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|---|-------------|
| ✓ | Gluten Free |
| ✓ | Wheat Free |
| ✓ | Dairy Free |
| ✓ | Egg Free |
| ✓ | Yeast Free |
| ✓ | GMO Free |
| ✓ | Vegan |



Coeliacs Prescription Supplies

A great range of natural gluten free pasta, flour, bread mixes and crispbread

This leaflet may be useful when visiting your doctor or pharmacy.

There is no minimum order. All goods are sent out by First Class Post or Parcel Force 48hr Service. 24 hr and recorded delivery available on request.

Don't forget to ask for the Orgran Magazine with your order.

We also supply a huge range of organic and wholefoods many of which are gluten free.

About Orgran

The Orgran range of products is totally natural with nothing artificial added. Full of flavour and natural nutrition, the range is suitable for a wide variety of people with restricted dietary requirements. The Orgran production plant is totally dedicated to the manufacture of dietetic foods. The state of the art facility has been specifically designed to eliminate all possibility of cross contamination of grains so as to ensure our consumers receive the purest products possible.

WHO IS THE ORGRAN RANGE SUITABLE FOR?

The ORGRAN range of products is suitable for a broad range of consumers.

- **COELIACS**
The entire range of Orgran products are Wheat & Gluten Free.
- **FOOD ALLERGIES & INTOLERANCES**
The ORGRAN range of products are totally natural. Free from artificial colours, flavours and preservatives. In addition, the products are also dairy & egg free.
- **DIABETICS**
ORGRAN products have been reviewed by Diabetes Australia and are suitable to include in the menu plans of diabetics in consultation with their health professional.
- **WEIGHT PROBLEMS**
Low in fat and containing no cholesterol, the ORGRAN products are suitable to include in weight reduction programs.
- **NUTRITIONAL DEFICIENCIES**
ORGRAN products undergo minimal processing to retain the highest possible nutrient content available.
- **VEGANS AND VEGETARIANS**
ORGRAN products are free from animal derivative

