

# Your pocket guide to Glutafin products

We've created this handy guide to show you our full product range, to check for allergy information and easily select a different Glutafin product to try.

On this side are our Glutafin Bread and Rolls and on the other side our Glutafin Mixes, Pasta & Pizza Bases, Crackers and Biscuits.

Ask your Pharmacist for details of the Glutafin range.

With over 30 years of experience, you can ask us anything! Call or email our friendly and experienced Careline, who are also supported by Dietitians and Home Economists. Visit our website where you will find lots of useful coeliac information such as travelling or eating out gluten free, healthy eating tips and tasty recipes.

[www.glutafin.co.uk](http://www.glutafin.co.uk)

Please note, this is a full list of all Glutafin products, availability varies depending on your area's individual prescribing policy.

## Our breads



We make bread the old fashioned way. We knead it, prove it, knock it back and let it rise again. The only thing we do differently is make it gluten free. Glutafin gluten free bread, made in the way bread should be made, tastes like bread should, but without the gluten.

## Long live great bread!

All of our gluten free loaves are baked fresh and can be enjoyed straight from the pack. Glutafin bread comes in both fresh and longer life varieties, so it's a little bit different to the bread you may have been used to.

Our longer life loaves and rolls stay fresh for up to 4 weeks – not because we add preservatives, but because of the clever way we package them. Our re-sealable packaging give you a 'just baked' taste like never before, sealing in the freshness of each loaf from the moment it's baked.

If you don't think you'll get through an entire loaf, our smaller loaves are perfect for the occasional sandwich. Whichever you prefer, all of our breads and rolls are freezer friendly and taste just as good once defrosted.



**GREAT TASTE & FLAVOUR**



**TRADITIONALLY MADE**



**QUALITY INGREDIENTS**

### Breads – Fresh



	Gluten free	Wheat free	Lactose free	Contains milk	Contains egg	Contains soya	Contains lupin	Unit Guide	Pharmacy Ordering Code (PIP Code)
Glutafin Gluten Free Select Fresh White Loaf – sliced (400g)	✓	✓	✓			✓	♦	8	290-6840
Glutafin Gluten Free Select Fresh Brown Loaf – sliced (400g)	✓	✓	✓			✓	♦	8	330-6800
Glutafin Gluten Free Select Fresh Seeded Loaf – sliced (400g)	✓	✓	✓			✓	♦	8	402-3685

### Breads – Longer Life



Glutafin Gluten Free Select Fibre Loaf – sliced (400g)	✓	✓	✓			✓	♦	1	054-6101
Glutafin Gluten Free Select White Loaf – sliced (400g)	✓	✓	✓			✓	♦	1	054-6093
Glutafin Gluten Free Select Seeded Loaf – sliced (400g)	✓	✓	✓			✓	♦	1	308-9364
Glutafin Gluten Free High Fibre Loaf – sliced (350g)	✓	✓	✓			♦	♦	1	401-4296
Glutafin Gluten Free White Loaf – sliced (300g)	✓	✓	✓			✓	♦	1	090-4268
Glutafin Gluten Free Fibre Loaf – sliced (300g)	✓	✓	✓			✓	♦	1	237-7356

### Rolls – Longer Life



Glutafin Gluten Free 4 White Rolls (200g)	✓	✓	✓			♦	✓	½	344-3645
Glutafin Gluten Free Part-Baked 4 Fibre Rolls (200g)	✓	✓	✓			✓	♦	½	344-3652
Glutafin Gluten Free Part-Baked 4 White Rolls (200g)	✓	✓	✓			✓	♦	½	344-2753
Glutafin Gluten Free Part-Baked 2 Long White Rolls (150g)	✓	✓	✓			✓		½	344-3637
Glutafin Gluten Free Baguettes (350g)	✓	✓	✓			✓		1	224-0117

## Flour Mixes



	Gluten free	Wheat free	Lactose free	Contains milk	Contains egg	Contains soya	Contains lupin	Unit Guide	Pharmacy Ordering Code (PIP Code)
Glutafin Gluten Free Select Multipurpose White Mix (500g)	✓	•	✓	✓	✓	✓	✓	2	004-5187
Glutafin Gluten Free Select Multipurpose Fibre Mix (500g)	✓	•	✓	✓	✓	✓	✓	2	004-5591
Glutafin Gluten Free Select Bread Mix (500g)	✓	•	✓	✓	✓	✓	✓	2	274-4951
Glutafin Gluten Free Select Fibre Bread Mix (500g)	✓	•	✓	✓	✓	✓	✓	2	297-9912
Glutafin Gluten Free Multipurpose White Mix (500g)	✓	✓	✓	✓	✓	◆	✓	2	231-2981
Glutafin Gluten Free Fibre Mix (500g)	✓	✓	✓	✓	✓	✓	✓	2	231-2973
Glutafin Gluten Free Bread Mix (500g)	✓	✓	✓	✓	✓	◆	✓	2	298-8418
Glutafin Gluten Free Fibre Bread Mix (500g)	✓	✓	✓	✓	✓	✓	✓	2	298-8426

## Pasta & Pizza Bases



Glutafin Gluten Free Pasta Spirals (Fusilli) (500g)	✓	✓	✓	✓	✓	◆	✓	2	211-5178
Glutafin Gluten Free Pasta Fibre Fusilli (500g)	✓	✓	✓	✓	✓	◆	✓	2	386-2646
Glutafin Gluten Free Pasta Penne (500g)	✓	✓	✓	✓	✓	◆	✓	2	211-5152
Glutafin Gluten Free Pasta Shells (500g)	✓	✓	✓	✓	✓	◆	✓	2	250-0676
Glutafin Gluten Free Pasta Long Cut Spaghetti (500g)	✓	✓	✓	✓	✓	◆	✓	2	211-5160
Glutafin Gluten Free Pizza Base (300g)	✓	✓	✓	✓	✓	◆	✓	1	334-1112

## Crackers



Glutafin Gluten Free Crackers (200g)	✓	✓	✓	✓	✓	✓	✓	1	009-3302
Glutafin Gluten Free High Fibre Crackers (200g)	✓	✓	✓	✓	✓	✓	✓	1	018-7641
Glutafin Gluten Free Crispbreads (150g)	✓	✓	✓	✓	✓	◆	✓	1	338-4443
Glutafin Gluten Free Mini Crackers (175g)	✓	✓	✓	✓	✓	✓	◆	1	353-5515

## Cereal



Glutafin Gluten Free Cornflakes (375g)	✓	✓	✓	✓	✓	✓	✓	1½	381-3748
Glutafin Gluten Free Fibre Flakes (300g)	✓	✓	✓	✓	✓	✓	✓	1½	401-4288

## Sweet Biscuits



Glutafin Gluten Free Shortbread (100g)	✓	✓	✓	✓	✓	◆	✓	½	316-7848
Glutafin Gluten Free Digestive Biscuits (150g)	✓	✓	✓	✓	✓	◆	✓	1	017-0225
Glutafin Gluten Free Tea Biscuits (150g)	✓	✓	✓	✓	✓	◆	✓	1	018-5868

◆ These products do not contain milk, egg, lupin or soya as ingredients. However, we are not able to guarantee that they are milk, egg, lupin or soya free.

• This product includes gluten free wheat starch. This is a specially manufactured ingredient from which gluten has been removed to a trace level, considered safe for people with coeliac disease. Gluten free wheat starch is used to enhance the quality and texture of breads, cakes and pastries made using our flour mixes.