



## PRESCRIPTION ORDER FORM

Please include the following on my next gluten-free prescription:

Product	Pack Size	PIP Code	Quantity in units
Nairn's Gluten Free Oat Porridge	500g	368-7332	

Name	
Address	
Post Code	
Tel No:	

Simply hand this to your local GP or pharmacist for the product selected to be added to your prescription and then collect at your local pharmacy.

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### Notes to your GP:

Nairn's Gluten Free Oat Porridge has now been approved on prescription for the dietary management of gluten sensitive enteropathy.

Recent studies have shown that the inclusion of gluten free oats can increase the nutritional profile of a diet for those with coeliac disease, and the approval of gluten free oats on prescription now allows coeliacs to include an additional, inherently nutritious grain into their diets, helping them to increase dietary variety and also benefit from the proven additional health benefits that oats provide<sup>1</sup>.

✓ **100% wholegrain**

✓ **High in fibre**

✓ **Low glycemic index**

✓ **Low in cholesterol**

Priced competitively at £2.89 per 500g pack, the inclusion of Nairn's Gluten Free Oat Porridge can both increase patient dietary variety, whilst reducing reliance on other more costly prescribable gluten free items.

1. Kempainen et al (2010) Nutrient intakes during diets including unkilned and large amounts of oats in coeliac disease. European Journal of Clinical Nutrition

### Notes to your Pharmacist:

Nairn's Gluten Free Oat Porridge 500g is available through Alliance-Healthcare, AAH & Phoenix Medical pharmacy wholesalers.

**For more information visit: [www.nairn's-oatcakes.com/gluten-free/health-care-professionals](http://www.nairn's-oatcakes.com/gluten-free/health-care-professionals)**