Naturally Good Food Ltd

The Stable Yard, Main St, Cotesbach Leics LE17 4HX
Tel 01455 556878

| Prescription Orgran | size | price | pip code | order |
|--|-------|--------------|----------|-------|
| Bread Mix | 450g | 3.10 | 273-4796 | |
| Bread Mix Wholemeal GF | 450g | 3.10 | 329-9138 | |
| Buckwheat Spirals | 250g | 2.25 | 288-1423 | |
| Corn Crispbread | 200g | 2.56 | 200-2145 | |
| Corn Spirals | 250g | 2.25 | 209-7590 | |
| Italian Style Spaghetti | 220g | 2.42 | 329-9146 | |
| Low Protein Rigati | 250g | 2.53 | 303-3743 | |
| Pizza and Pastry Mix | 375g | 3.33 | 270-7735 | |
| Rice and Corn Lasagne | 200g | 2.89 | 270-7701 | |
| Rice and Corn Macaroni (was RisOMais) | 250g | 2.25 | 273-4770 | |
| Rice and Corn Spirals (was RisOMais) | 250g | 2.25 | 270-7669 | |
| Rice & Corn vegetable Spirals value pack | 1kg | 6.24 | 339-6116 | |
| Rice and Millet Spirals | 250g | 2.25 | 200-4133 | |
| Rice Crispbread | 200g | 2.56 | 270-7727 | |
| Rice Spirals | 250g | 2.25 | 200-4281 | |
| Plain Flour | 500g | 2.89 | 288-1415 | |
| Self-raising Flour | 500g | 2.89 | 273-4762 | |
| Spaghetti Noodles | 375g | 2.24 | 303-3750 | |
| Xanthum Gum Allergycare | 100g | 6.73 | | |
| Other Orgran | | | | |
| All Purpose Crumbs | 300g | 2.56 | 303-3768 | |
| Biscotti Amaretti | 150g | 2.32 | 336-7158 | |
| Biscotti Classic Choc | 150g | 2.32 | 336-7166 | |
| Biscotti Lemon and Poppyseed | 150g | 2.32 | 336-6010 | |
| Cake Mix Chocolate | 375g | 2.91 | 339-6041 | |
| Cake Mix Vanilla | 375g | 2.91 | 339-6025 | |
| Choc Hazel Bars | 80g | Discontinued | | |
| Chocolate Mousse Mix | 120g | 2.42 | 336-7182 | |
| Cookies Sultana and Cinnamon | 200g | 2.74 | 303-4014 | |
| Cookie Classic Choc | 50g | 1.32 | 339-6215 | |
| Corn and Spinach Rigati | 250g | 2.25 | 200-4208 | |
| Corn and Veg Shells | 250g | 2.25 | 200-4273 | |
| Corn Cakes | 150g | 2.25 | 288-1357 | |
| Crispbread Corn Salsa | 200g | 2.56 | 288-1407 | |
| Crispbread Rice and Cracked Pepper | 200g | 2.56 | 303-3966 | |
| Crispbread Rice and Garden Herb | 200g | 2.56 | 303-3974 | |
| Custard Mix | 200g | 2.77 | 336-6028 | |
| Falafel Mix GF | 125g | 2.56 | 303-3909 | |
| Fancy Curls Org | 250g | 2.15 | 289-0366 | |
| Fruit Bars (6 small bars) | 90g | 2.08 | 303-3917 | |
| Fruit filled Bar Apricot | 50g | 0.95 | 303-3867 | |
| Fruit filled Bar Blueberry | 50g | 0.95 | 303-3883 | |
| Fruit Filled Bar Choc Cherry | 50g | discontinued | | |
| Garlic Parsley and Rice Shells | 250g | 2.25 | 288-1365 | |
| Gluten Free Gluten | 120g | 2.77 | 329-9153 | |
| Gravy Mix | 200g | 2.56 | 288-1464 | |
| Italian Style Amore | 250g | 2.42 | | |
| Italian Style Rigati | 250g | 2.42 | | |
| Italian Style Shells | 250g | 2.42 | | |
| Muesli | 500g | 3.67 | 303-3925 | |
| Muffin Mix Chocolate | 375g | 2.77 | 336-6036 | |
| Muffin Mix Lemon Poppyseed | 375g | 2.77 | 336-6044 | |
| No Egg egg replacer | 200g | 2.56 | 303-3933 | |
| Outback Animal Biscuits Chocolate | 175g | 2.32 | 339-6082 | |
| Outback Animal Biscuits Choc multipack | 8x22g | 3.46 | 339-6108 | |
| Outback Animal Biscuits Vanilla | 55g | 2.32 | 339-6090 | |
| Pancake Mix Apple and Cinnamon | 375g | 2.75 | 288-1431 | |

July 2008

Orgran NHS Prescription

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|--|-------|------|----------|--|
| Pancake mix Buckwheat | 375g | 2.75 | 288-1423 | |
| Pasta and Sauce | 120g | 2.32 | | |
| Pasta Flour Mix | 375g | 2.48 | 336-6002 | |
| Rice and Corn Corkscrews | 500g | 2.75 | 303-4006 | |
| Rice and Corn Penne | 250g | 2.25 | 288-1381 | |
| Rice & Corn Shells Garden Herb & Spinach | 250g | 2.87 | 303-3990 | |
| Rice and Corn Tortelli Value Pack | 500g | 2.75 | 336-7174 | |
| Rice and Corn Veg Animal Shapes | 200g | 2.39 | 336-6069 | |
| Rice and Corn Veg Corkscrews | 250g | 2.25 | 303-4006 | |
| Rice Porridge with Apricots | 375g | 2.63 | 303-3958 | |
| Slim Spiral Organic | 250g | 2.15 | 289-0341 | |
| Smooth Penne Organic | 250g | 2.15 | 289-0358 | |
| Soup Garden Vegetable | 2x12g | 2.06 | 336-6051 | |
| Soup Sweet Corn | 2x18g | 2.28 | | |
| Soup Tomato for Cup | 2x18g | 2.28 | 339-6058 | |
| Stuffing and Coating Mix | 120g | 2.24 | 339-6207 | |
| Tinned Spaghetti | 220g | 1.89 | 288-1340 | |
| Tinned Spaghetti Alternative Grain | 420g | 2.42 | | |
| Tomato and Basil Corn Spirals | 250g | 2.25 | 200-4190 | |
| Vegetable Rice Penne | 250g | 2.25 | | |
| Vegetable Rice Spirals | 250g | 2.25 | 273-4788 | |