NHS
Suffolk and
North East Essex

Suffolk Gluten Free Prescribing Guidance & Formulary

Key Points

- Adults aged 19 years and over should purchase all gluten free products they require; no gluten free products should be prescribed on the NHS.
- Children and adolescents aged 18 years and under should only be prescribed up to 8 units per month of gluten free bread and / or mixes on the NHS.
- Gluten free products for children and adolescents should only be prescribed on the NHS if the patient has a diagnosis of
    - Coeliac disease
    - Dermatitis herpetiformis
- All patients who have been diagnosed as having Coeliac disease should have been offered advice from a dietitian after diagnosis and annually. If any patient would like further dietary advice they should be referred into the IHT dietetics service.
- Items in the formulary provide staple foods to support a healthy diet. All patients are advised to follow a healthy, well-balanced diet including plenty of fresh fruit and vegetables. Items not listed on the formulary can be purchased by the patient if required.
- A wide range of gluten free items are now available for patients to purchase from supermarkets, health food shops and online.

Formulary

For adults aged 19 years and over no gluten free food are to be prescribed, this should be purchased by the patient.

For children and adolescents up to 18 years a maximum of 8 units per month can be prescribed, and the following items must be adhered to:

- Long-life bread/rolls
- Fresh bread/rolls
- Mixes

Quantities

Age	Number of units per month
Children 18 years and under	8
Adults 19 years and over	0

Queries

Any patient queries can be directed to the Patient Advice and Liaison Service (PALS):
0800 389 6819 or pals@snee.nhs.uk

NHS
Suffolk and
North East Essex

Product	Pack size	Units per pack
Long-life bread		
Glutafin gluten free white loaf sliced 300g	1 x 300g	1
Glutafin gluten free fibre loaf sliced 300g	1 x 300g	1
Glutafin gluten free high fibre loaf sliced 350g	1 x 350g	1
Glutafin gluten free Select white loaf sliced 400g	1 x 400g	1
Glutafin gluten free Select fibre loaf sliced 400g	1 x 400g	1
Glutafin gluten free Select seeded loaf sliced 400g	1 x 400g	1
Juvela gluten free loaf sliced 400g	1 x 400g	1
Juvela gluten free loaf unsliced 400g	1 x 400g	1
Juvela gluten free fibre loaf sliced 400g	1 x 400g	1
Juvela gluten free fibre loaf unsliced 400g	1 x 400g	1
Juvela gluten free part-baked loaf 400g	1 x 400g	1
Juvela gluten free part-baked fibre loaf 400g	1 x 400g	1
Long-life rolls		
Glutafin gluten free 4 white rolls 200g	4 x 50g	0.5
Glutafin gluten free part-baked 4 fibre rolls 200g	4 x 50g	0.5
Juvela gluten free bread rolls 425g	5 x 85g	1
Juvela gluten free fibre bread rolls 425g	5 x 85g	1
Fresh bread		
Genius gluten free soft white farmhouse loaf 550g	550g	6
Genius gluten free soft brown farmhouse loaf 550g	550g	6
Glutafin gluten free Select fresh white loaf sliced 400g	8 x 400g	8
Glutafin gluten free Select fresh brown loaf sliced 400g	8 x 400g	8
Juvela gluten free fresh white loaf sliced 400g	8 x 400g	8
Juvela gluten free fresh fibre loaf sliced 400g	8 x 400g	8
Fresh rolls		
Juvela gluten free fresh white rolls 425g	8 x 5 x 85g	8
Juvela gluten free fresh fibre rolls 425g	8 x 5 x 85g	8
Mixed cases of fresh bread and / or rolls		
Juvela gluten free fresh white loaves 4 x 400g + fresh fibre loaves 4 x 400g	8 x 400g	8
Juvela gluten free fresh white loaves 4 x 400g + fresh white rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela gluten free fresh white loaves 4 x 400g + fresh fibre rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela gluten free fresh fibre loaves 4 x 400g + fresh fibre rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela gluten free fresh fibre loaves 4 x 400g + fresh white rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela gluten free fresh white rolls 4 x 425g + fresh fibre rolls 4 x 425g	8 x 425g	8

NHS
Suffolk and
North East Essex

Mixes

Glutafin gluten free multipurpose white mix 500g	1 x 500g	2
Glutafin gluten free wheat free fibre mix 500g	1 x 500g	2
Glutafin gluten free Select multipurpose white mix 500g	1 x 500g	2
Glutafin gluten free Select multipurpose fibre mix 500g	1 x 500g	2
Juvela gluten free mix 500g	1 x 500g	2
Juvela gluten free fibre mix 500g	1 x 500g	2
Juvela gluten free harvest mix 500g	1 x 500g	2
Glutafin gluten free bread mix 500g	1 x 500g	2
Glutafin gluten free fibre bread mix 500g	1 x 500g	2
Glutafin gluten free Select bread mix 500g	1 x 500g	2
Glutafin gluten free Select fibre bread mix 500g	1 x 500g	2

Originally produced by the IES & WS Medicines Optimisation Team. January 2020.
Product names and availability updated by the SNEE Medicines Optimisation Team. October 2025.
Approved Integrated Medicines Optimisation Committee 11th November 2025