Oral nutritional supplement (ONS)

Quick reference formulary Oct 2026

NHS 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. Tropical mango, peach sunrise, pineapple, and mixed berry flavours.

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

Actagain Juce (Aymes)
Ready to drink juice style for individuals who cannot tolerate milky drinks. Juicy apple, zesty orange, exotic fruit, juicy peach and berry medley flavours.

Size	Kcal	Protein (g)	Cost
200ml carton	300	10	£1.60

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	£ 0.55
Aymes Shake	57g sachet, make with 200ml whole milk	383	19	£ 0.57

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	£ 0.94
Foodlink Complete with Fibre	63g sachet, make with 200ml whole milk	397	19	4.5	£ 1.02

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	£ 1.21

Savoury powdered ONS

Product	Presentation	Kcal	Protein (g)	Cost
Aymes ActaSolve Savoury	57g sachet, make with 200ml hot water	250	9.2	£ 1.00

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	£ 3.24
Enshake	96.5g sachet, make with 240ml whole milk	600	16	£ 3.82

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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	£ 0.99
Fresubin Energy	200ml bottle	300	11.2	£ 1.50
Fortisip Bottle	200ml carton	300	12	£ 1.50
Ensure Plus Milkshake	200ml bottle	300	12.5	£ 1.58

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	£ 1.60
Ensure Compact	125ml bottle	300	12.8	£ 1.60

Juice style ONS: Please see second-line Aymes Actagain Juce on page 1

Product	Presentation	Kcal	Protein (g)	Cost
Fresubin Jucy	200ml carton	300	8	£ 1.60
Ensure Plus Juce	220ml bottle	330	10.8	£ 1.80
Fortijuce	200ml bottle	300	12	£ 1.87

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	£ 1.66
Fortisip PlantBased 2kcal	200ml bottle	400	20	£ 2.59

Drinking yoghurt style ONS

Product	Presentation	Kcal	Protein (g)	Cost
Fresubin YoDrink	200ml bottle	300	15	£ 1.99

High protein milkshake ONS - 1.5 - 1.6 kcal/ml

Product	Presentation	Kcal	Protein (g)	Cost
Altraplen Protein	200ml bottle	300	20	£ 2.49

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	£ 1.60
Aymes Actagain 2.0	200ml carton	400	20	£ 2.05
Fresubin 2Kcal	200ml bottle	400	20	£ 2.49

Peptide- based milkshake ONS

Product	Presentation	Kcal	Protein (g)	Cost
Survimed OPD 1.5kcal drink	200ml bottle	300	15	£ 3.90

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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	£ 2.70
Fresubin 3.2kcal	125ml bottle	400	20	£ 2.59

Milkshake ONS with Fibre

Product	Presentation	Kcal	Protein (g)	Fibre (g)	Cost
Aymes Actagain 2.0 Fibre	200ml carton	408	20	5	£ 2.05
Fresubin 2kcal Fibre	200ml bottle	400	20	3	£ 2.59
Fresubin Energy Fibre	200ml bottle	300	11.2	4	£ 2.86
Fortisip Compact Fibre	125ml bottle	300	12	4.5	£ 2.99
Ensure Plus Fibre	200ml bottle	310	13	5	£ 3.17

Dessert style ONS

Product	Presentation	Kcal	Protein (g)	Cost
Aymes Actagain Creme	125g pot	188	9.4	£ 1.67
Fresubin 2kcal Crème	125g pot	250	12.5	£ 2.10
Fresubin YOcrème	125g pot	187	9.4	£ 2.89

Dysphagia specific ONS

Product	Presentation	Kcal	Protein (g)	Cost
Fresubin Thickened Level 2	200ml bottle	300	20	£ 2.82
Fresubin Thickened Level 3	200ml bottle	300	20	£ 2.82
Nutilis Complete Drink Level 3	125ml bottle	306	12	£ 3.00
Nutilis Complete Creme Level 3	125g pot	306	12	£ 3.00

Energy (Carbohydrate only) fortifiers

Product	Presentation	Kcal	Protein (g)	Cost
Maxijul Super Soluble powder	200g tin	760 (380/100g)	0	£ 4.20

Energy (Fat only) fortifiers

Product	Presentation	Kcal	Protein (g)	Cost
Fresubin 5kcal shot	120ml bottle	600 (500/100ml)	0	£ 3.69
Calogen	200ml bottle	900 (450/100ml)	0	£ 7.14

Energy and protein fortifiers

Product	Presentation	Kcal	Protein (g)	Cost
Altrashot	120ml bottle	420 (350/100ml)	6 (5/100ml)	£ 3.13
Calogen Extra	200ml bottle	800 (400/100ml)	10 (5/100ml)	£ 6.29
Pro-Cal Shot	120ml bottle	400 (334/100ml)	8 (6.7/100ml)	£ 3.81
Pro-Cal powder	30 x 15g sachets	800 (662/100g)	16 (13.5/100g)	£ 31.03
Altrapro	60ml bottle	81	20	£1.75
Aymes Actagain Protein Shot	60ml bottle	92	22	£1.75