoods gluten free loaf unsliced (Wellfoods Ltd)

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## **Barkat® Baguettes and rolls**

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Barkat gluten free par baked rolls (Gluten Free Foods Ltd)

Barkat gluten free par baked baguettes (Gluten Free Foods Ltd)

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## **Ener-G® Rolls**

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Ener-G gluten free dinner rolls (General Dietary Ltd)

Ener-G gluten free white round rolls (General Dietary Ltd)

Ener-G gluten free white long rolls (General Dietary Ltd)

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## **Glutafin® Baguettes and rolls**

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Glutafin gluten free baguettes (Dr Schar UK Ltd)

Glutafin gluten free 4 white rolls (Dr Schar UK Ltd)

Glutafin gluten free part baked 4 fibre rolls (Dr Schar UK Ltd)

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## **Glutafin® Select Rolls**

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Glutafin gluten free part baked 4 white rolls (Dr Schar UK Ltd)

Glutafin gluten free part baked 2 long white rolls (Dr Schar UK Ltd)

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## **Juvela® Rolls**

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Juvela gluten free fresh fibre rolls (Hero UK Ltd)  
Juvela gluten free fresh white rolls (Hero UK Ltd)  
Juvela gluten free fibre bread rolls (Hero UK Ltd)  
Juvela gluten free bread rolls (Hero UK Ltd)  
Juvela gluten free part baked fibre bread rolls (Hero UK Ltd)  
Juvela gluten free part baked white bread rolls (Hero UK Ltd)

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### **Lifestyle® Rolls**

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Lifestyle gluten free brown bread rolls (Ultrapharm Ltd)  
Lifestyle gluten free high fibre bread rolls (Ultrapharm Ltd)  
Lifestyle gluten free white bread rolls (Ultrapharm Ltd)

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### **Livwell® Baguettes, buns and rolls**

#### **Proceli® Baguettes, buns and rolls**

Proceli gluten free part baked baguettes (Ambe Ltd)

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### **Warburtons® Baguettes and rolls**

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Warburtons gluten free baguettes (Warburtons Ltd)  
Warburtons gluten free brown rolls (Warburtons Ltd)  
Warburtons gluten free white rolls (Warburtons Ltd)

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### **Wellfoods® Buns and rolls**

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Wellfoods gluten free burger buns (Wellfoods Ltd)  
Wellfoods gluten free rolls (Wellfoods Ltd)

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### **Livwell® Flat bread**

### **Cereals**

## **Juvela® Fibre flakes and oats**

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Juvela gluten free fibre flakes (Hero UK Ltd)

Juvela gluten free flakes (Hero UK Ltd)

Juvela gluten free pure oats (Hero UK Ltd)

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## **Nairns® Porridge**

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Nairn's gluten free oat porridge (Nairn's Oatcakes Ltd)

## **Biscuits, Cookies, crisp breads and crackers**

### **Barkat gluten free digestive biscuits (Gluten Free Foods Ltd)**

Barkat gluten free coffee biscuits (Gluten Free Foods Ltd)

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### **Ener-G gluten free vanilla cookies (General Dietary Ltd)**

### **Glutafin gluten free tea biscuits (Dr Schar UK Ltd)**

Glutafin gluten free digestive biscuits (Dr Schar UK Ltd)

Glutafin gluten free shortbread biscuits (Dr Schar UK Ltd)

### **Juvela gluten free digestive biscuits (Hero UK Ltd)**

Juvela gluten free savoury biscuits (Hero UK Ltd)

Juvela gluten free sweet biscuits (Hero UK Ltd)

Juvela gluten free tea biscuits (Hero UK Ltd)

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### **Barkat gluten free matzo crackers (Gluten Free Foods Ltd)**

### **Dietary Specials® Cracker bread**

### **Glutafin gluten free high fibre crackers (Dr Schar UK Ltd)**

Glutafin gluten free crackers (Dr Schar UK Ltd)

Glutafin gluten free mini crackers (Dr Schar UK Ltd)

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### **Juvela gluten free crispbread (Hero UK Ltd)**

**Warburtons gluten free bran crackers (Warburtons Ltd)Ultra®  
Crackerbread**

**Flour mixes and xanthum gum**

**Barkat gluten free bread mix (Gluten Free Foods Ltd)**

Barkat gluten free all purpose flour mix (Gluten Free Foods Ltd)

Finax gluten free coarse flour mix (Drossa Ltd)

Finax gluten free fibre bread mix (Drossa Ltd)

Finax gluten free flour mix (Drossa Ltd)

**Glutafin gluten free Select bread mix (Dr Schar UK Ltd)**

Glutafin gluten free Select fibre bread mix (Dr Schar UK Ltd)

Glutafin gluten free Select multipurpose fibre mix (Dr Schar UK Ltd)

Glutafin gluten free Select multipurpose white mix (Dr Schar UK Ltd)

Glutafin gluten free multipurpose white mix (Dr Schar UK Ltd)

**Heron Hi-Fibre gluten free organic bread mix (Gluten Free Foods Ltd)**

**Barkat gluten free high fibre bread mix (Gluten Free Foods Ltd)**

**Juvela gluten free fibre mix (Hero UK Ltd)**

**Juvela gluten free harvest mix (Hero UK Ltd)**

**Juvela gluten free mix (Hero UK Ltd)**

**Mrs Crimble's gluten free bread mix (Stiletto Foods (UK) Ltd)**

**Mrs Crimble's gluten free pastry mix (Stiletto Foods (UK) Ltd)**

**Orgran gluten free pizza & pastry mix (Naturally Good Food Ltd)**

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## **Orgran gluten free self-raising flour (Naturally Good Food Ltd)**

