

**Oral Nutritional Supplements (ONS) Formulary – February 2019**

**Over The Counter (OTC) Nutritional Supplements**

OTC supplements are available to purchase from most supermarkets and some pharmacies. There are two varieties:

- Ready To Drink from the bottle or tin eg: Nurishment Original, Nurishment Extra, Complan Smoothie and Complan Milkshake.
- Powdered, to mix with milk eg: Meritene Energis, Complan, Aymes. Full cream milk is preferable to use.

The prices will vary, depending upon the retailer.

<b><i>DO NOT PRESCRIBE – OTC nutritional supplements should be purchased by patients</i></b>		
<b><i>Powdered Products</i></b>	<b><i>Presentation</i></b>	<b><i>Nutritional content per sachet mixed with milk</i></b>
<b>Complan®</b>	1 box of 4 x 55g sachets of one flavour.  Or  1 box of 425g original flavour (approx. 7 servings)  Vanilla, banana, strawberry, chocolate and neutral flavours	387kcal  15.6g protein mixed with 200ml full cream milk
<b>Meritene Energis®</b>	15x30g sachets of one flavour  Or 1 tub 270g of one flavour (9 servings)  vanilla, strawberry and chocolate	238kcal,  15.7g protein mixed with 200ml of full cream milk
<b>Aymes ®</b>	4x 38g sachets  Strawberry, chocolate, vanilla, banana	265kcal  14.9-15.1g protein  Made with 200ml full cream milk

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<b>OTC Soups</b>	<b>Presentation</b>	<b>Nutritional content per sachet mixed with water</b>
<b>Meritene Energis® Soup</b>	10x 50g sachets, chicken or vegetable flavours, each mixed with 150ml water	207 kcal 7g protein, depending on flavour
<b>Complan® soup</b>	1 box of 4x55g sachets, each mixed with 200ml of water Chicken flavour	249kcal 9g protein
<b>Aymes®</b>	4x 49 sachets, each mixed with 150ml water Chicken flavour	207kcal 7.7g protein

**Ready To Drink OTC Supplements**

<b>DO NOT PRESCRIBE – OTC nutritional supplements should be purchased by patients</b>		
<b>Product</b>	<b>Presentation</b>	<b>Nutritional content per unit</b>
<b>Nurishment original</b>	400g vanilla, banana, straw, choc, mango, raspberry, peanut	396-424 kcal 20g protein
<b>Nurishment Extra</b>	310ml bottle, vanilla, banana, straw, and choc	329-342 kcal 12.4g protein
<b>Nurishment Active</b>	500ml bottle, Vanilla, strawberry, chocolate	465 kcal 35g protein
<b>Complan® Smoothie</b>	250ml tetrapak Tropical, berry	273 kcal 10g protein
<b>Complan® Milkshake</b>	250ml tetrapak	215 kcal, 9g protein

**First Line Recommended Prescribable ONS**

Residents in their own homes who require ONS should be initially commenced on one of the POWDER FORM prescribable supplements shown below. **The product with the lowest acquisition cost should be considered.**

The powder shakes are suitable for the majority of individuals and can be prescribed as per ACBS guidelines. The products require mixing with water or milk before being consumed. Full cream milk should be used, unless it is medically contra-indicated, to ensure maximum nutrition support.

These powder shakes should NOT be used as tube feeds. They are NOT to be prescribed for children unless this is under the instruction of a paediatric dietitian.

All other supplements other than the powder-form prescribable feeds above should ideally be prescribed only under dietetic supervision.

All cost prices are subject to change and should be checked in the latest edition of BNF.

Nutritional value may vary with flavour, please consult product literature for further details.

CAN BE PRESCRIBED but ONLY for patients in their own home without dietetic input OR on dietitian's recommendation for patients in care homes		
FIRST LINE POWDERED PRESCRIBABLE ONS- Choose <u>ONE</u> of the following:		
Product	Presentation	Nutritional Profile
<b>Aymes Shake®</b>	1 box contains 7 x 57g sachets. To be mixed with 200ml whole milk  Available in 5 flavours: vanilla, strawberry, banana, chocolate, neutral.	388kcal  15.8g protein
<b>Complan Shake®</b>	1 box contains 4 x 57g sachets. To be mixed with 200ml whole milk  Available in 5 flavours: original, vanilla, banana, strawberry, chocolate.	387kcal  15.6g protein
<b>Ensure Shake®</b>	1 box contains 7 x 57g sachets.  To be mixed with 200ml whole milk. Available in 4 flavours: vanilla, strawberry, banana, chocolate	397kcal  17.7g protein
<b>Foodlink® Complete</b>	1 box contains 7x 57g sachets to be mixed with 200ml whole milk. Available in 4 flavours: natural, strawberry, banana, chocolate flavours.	386kcal  18.3 protein
<b>Fresubin® Powder Extra</b>	1 box contains 7 x 62g sachets to be mixed with 200ml whole milk. Available in 4 flavours: neutral, vanilla, strawberry, chocolate	397 kcal  17.7g protein

**Second Line Recommended Prescribable ONS**

If there are anticipated difficulties in preparing a powder shake for undernourished people in their own homes, one of the recommended second line liquid products are available. **If one of these ONS products is deemed to be immediately necessary, a referral should also be made to the Dietitians at the time of prescribing.**

Second line ONS should only be prescribed once a day initially. These may then be increased to twice daily once tolerance is assessed and only if absolutely necessary.

