

Oral nutritional supplement (ONS)

Quick reference formulary June 2025



Cornwall and
Isles of Scilly

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

First-line ONS

Foodlink Complete (Nualtra)

Powdered milkshake. Make with 200ml whole milk. Banana, chocolate, natural, strawberry and vanilla flavours.

| Size | Kcal | Protein (g) | Cost |
|------------|------|-------------|-------|
| 57g sachet | 383 | 19 | £0.58 |

Foodlink Complete Compact (Nualtra)

Powdered low volume milkshake. Make with 100ml whole milk. Banana, chocolate, natural, strawberry and vanilla flavours.

| Size | Kcal | Protein (g) | Cost |
|------------|------|-------------|-------|
| 57g sachet | 318 | 15 | £0.58 |

Second-line ONS

Altraplen Energy (Nualtra)

Ready to drink, 1.5kcal/ml milkshake style for individuals not able to make up a powdered shake. Banana, chocolate, strawberry and vanilla flavours.

| Size | Kcal | Protein (g) | Cost |
|--------------|------|-------------|-------|
| 200ml carton | 300 | 12 | £0.99 |

Alternative second-line ONS

Altraplen Compact Daily (Nualtra)

Ready to drink, low volume milkshake style. Equivalent to 2 compact ONS in 1 carton. Please prescribe 1 carton per day unless recommended otherwise by a dietitian. Banana, hazel chocolate, strawberry, vanilla flavours.

| Size | Kcal | Protein (g) | Cost |
|--------------|------|-------------|-------|
| 250ml carton | 600 | 24 | £1.60 |

ActaSolve Smoothie (Aymes)

Powdered smoothie style for individuals who cannot tolerate milky drinks. Make with 150ml water. Suitable for a vegan diet. Mango, peach, pineapple and strawberry and cranberry flavours.

| Size | Kcal | Protein (g) | Cost |
|------------|------|-------------|-------|
| 66g sachet | 298 | 10.7 | £1.08 |

Actagain Juice (Aymes)

Ready to drink juice style for individuals who cannot tolerate milky drinks. Apple, orange, exotic fruits, peach and berry medley flavours.

| Size | Kcal | Protein (g) | Cost |
|--------------|------|-------------|-------|
| 200ml carton | 300 | 10 | £1.80 |

ONS for use under dietetic recommendation only

- Please consider first-line and second-line options on page 1 before the options listed below
- If a product is not listed below, it is not on the formulary, please do not prescribe. Please contact the ICB prescribing team if you have any queries: ciosicb.prescribing@nhs.net.

Powdered milkshake ONS

Please see first-line Foodlink Complete on page 1

| Product | Presentation | Kcal | Protein (g) | Cost |
|---------------|--|------|-------------|--------|
| Complan Shake | 57g sachet, make with 200ml whole milk | 380 | 15.5 | £ 0.53 |
| Aymes Shake | 57g sachet, make with 200ml whole milk | 383 | 19 | £ 0.57 |
| Ensure Shake | 57g sachet, make with 200ml whole milk | 386 | 17.2 | £ 0.65 |

Compact powdered milkshake ONS

Please see first-line Foodlink Complete Compact on page 1

| Product | Presentation | Kcal | Protein (g) | Cost |
|---------------------|--|------|-------------|--------|
| Aymes Shake Compact | 57g sachet, make with 100ml whole milk | 317 | 15.4 | £ 0.57 |

Smoothie style powdered ONS

Please see second-line Aymes ActaSolve Smoothie on page 1

| Product | Presentation | Kcal | Protein (g) | Cost |
|-------------------|-----------------------------------|------|-------------|--------|
| Foodlink Smoothie | 57g sachet, make with 150ml water | 250 | 9.2 | £ 1.11 |

Powdered milkshake with fibre ONS

| Product | Presentation | Kcal | Protein (g) | Fibre (g) | Cost |
|------------------------------|--|------|-------------|-----------|--------|
| Aymes Shake Fibre | 57g sachet, make with 200ml whole milk | 375 | 19 | 5 | £ 0.87 |
| Foodlink Complete with Fibre | 63g sachet, make with 200ml whole milk | 397 | 19 | 4.5 | £ 0.98 |