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## **Orgran gluten free all purpose plain flour (Naturally Good Food Ltd)**

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## **Proceli® Flour mix**

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Proceli gluten free white plain flour (Ambe Ltd)

## **Tobia Teff gluten free brown teff flour (Tobia Teff UK Ltd)**

## **Tobia Teff gluten free white teff flour (Tobia Teff UK Ltd)**

## **Tritamyl gluten free brown bread mix (Gluten Free Foods Ltd)**

Tritamyl gluten free flour mix (Gluten Free Foods Ltd)

Tritamyl gluten free white bread mix (Gluten Free Foods Ltd)

## **Wellfoods gluten free flour alternative (Wellfoods Ltd)**

## **Ener-G xanthan gum (General Dietary Ltd)**

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## **Innovative Solutions Pure xanthan gum (Innovative Solutions (UK) Ltd)**

## **Pasta**

Barkat gluten free pasta animal shapes (Gluten Free Foods Ltd)

Barkat gluten free pasta macaroni (Gluten Free Foods Ltd)

Barkat gluten free pasta spaghetti (Gluten Free Foods Ltd)

Barkat gluten free pasta spirals (Gluten Free Foods Ltd)

Barkat gluten free pasta tagliatelle (Gluten Free Foods Ltd)

Barkat gluten free pasta buckwheat penne (Gluten Free Foods Ltd)

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Barkat gluten free pasta buckwheat spirals (Gluten Free Foods Ltd)

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### **Dietary Specials® Pasta**

#### **BiAlimenta® Pasta**

#### **Ener-G® Pasta**

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### **General Dietary gluten free macaroni (General Dietary Ltd)**

General Dietary gluten free spaghetti (General Dietary Ltd)

General Dietary gluten free vermicelli (General Dietary Ltd)

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### **Glutafin® Pasta**

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Glutafin gluten free pasta macaroni penne (Dr Schar UK Ltd)

Glutafin gluten free pasta shells (Dr Schar UK Ltd)

Glutafin gluten free pasta spirals (Dr Schar UK Ltd)

Glutafin gluten free pasta long-cut spaghetti (Dr Schar UK Ltd)

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### **Juvela® Pasta**

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Juvela gluten free fibre penne (Hero UK Ltd)

Juvela gluten free pasta fusilli (Hero UK Ltd)

Juvela gluten free pasta lasagne (Hero UK Ltd)

Juvela gluten free pasta macaroni (Hero UK Ltd)

Juvela gluten free pasta spaghetti (Hero UK Ltd)

Juvela gluten free pasta tagliatelle (Hero UK Ltd)

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### **Orgran® Pasta**

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Orgran gluten free pasta rice & corn lasagne (Naturally Good Food Ltd)

Orgran gluten free pasta rice & corn macaroni (Naturally Good Food Ltd)

Orgran gluten free pasta buckwheat spirals (Naturally Good Food Ltd)

Orgran gluten free pasta corn spirals (Naturally Good Food Ltd)

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Orgran gluten free pasta brown rice spirals (Naturally Good Food Ltd)  
Orgran gluten free pasta rice & corn spirals (Naturally Good Food Ltd)  
Orgran gluten free pasta rice & millet spirals (Naturally Good Food Ltd)

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### **Proceli® Pasta**

### **Rizopia® Pasta**

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Rizopia gluten free organic brown rice pasta fusilli (PGR Health Foods Ltd)  
Rizopia gluten free organic brown rice pasta lasagne (PGR Health Foods Ltd)  
Rizopia gluten free organic brown rice pasta penne (PGR Health Foods Ltd)  
Rizopia gluten free organic brown rice pasta spaghetti (PGR Health Foods Ltd)

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### **Ultra® Pasta**

### **Pizza Bases**

### **Barkat®, Pizza crust**

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Barkat gluten free brown rice pizza crust (Gluten Free Foods Ltd)  
Barkat gluten free white rice pizza crust (Gluten Free Foods Ltd)

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### **Dietary Specials® Pizza base**

### **Glutafin® Pizza base**

Glutafin gluten free pizza base (Dr Schar UK)

### **Juvela® Pizza base**

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Juvela gluten free pizza base (Hero UK Ltd)

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### **Proceli® Pizza base**

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Proceli gluten free pizza base (Ambe Ltd)

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### **Ultra® Pizza base**

### **Wellfoods® Pizza base**

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Wellfoods gluten free pizza base (Wellfoods Ltd)

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## **Gluten and Wheat-free Foods**

### **Ener-G® Bread loaves, rolls and pizza bases**

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Ener-G gluten free Seattle brown hamburger rolls (General Dietary Ltd)

Ener-G gluten free Seattle brown hot dog rolls (General Dietary Ltd)

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### **Glutafin® Flour mix, fibre and crispbread**

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Glutafin gluten free crispbread (Dr Schar UK Ltd)

Glutafin gluten free bread mix (Dr Schar UK Ltd)

Glutafin gluten free fibre bread mix (Dr Schar UK Ltd)

Glutafin gluten free wheat free fibre mix (Dr Schar UK Ltd)

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### **Heron Foods® Flour mixes**

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**Barkat gluten free bread and cake mix (Gluten Free Foods Ltd)**

**Heron gluten free organic bread mix (Gluten Free Foods Ltd)**

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