






Adults Oral Nutritional Supplement (ONS)

Quick reference formulary

ACBS approved product	Company	Comments	Flavours	Size	Per unit			
					Cost	Kcal	Protein (g)	
Powdered milkshake								
	Foodlink Complete	Nualtra	<ul style="list-style-type: none"> Choose as first line supplement. Prescribe one to two per day. Made with 200ml full fat milk. 	<ul style="list-style-type: none"> Banana Chocolate Natural Strawberry Vanilla 	57g sachet	£0.60	383	18.5
Powdered low volume milkshake								
	Foodlink Complete	Nualtra	<ul style="list-style-type: none"> Made with 125ml full fat milk. 	<ul style="list-style-type: none"> Banana Chocolate Natural Strawberry Vanilla 	57g sachet	£0.60	315	15.1
Ready to drink milkshake style								
	Aymes Complete	Aymes	<ul style="list-style-type: none"> For patients not able to make up a powdered shake or for those with lactose intolerance. Prescribe two bottles per day. 	<ul style="list-style-type: none"> Banana Chocolate Strawberry Vanilla 	200ml bottle	£1.11	300	12

Alternative second line ONS for specific circumstances

Low-volume milkshake style								
	Ensure Compact	Abbott	<ul style="list-style-type: none"> For patients who cannot manage larger volumes or are fluid restricted and are not able to make up a powdered shake. 	<ul style="list-style-type: none"> Banana Café latte Strawberry Vanilla 	125ml bottle	£1.33	300	12.8
Juice style								
	Ensure Plus Juice	Abbott	<ul style="list-style-type: none"> For patients who cannot tolerate milky drinks'. 	<ul style="list-style-type: none"> Apple Fruit punch Lemon and lime Orange Peach Strawberry 	220ml bottle	£1.97	330	11

	First line
	Second line

Supplements for use with dietetic recommendation only

A variety of nutritional support products are available on prescription however, the nutritional content of these products varies considerably. The products below **should not** routinely be initiated in primary care. They may be prescribed under the advice of a registered dietitian.

	Product	Presentation	Cost	Kcal	Protein (g)
Powdered milkshake	Aymes Shake	57g sachet made up with milk	£0.60	389	15.6
	Ensure Shake		£0.60	389	17
	Complan Shake		£0.70	380	15.5
	Fresubin Powder Extra	62g sachet made up with milk	£0.70	397	17.7
Powdered milkshake with fibre	Foodlink Complete with fibre	63g sachet made up with milk	£0.71	399	18.6
Ready to drink milkshake style	Ensure Plus	200ml bottle	£1.11	300	12.5
	Fortisip Bottle		£1.12	300	12
	Fresubin Energy		£1.40	300	11.2
Compact/low volume milkshake style	Fresubin 2kcal Mini	125ml bottle	£1.25	250	12.5
	Fresubin 2kcal Mini fibre		£1.25	250	12.5
	Fortisip Compact		£1.33	300	12
	Altraplen Compact		£1.33	300	12
	Fresubin 3.2 kcal		£2.35	400	20
Juice style	Fresubin Jucy	200ml bottle	£2.01	300	8
	Fortijuce		£2.02	300	8
Powdered smoothie style	Aymes Shake Smoothie	66g sachet	£1.00	297	10.7
Drinking-yoghurt style	Ensure Plus Yoghurt Style	200ml bottle	£1.11	300	12.5
	Fresubin Yo drink		£1.40	300	15
Savoury/soup style	Aymes Savoury	57g sachet	£0.70	251	9.2
	Ensure Plus Savoury	220ml bottle	£1.11	330	14
	Vitasavoury 300	50g sachet made up with milk	£2.08	375	9
Milkshake style with fibre	Resource 2.0 Fibre	200ml bottle	£2.02	400	18
	Ensure Plus Fibre		£2.07	310	13
	Fortisip Compact Fibre	125ml bottle	£2.09	300	12
	Fresubin 2kcal Fibre	200ml bottle	£2.17	400	20
	Fresubin Energy Fibre		£2.20	300	11.2
High protein milkshake style	Aymes ActaGain 2.4 Complete Maxi	200ml bottle	£1.33	480	19.2
	Aymes 2.0 kCal		£1.60	400	16
	Altraplen Protein		£1.65	300	20
	Fortisip Compact Protein	125ml bottle	£2.00	300	18
	Fresubin Protein Energy	200ml bottle	£2.15	300	20
	Fresubin 2kcal		£2.17	400	20

	Product	Presentation	Cost	Kcal	Protein (g)
High energy powdered milkshake	Enshake	97g sachet made up with milk	£2.45	600	16
	Scandishake	85g sachet made up with milk	£2.59	587	12.4
	Calshake	87g sachet made up with milk	£2.63	599	12.2
Semi-solid ONS	Aymes Crème	125g pot	£1.17	188	9.4
	Nutricrem		£1.65	225	12.5
	Ensure Plus Crème		£1.93	171	7.1
	Forticreme Complete		£1.96	200	12
	Fresubin 2kcal Crème		£2.04	250	12.5
	Fresubin Yo Crème		£2.11	188	9.4
Texture modified/ dysphagia products	Nutlis Complete level 3	125ml bottle	£2.21	306	12
	Nutlis Complete Crème level 3	125g pot			
	Fresubin Thickened level 2	200ml bottle	£2.35	300	20
	Fresubin Thickened level 3				
Modular	ProSource liquid	30ml sachet	£1.01	100	10
	Altrashot	120ml bottle	£2.07	420	6
	Pro-Cal shot		£2.54	400	8
	Fresubin 5kcal shot		£2.99	500/100ml	0
	Calogen		200ml bottle	£4.78	900
	Vitajoule	500g tub	£4.80	380/100g	0
	Calogen Extra	200ml bottle	£4.98	800	10
	Maxijul Super Soluble	4 x 132g sachets	£6.36	380/100g	0
	Liquigen	250ml bottle	£8.83	450/100ml	N/A
	Pro-Cal powder	510g tub	£16.11	667/100g	13.6/100g
Disease-specific	FortiCare	125ml bottle	£2.44	205	11.3
	Vital 1.5	200ml bottle	£3.17	300	13.5
	Peptamen		£3.26	200	8
	Nepro HP	220ml bottle	£3.39	396	17.8
	Elemental 028 liquid	250ml cartons	£3.61	215	N/A
	Elemental 028 powder	100g sachet	£7.01	443	N/A
	Emsogen		£7.22	438	N/A
	Modulen IBD		400g tin	£16.19	500/100g
Avoid prescribing					
1kcal/ml milkshake style	Fresubin Original	200ml bottle	£2.36	200	7.6
	Ensure	250ml can	£2.39	250	10