

Adults oral nutritional supplement (ONS)

Quick reference formulary

First line supplements

Foodlink Complete (Nualtra)

Powdered milkshake. Prescribe 1 to 2 per day and make with 200ml of full fat milk. Available in banana, chocolate, natural, strawberry and vanilla flavours.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
57g sachet	£0.49	383	19

Foodlink Complete Compact (Nualtra)

Powdered low volume milkshake. Make with 100ml of full fat milk. Available in banana, chocolate, natural, strawberry and vanilla flavours.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
57g sachet	£0.49	315	15.1

Second line supplements

Aymes Complete (Aymes)

Ready to drink milkshake style for individuals not able to make up a powdered shake or for those with lactose intolerance. Available in banana, chocolate, strawberry and vanilla flavours.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
200ml bottle	£1.05	300	12

Alternative second line for specific circumstances

Fortisip Compact (Nutricia)

Low volume milkshake style for individuals who cannot manage larger volumes and are not able to make up a powdered shake. Available in apricot, banana, chocolate, forest fruit, mocha, neutral, strawberry and vanilla.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
125ml bottle	£1.33	300	12

Aymes ActaSolve Smoothie (Aymes)

Smoothie style for individuals who cannot tolerate milky drinks. Suitable for a vegan diet. Powder made up with water. Available in mango, peach, pineapple, strawberry and cranberry flavours.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
66g sachet	£1.00	300	12

Altrajuce (Nualtra)

Juice style for individuals who cannot tolerate milky drinks. Available in apple, blackcurrant, orange and strawberry.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
200ml carton	£1.70	300	7.8

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.

Specialist only

Powdered milkshake with fibre

Product	Presentation	Cost	Kcal	Protein (g)
Foodlink Complete with fibre	63g sachet made up with milk	£0.71	397	19

Ready to drink milkshake style

Product	Presentation	Cost	Kcal	Protein (g)
Ensure Plus Milkshake	200ml bottle	£1.11	300	12.5
Fortisip Bottle	200ml bottle	£1.12	300	12
Fresubin Energy	200ml bottle	£1.40	300	11.2

Compact/low volume milkshake style

Product	Presentation	Cost	Kcal	Protein (g)
Altraplen Compact	125ml bottle	£1.33	300	12
Ensure Compact	125ml bottle	£1.33	300	12.8

Drinking yoghurt style

Product	Presentation	Cost	Kcal	Protein (g)
Ensure Plus Yoghurt Style	200ml bottle	£1.11	300	12.5
Fresubin Yo Drink	200ml bottle	£1.44	300	15

High energy powdered milkshake

Product	Presentation	Cost	Kcal	Protein (g)
Enshake	97g sachet made up with milk	£2.54	600	16
Calshake	87g sachet made up with milk	£2.63	599	12.2
Scandishake	85g sachet made up with milk	£2.66	587	12.4

High protein milkshake style

Product	Presentation	Cost	Kcal	Protein (g)
Aymes ActaGain 2.4 Complete Maxi	200ml bottle	£1.33	480	19.2
Aymes 2.0 kCal	200ml bottle	£1.60	400	16
Altraplen Protein	200ml bottle	£1.69	300	20
Fortisip Compact Protein	125ml bottle	£2.00	300	18
Fresubin Protein Energy	200ml bottle	£2.15	300	20
Fresubin 2kcal	200ml bottle	£2.23	400	20
Fresubin 3.2 kcal	125ml bottle	£2.35	400	20

Juice style

Product	Presentation	Cost	Kcal	Protein (g)
Ensure Plus Juice	220ml bottle	£1.97	330	10.6
Fresubin Jucey	200ml bottle	£2.01	300	8
Fortijuice	200ml bottle	£2.02	300	8

Milkshake style with fibre

Product	Presentation	Cost	Kcal	Protein (g)
Resource 2.0 Fibre	200ml bottle	£2.02	400	18
Ensure Plus Fibre	200ml bottle	£2.14	310	13
Fortisip Compact Fibre	125ml bottle	£2.15	300	12
Fresubin 2kcal Fibre	200ml bottle	£2.23	400	20
Fresubin Energy Fibre	200ml bottle	£2.23	300	11.2

Modular

Product	Presentation	Cost	Kcal	Protein (g)
ProSource liquid	30ml sachet	£1.07	100	10
Altrashot	120ml bottle	£2.12	420	6
Pro-Cal shot	120ml bottle	£2.61	400	8
Fresubin 5kcal shot	120ml bottle	£2.99	500/100ml	0
Calogen	200ml bottle	£4.92	900	0
Vitajoule	500g tub	£4.94	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

Powdered milkshake

Product	Presentation	Cost	Kcal	Protein (g)
Aymes Shake	57g sachet made up with milk	£0.49	33	19
Ensure Shake	57g sachet made up with milk	£0.49	389	17
Complan Shake	57g sachet made up with milk	£0.70	380	15.5

Savoury/soup style

Product	Presentation	Cost	Kcal	Protein (g)
Aymes Savoury	57g sachet	£0.70	251	9.2
Vitasavoury	50g sachet made up with milk	£2.14	375	9

Semi-solid ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes Crème	125g pot	£1.17	188	9.4
Nutricrem	125g pot	£1.69	225	12.5
Forticreme Complete	125g pot	£2.01	200	12
Fresubin 2kcal Crème	125g pot	£2.04	250	12.5
Fresubin Yo Crème	125g pot	£2.17	188	9.4

Texture modified/dysphagia products

Product	Presentation	Cost	Kcal	Protein (g)
Nutlis Complete Drink level 3	125ml bottle	£2.27	306	12
Nutlis Complete Crème level 3	125g pot	£2.27	306	12
Fresubin Thickened level 2	200ml bottle	£2.35	300	20
Fresubin Thickened level 3	200ml bottle	£2.35	300	20

Disease-specific

Product	Presentation	Cost	Kcal	Protein (g)
FortiCare	125ml bottle	£2.51	205	11.3
Peptamen	200ml bottle	£3.26	200	8
Vital 1.5	200ml bottle	£3.29	300	13.5
Nepro HP	220ml bottle	£3.51	396	17.8
Elemental 028 liquid	250ml cartons	£3.61	215	N/A
Elemental 028 powder	100g sachet	£7.01	443	N/A
Emsogen	100g sachet	£7.22	438	N/A
Modulen IBD	400g tin	£16.19	500/100g	18/100g

Avoid prescribing

Avoid prescribing the 1kcal/ml milkshake styles below.

Product	Presentation	Cost	Kcal	Protein (g)
Fresubin Original	200ml bottle	£2.46	200	7.6
Ensure	250ml can	£2.39	250	10