

Adult oral nutritional supplements available to buy over the counter

The following products are retail specific products produced by companies as oral nutritional supplements (ONS), and are available to buy at pharmacies, supermarkets, some convenience stores and online. Please note not all products and flavours are widely available. These products are not suitable as a sole source of nutrition and are for adults only.

Powdered products

Product name	Presentation and flavours	Nutritional content per serving	Cost per serving
Complan ® (Nutricia) 	55g sachets sold in boxes of 4 of 1 flavour. Vanilla, banana, strawberry and chocolate.	376 kcal 15.5g protein Mixed with 200ml full fat milk.	£1.00
Complan ® Original (Nutricia) 	425g tub. Original flavour.	376 kcal 15.5g protein Mixed with 200ml full fat milk.	65p (£4.99 per tub)
Aymes® (Aymes) 	38g sachets sold in boxes of 4 of 1 flavour. Vanilla, banana, strawberry and chocolate.	265 kcal 15.1g protein Mixed with 200ml full fat milk	80p
Meritene Energis ® (Nestle) 	30g sachets sold in boxes of 15 of 1 flavour. Vanilla, strawberry and chocolate.	239 kcal 16.0g protein Mixed with 200ml full fat milk.	£1.13
Ensure ® NutriVigor (Abbott) 	400g tub. Chocolate and vanilla.	233 kcal 8.7g protein Mixed with 195ml water.	£2.02
NuVulife ® Liqui-Life Shake (NuVulife) 	50g sachet – sold in boxes of 7 of 1 flavour. Banana, butterscotch, chocolate, strawberry and vanilla.	363 kcal 28.0g protein Mixed with 200ml full fat milk.	£1.71

Soups and savoury drinks

Product name	Presentation and flavours	Nutritional content per serving	Cost per serving
Meritene Energis ® soup (Nestle) 	50g sachets sold in boxes of 10. Chicken or vegetable flavours.	207kcal 7g protein Mixed with 150ml hot water.	£1.50 to £1.70

Ready to drink products

Product name	Presentation and flavours	Nutritional content per serving	Cost per serving
Nurishment ® Original 	400g can. Vanilla, banana, strawberry and chocolate.	384 to 424 kcal (depending on flavour) 20g protein	£1.40
Nurishment ® Original 	330ml bottle. Vanilla, banana, strawberry and chocolate.	341 kcal 17.8g protein	£1.40 to £2.67
Complan ® On the Go! (Nutricia) 	200ml bottle sold in packs of 4 of 1 flavour. Strawberry, vanilla and cappuccino.	208 kcal 9.8g protein	£1.50

Dessert products

Product name	Presentation and flavours	Nutritional content per serving	Cost per serving
NuVulife ® Dessert (NuVulife) 	50g sachets sold in boxes of 7 of 1 flavour. Banana, butterscotch, chocolate, strawberry and vanilla.	320 kcal 26.0g protein Mixed with 150ml full fat milk.	£1.78

Prices given are based on the recommended retail price (RRP) or are examples of retail prices as of July 2021.