

# Adults oral nutritional supplement (ONS)

## Quick reference formulary November 2022

[Read the 6 steps to appropriate prescribing of ONS for adults guidance.](#)

### 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	£0.52	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	£0.52	318	15

### Second line supplements

#### Altraplen Energy (Nualtra)

Ready to drink, 1.5kcal/ml milkshake style for individuals not able to make up a powdered shake. Available in banana, chocolate, strawberry and vanilla flavours. Lactose free and all flavours suitable for vegetarians.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
200ml carton	£0.89	300	12

### Alternative second line for specific circumstances

#### Fortisip Compact (Nutricia)

Low volume milkshake style for individuals who can't manage larger volumes and aren't able to make powdered shakes. Available in apricot, banana, chocolate, forest fruit, mocha, neutral, strawberry and vanilla flavours.

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 and strawberry and cranberry flavours.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
66g sachet	£1.06	298	10.7

#### Aymes ActaGain Juice (Aymes)

Juice style for individuals who cannot tolerate milky drinks. Available in apple, orange, mango and passionfruit, and raspberry and cranberry flavours.

Size	Cost per unit	Kcal per unit	Protein (g) per unit
200ml bottle	£1.70	300	11

## ONS 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 initiated only

#### Powdered milkshake ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes Shake	57g sachet made up with milk	£0.52	381	19
Complan Shake	57g sachet made up with milk	£0.49	380	15.5
Ensure Shake	57g sachet made up with milk	£0.51	389	17

#### Powdered milkshake with fibre ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes Shake Fibre	57g sachet made up with milk	£0.71	374	19
Foodlink Complete with fibre	63g sachet made up with milk	£0.76	397	19

#### High protein powdered milkshake ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes ActaSolve Protein Compact	57g sachet made up with milk	£0.95	315	20.5

#### Ready to drink milkshake style ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes Complete	200ml bottle	£1.11	300	12
Fortisip Bottle	200ml bottle	£1.12	300	12
Ensure Plus Milkshake	200ml bottle	£1.18	300	12.5
Fresubin Energy	200ml bottle	£1.40	300	11.2

#### Compact or low volume milkshake style ONS

Product	Presentation	Cost	Kcal	Protein (g)
Altraplen Compact	125ml bottle	£1.39	300	12
Ensure Compact	125ml bottle	£1.39	300	12.8
Altraplen Compact Daily	250ml carton (equivalent to 2 standard compact ONS)	£1.60	600	24

#### Juice style ONS

Product	Presentation	Cost	Kcal	Protein (g)
Altrajuce	200ml carton	£1.89	300	7.8
Fresubin Juce	200ml bottle	£2.02	300	8
Fortijuce	200ml bottle	£2.02	300	8
Ensure Plus Juce	220ml bottle	£2.12	330	10.6

## High protein milkshake style ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes ActaGain 2.4 Complete Maxi	200ml bottle	£1.41	480	19.2
Aymes 2.0 kcal	200ml bottle	£1.73	400	16
Altraplen Protein	200ml bottle	£1.83	300	20
Fortisip Compact Protein	125ml bottle	£2.05	300	18
Fresubin Protein Energy	200ml bottle	£2.20	300	20
Fresubin 2kcal	200ml bottle	£2.25	400	20
Fresubin 3.2 kcal	125ml bottle	£2.43	400	20

## Milkshake style with fibre ONS

Product	Presentation	Cost	Kcal	Protein (g)
Resource Fibre 2.0	200ml bottle	£2.23	400	18
Fortisip Compact Fibre	125ml bottle	£2.20	300	12
Fresubin 2kcal Fibre	200ml bottle	£2.25	400	20
Ensure Plus Fibre	200ml bottle	£2.36	310	13
Fresubin Energy Fibre	200ml bottle	£2.40	300	11.2

## Drinking yoghurt style ONS

Product	Presentation	Cost	Kcal	Protein (g)
Ensure Plus Yoghurt Style	200ml bottle	£1.23	300	12.5
Fresubin Yo Drink	200ml bottle	£1.51	300	15

## Savoury ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes ActaSolve Savoury	57g sachet	£0.76	250	9.2

## Dessert style ONS

Product	Presentation	Cost	Kcal	Protein (g)
Aymes Actacal Creme	125g pot	£1.27	188	9.4
Nutricrem	125g pot	£1.83	225	12.5
Fresubin 2kcal Crème	125g pot	£2.04	250	12.5
Fresubin Yo Crème	125g pot	£2.27	188	9.4

## Pre-thickened ONS

Product	Presentation	Cost	Kcal	Protein (g)
Slō Milkshake+ IDDSI 2	50g sachet made up with 200ml milk	£0.85	330	24
Slō Milkshake+ IDDSI 3	50g sachet made up with 200ml milk	£0.85	330	24
Slō Milkshake+ IDDSI 1	50g sachet made up with 300ml milk	£0.95	401	27.5
Nutlis Complete Drink level 3	125ml bottle	£2.32	306	12
Nutlis Complete Crème level 3	125g pot	£2.32	306	12
Fresubin Thickened level 2	200ml bottle	£2.46	300	20
Fresubin Thickened level 3	200ml bottle	£2.46	300	20

## High energy powdered milkshake ONS

Product	Presentation	Cost	Kcal	Protein (g)
Scandishake	85g sachet made up with milk	£2.75	585	12.5
Enshake	97g sachet made up with milk	£2.82	600	16
Calshake	87g sachet made up with milk	£2.83	599	12.2

## Liquid modular ONS

Product	Presentation	Cost	Kcal	Protein (g)
ProSource Liquid	30ml sachet	£1.21	100	10
Altrashot	120ml bottle	£1.92/100ml	350/100ml	5/100ml
Pro-cal shot	120ml bottle	£2.32/100ml	333/100ml	6.7/100ml
Calogen Extra	200ml bottle	£2.55/100ml	400/100ml	5/100ml
Fresubin 5kcal shot	120ml bottle	£2.61/100ml	500/100ml	0
Calogen	200ml bottle	£2.62/100ml	450/100ml	0

## Powdered modular ONS

Product	Presentation	Cost	Kcal	Protein (g)
Vitajoule	500g tub	£1.05/100g	380/100g	0
Maxijul Super Soluble	200g tin	£1.51/100g	380/100g	0
Pro-cal powder	510g tub	£3.45/100g	667/100g	13.6/100g

## Disease-specific ONS

Product	Presentation	Cost	Kcal	Protein (g)
FortiCare	125ml bottle	£2.67	205	11.3
Peptamen	200ml bottle	£3.35	200	8
Vital 1.5	200ml bottle	£3.63	300	13.5
Nepro HP	220ml bottle	£3.88	396	17.8
Elemental 028 liquid	250ml cartons	£4.28	215	N/A
Elemental 028 powder	100g sachet	£8.33	443	N/A
Emsogen	100g sachet	£8.57	438	N/A
Liquigen	250ml bottle	£10.80	450/100ml	N/A
Modulen IBD	400g tin	£17.35	500/100g	18/100g

## Avoid prescribing

Avoid prescribing the 1kcal/ml milkshake styles below.

Product	Presentation	Cost	Kcal	Protein (g)
Fresubin Original	200ml bottle	£2.60	200	7.6
Ensure	250ml can	£2.64	250	10

All prices correct as of November 2022.