High protein compact powdered milkshake ONS

| Product | Presentation | Kcal | Protein (g) | Cost |
|---------------------------------|--|------|-------------|--------|
| Aymes ActaSolve Protein Compact | 57g sachet, make with 100ml whole milk | 313 | 20.5 | £ 1.17 |

Savoury powdered ONS

| Product | Presentation | Kcal | Protein (g) | Cost |
|-------------------------|---------------------------------------|------|-------------|--------|
| Aymes ActaSolve Savoury | 57g sachet, make with 200ml hot water | 250 | 9.2 | £ 0.93 |

High volume, high energy powdered ONS

| Product | Presentation | Kcal | Protein (g) | Cost |
|----------------|--|------|-------------|--------|
| Foodlink Extra | 85g sachet, make with 240ml whole milk | 601 | 13 | £ 1.60 |
| Calshake | 87g sachet, make with 240ml whole milk | 600 | 12 | £ 3.12 |
| Enshake | 96.5g sachet, make with 240ml whole milk | 600 | 16 | £ 3.67 |

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Ready to drink 1.5 kcal/ml milkshake ONS

Please see second-line Altraplen Energy on page 1

| Product | Presentation | Kcal | Protein (g) | Cost |
|-----------------------------|--------------|------|-------------|--------|
| Aymes Actagain 1.5 Complete | 200ml carton | 300 | 14 | £ 1.11 |
| Fortisip Bottle | 200ml bottle | 300 | 12 | £ 1.45 |
| Ensure Plus Milkshake | 200ml bottle | 300 | 12.5 | £ 1.52 |
| Fresubin Energy | 200ml bottle | 300 | 11.2 | £ 1.53 |

Ready to drink compact milkshake ONS

Please see second-line Altraplen Compact Daily on page 1

| Product | Presentation | Kcal | Protein (g) | Cost |
|-------------------|--------------|------|-------------|--------|
| Fortisip Compact | 125ml bottle | 300 | 12 | £ 1.60 |
| Altraplen Compact | 125ml bottle | 300 | 12 | £ 1.61 |
| Ensure Compact | 125ml bottle | 300 | 12.8 | £ 1.78 |

Juice style ONS

Please see second-line Aymes Actagain Juice on page 1

| Product | Presentation | Kcal | Protein (g) | Cost |
|---------------|--------------|------|-------------|--------|
| Fortijuice | 200ml carton | 300 | 7.8 | £ 1.80 |
| Altrajuice | 200ml bottle | 300 | 7.8 | £ 1.89 |
| Fresubin Jucy | 200ml bottle | 300 | 8 | £ 1.89 |

Plant-based milkshake style ONS

| Product | Presentation | Kcal | Protein (g) | Cost |
|----------------------------------|--------------|------|-------------|--------|
| Aymes Actagain 1.5 Plant Powered | 200ml carton | 300 | 13.4 | £ 1.54 |
| Fortisip PlantBased 1.5kcal | 200ml bottle | 300 | 12 | £ 1.60 |

Drinking yoghurt style ONS

| Product | Presentation | Kcal | Protein (g) | Cost |
|------------------|--------------|------|-------------|--------|
| Fresubin YoDrink | 200ml bottle | 300 | 15 | £ 1.92 |

High protein milkshake ONS - 1.5 - 1.6 kcal/ml

| Product | Presentation | Kcal | Protein (g) | Cost |
|-------------------|--------------|------|-------------|--------|
| Fortisip Extra | 200ml bottle | 318 | 19.6 | £ 1.65 |
| Altraplen Protein | 200ml bottle | 300 | 20 | £ 2.38 |

High energy, high protein milkshake ONS: 2.0 – 2.4 kcal/ml

| Product | Presentation | Kcal | Protein (g) | Cost |
|--------------------|--------------|------|-------------|--------|
| Aymes Actagain 2.4 | 200ml bottle | 480 | 19.2 | £ 1.72 |
| Aymes Actagain 2.0 | 200ml carton | 400 | 20 | £ 2.10 |
| Fresubin 2Kcal | 200ml bottle | 400 | 20 | £ 2.40 |