There are some other nutritional supplements which should only be initiated by dietitians. They may be prescribed for some patients by the dietitian in addition to other ONS when first and second line products are not deemed suitable. These patients should be under constant dietetic review. The types of nutritional products that may also be prescribed by the dietitian include: modular supplements which are not fully nutritionally balanced, e.g. high fat liquid emulsions, specialist protein products for renal patients, pre-thickened nutritional supplements.

SECOND LINE PRESCRIBABLE ONS: READY-TO- DRINK PRODUCTS –choose <u>ONE</u> of the following. TO BE PRESCRIBED ONLY ON DIETITIAN’S RECOMMENDATION			
Type	Product	Presentation	Nutritional Profile
<b>MILKSHAKE STYLE 1.5kcal/ml</b>	<b>AYMES Complete®</b>	200ml bottle. Available in 4 flavours: vanilla, chocolate, banana, strawberry.	300kcal 12g protein
	<b>Fresubin® Energy</b>	200ml bottle Available in 8 flavours: banana, blackcurrant, cappuccino, chocolate, lemon, strawberry, tropical fruits, vanilla.	300kcal 11.2g protein
	<b>Ensure Plus®</b>	220ml bottle. Milkshake, Yogurt or Savoury Style. Available in 10 flavours: banana, chocolate, coffee, fruits of the forest, neutral, orange, peach, raspberry, strawberry, vanilla. Savoury available in chicken and mushroom flavours. Yogurt available in strawberry and peach flavours	330kcal 13.8g protein 14g protein in savoury flavour
	<b>Fortisip®</b>	200ml bottle. Available in 9 flavours: caramel, banana chocolate, neutral, orange, strawberry, tropical fruit, vanilla	300kcal 12g protein
<b>SIP FEED WITH HIGH PROTEIN</b>	<b>Fresubin® 2kcal Drink</b>	Sip feed with high protein in a 200ml bottle Available in 6 flavours: vanilla, fruits of the forest, apricot-peach, cappuccino, toffee, neutral	400kcal 20g protein
	<b>Fresubin® 2kcal Fibre</b>	Sip feed with high protein and fibre. Available in 6 flavours: vanilla, lemon, cappuccino, chocolate, apricot-peach, neutral.	400kcal 20g protein

**SECOND LINE PRESCRIBABLE ONS: READY-TO- DRINK PRODUCTS –choose ONE of the following. TO BE PRESCRIBED ONLY ON DIETITIAN’S RECOMMENDATION**

Type	Product	Unit	Nutritional Profile
MILKSHAKE STYLE COMPACT	<b>Ensure® Compact</b>	125ml bottle for patients requiring a small volume feed. Available in vanilla, banana and strawberry flavours	300kcal 12g protein
	<b>Altraplen® Compact</b>	125ml low volume drink. Available in vanilla, strawberry, banana, hazelnut chocolate flavours.	300kcal 12g protein
	<b>Fortisip® Compact</b>	125ml low volume bottle. Available in vanilla, apricot, banana, chocolate, forest fruits, mocha, strawberry flavours.	300kcal 12g protein
	<b>Fresubin 2 Kcal Mini</b>	125ml low volume bottle. Available in 4 flavours: vanilla, apricot peach, fruits of the forest, chocolate	250kcal 12.5g protein
	<b>Fresubin 3.2kcal</b>	Vanilla-Caramel, Hazelnut, Mango in 125 ml EasyBottle	400kcal 20g
JUICE BASED DRINK	<b>Fresubin® Jucy Drink</b>	200ml bottle Available in 5 flavours: apple, orange, pineapple, blackcurrant and cherry.	300kcal 8g protein
	<b>Ensure® Plus Juice</b>	220ml bottle Available in 6 flavours: apple, fruit punch, lemon and lime, orange, peach, strawberry	330kcal 10.6g protein
	<b>Fortijuice®</b>	200ml bottle Available in 7 flavours: apple, blackcurrant, forest fruits, lemon, orange, strawberry, tropical	300kcal 8g protein
	<b>Prosource Liquid®</b>	30ml sachet Neutral, Lemon, Orange Crème and Citrus Berry	100kcal 10g

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Previous version	Key changes
March 2016	Additions for the ONS formulary for noting made by community dietitians: First line prescribable ONS - Foodlink <sup>®</sup> Complete & Fresubin <sup>®</sup> Powder Extra 2nd line prescribable ONS milkshake - Fresubin <sup>®</sup> Energy, Ensure Plus <sup>®</sup> , Fortisip <sup>®</sup> Milkshake style compact - Fortisip <sup>®</sup> Compact, Fresubin 2 Kcal Mini Juice based drinks - Ensure <sup>®</sup> Plus Juice, Fortijuce <sup>®</sup>
April 2017	Additions of: Fresubin 3.2kcal Prosource liquid 2 <sup>nd</sup> line dietitian recommended only