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High protein compact milkshake ONS - 2.4 – 3.2kcal/ml

| Product | Presentation | Kcal | Protein (g) | Cost |
|--------------------------|--------------|------|-------------|--------|
| Fresubin Pro Compact | 125ml bottle | 300 | 18 | £ 1.69 |
| Fortisip Compact Protein | 125ml bottle | 300 | 18 | £ 2.60 |
| Fresubin 3.2kcal | 125ml bottle | 400 | 20 | £ 2.56 |

Milkshake ONS with Fibre

| Product | Presentation | Kcal | Protein (g) | Fibre (g) | Cost |
|--------------------------|--------------|------|-------------|-----------|--------|
| Aymes Actagain 2.0 Fibre | 200ml carton | 408 | 20 | 5 | £ 2.10 |
| Fresubin 2kcal Fibre | 200ml bottle | 400 | 20 | 3 | £ 2.50 |
| Fresubin Energy Fibre | 200ml bottle | 300 | 11.2 | 4 | £ 2.76 |
| Fortisip Compact Fibre | 125ml bottle | 300 | 12 | 4.5 | £ 2.87 |
| Ensure Plus Fibre | 200ml bottle | 310 | 13 | 5 | £ 3.05 |

Dessert style ONS

| Product | Presentation | Kcal | Protein (g) | Cost |
|----------------------|--------------|------|-------------|--------|
| Aymes ActaCal Creme | 125g pot | 188 | 9.4 | £ 1.54 |
| Fresubin 2kcal Crème | 125g pot | 250 | 12.5 | £ 2.10 |
| Nutricrem | 125g pot | 225 | 12.5 | £ 2.37 |
| Fresubin YOcrème | 125g pot | 187 | 9.4 | £ 2.78 |

Dysphagia specific ONS

| Product | Presentation | Kcal | Protein (g) | Cost |
|-------------------------------|--------------|------|-------------|--------|
| Fresubin Thickened Level 2 | 200ml bottle | 300 | 20 | £ 2.72 |
| Fresubin Thickened Level 3 | 200ml bottle | 300 | 20 | £ 2.72 |
| Nutlis Complete Drink Level 3 | 125ml bottle | 306 | 12 | £ 2.87 |
| Nutlis Complete Creme Level 3 | 125g pot | 306 | 12 | £ 2.87 |

Energy (Carbohydrate only) fortifiers

| Product | Presentation | Kcal | Protein (g) | Cost |
|------------------------------|--------------|-----------------|-------------|--------|
| Maxijul Super Soluble powder | 200g tin | 760 (380/100g) | 0 | £ 3.90 |
| Vitajoule powder | 500g tub | 1900 (380/100g) | 0 | £ 6.87 |

Energy (Fat only) fortifiers

| Product | Presentation | Kcal | Protein (g) | Cost |
|---------------------|--------------|-----------------|-------------|--------|
| Fresubin 5kcal shot | 120ml bottle | 600 (500/100ml) | 0 | £ 3.55 |
| Calogen | 200ml bottle | 900 (450/100ml) | 0 | £ 6.84 |

Energy and protein fortifiers

| Product | Presentation | Kcal | Protein (g) | Cost |
|------------------|-----------------|-----------------|----------------|--------|
| Altrashot | 120ml bottle | 420 (350/100ml) | 6 (5/100ml) | £ 2.83 |
| Calogen Extra | 200ml bottle | 800 (400/100ml) | 10 (5/100ml) | £ 6.03 |
| Pro-Cal Shot | 120ml bottle | 400 (334/100ml) | 8 (6.7/100ml) | £ 3.65 |
| Pro-Cal powder | 8 x 15g sachets | 800 (662/100g) | 16 (13.5/100g) | £ 7.86 |
| ProSource liquid | 30ml sachets | 100/30ml sachet | 10/30ml sachet | £ 1.52 |