

Oral Nutritional Supplements (ONS) Preferred Products List for Adults

- Products listed below in **green** or **amber** may be initiated in primary care after 'MUST' screening and appropriate first line 'Food First' treatment in line with the 'Nutrition Support Care Pathway'.
- The products listed in **red** overleaf should only be prescribed following assessment/recommendation by a dietitian.
- Please seek advice from a dietitian before prescribing ONS if the patient is prescribed **thickener** following a speech and language therapist assessment, as the products below may not be suitable.

FIRST LINE OPTION: Powdered milkshake-style ONS

Prescribe if patient able to prepare this product (mix powder with whole/full fat milk) or has the support of relatives/carers to do so, otherwise consider second line options. **Recommended Dose: TWO sachets daily**

Product Name	Flavours	Presentation	Calories /serving	Protein /serving	Cost /serving	Monthly BD Volume
Foodlink Complete	Banana, Strawberry, Chocolate, Vanilla, Natural	57g sachet made up with 200ml whole/full fat milk	385	18.3g	£0.60	3192g
Aymes Shake			387	15.6g	£0.60	3192g
Aymes Shake Compact		57g sachet made up with 100ml whole/full fat milk	316	12.2g	£0.60	3192g

NB Products not suitable for patients with cow's milk intolerance or galactosaemia, or as a sole source of nutrition. Use with caution in CKD stage 3 and only under Dietitian recommendation for CKD 4 & 5.

SECOND LINE OPTION 1: Standard volume, ready to drink, milkshake-style ONS

Consider if ready to drink supplement required. **Recommended Dose TWO bottles daily**

Product Name	Flavours	Presentation	Calories /serving	Protein /serving	Cost /serving	Monthly BD Volume
Ensure Plus Milkshake	Chocolate, Strawberry, Vanilla, Fruits of the Forest, Banana, Raspberry, Coffee, Peach, Neutral	200ml bottle	300	12.5g	£1.11	11200ml
Fortisip Bottle	Neutral, Vanilla, Chocolate, Caramel, Banana, Orange, Strawberry, Tropical	200ml bottle	300	11.8g	£1.12	11200ml

NB Products clinically lactose free but contain milk protein.

SECOND LINE OPTION 2: Lower volume, ready to drink, milkshake-style ONS

Consider if lower volume, ready to drink supplement required. **Recommended Dose: TWO bottles daily**

Product Name	Flavours	Presentation	Calories /serving	Protein /serving	Cost /serving	Monthly BD Volume
Aymes Shake Compact	See first line options above for details. Prescribe if patient able to prepare this product or has the support of carers to do so, otherwise consider options below					
Fortisip Compact	Vanilla, Strawberry, Banana, Mocha, Apricot, Forest Fruit, Chocolate, Neutral	125ml bottle	300	12g	£1.33	7000ml
Ensure Compact	Vanilla, Strawberry, Café-Latte, Banana	125ml bottle	300	13g	£1.33	7000ml

NB Products contain lactose and milk protein

SECOND LINE OPTION 3: Ready to drink, juice-style ONS

Consider if patient dislikes milkshake-style products. **Recommended Dose: TWO bottles daily**

Product Name	Flavours	Presentation	Calories /serving	Protein /serving	Cost /serving	Monthly BD Volume
Ensure Plus Juce	Apple, Fruit Punch, Lemon & Lime, Orange, Peach, Strawberry	220ml bottle	330	10.6g	£1.97	12320ml
Fortijuce	Lemon, Apple, Orange, Strawberry, Tropical, Forest Fruit, Blackcurrant	200ml bottle	300	7.8g	£2.02	11200ml

NB Products clinically lactose free but **contain milk protein**. Not suitable as a sole source of nutrition. Use with caution in patients with diabetes.

The products above should be safe and suitable for most patients to use, but please refer to BNF, manufacturer's information or dietitian for advice if the patient is following a restricted diet or has complex nutritional needs. Prices based on June 2019 MIMS data.

NOT ROUTINELY RECOMMENDED PRODUCTS: FOR DIETITIAN INITIATION ONLY

The products below should only be prescribed in primary care after nutritional assessment and recommendation by a registered dietitian. As this list is not exhaustive, dietitians may request other ONS (including disease-specific products) which may be prescribed if no suitable equivalent and if clinically justified in the prescription request.

Product Name	Presentation	Calories /serving	Protein /serving	Cost /serving
Smoothie Style ONS				
Aymes Shake Smoothie*	66g sachet*	297	10.7g	£1.00
Yogurt Style ONS				
Ensure Plus Yogurt	200ml bottle	300	12.5g	£1.11
Fortisip Yogurt Style	200ml bottle	300	11.8g	£2.14
Fibre-Containing ONS				
Foodlink Complete Fibre*	63g sachet*	418	18.5g	£0.71
Resource 2.0 + Fibre	200ml bottle	400	18g	£1.95
Fortisip Compact Fibre	125ml bottle	300	12g	£2.09
Fresubin 2kcal Fibre	200ml bottle	400	20g	£2.10
High Protein ONS				
Altraplen Protein	200ml bottle	300	20g	£1.59
Fortisip Compact Protein	125ml bottle	300	18g	£2.00
2kcal/ml ONS				
Aymes Actagain 2.4	200ml bottle	480	19.2g	£1.33
Aymes 2.0kcal	200ml bottle	400	16g	£1.82
Fresubin 2kcal**	200ml bottle**	400	20g	£2.10
High Calorie Powder ONS				
Aymes Shake Extra*	85g sachet*	593	12.5g	£1.96
Enshake*	96.5g sachet*	600	16g	£2.45
Scandishake Mix*	85g sachet*	587	12.1g	£2.59
Liquid Modular ONS (nutritional/cost information all per 120ml daily dose)				
Altrashot	120ml bottle	420	6g	£2.00
Pro-Cal Shot	120ml bottle	400	8g	£2.45
Calogen Extra Shot	40ml pot	420	6g	£2.87
Dysphagia-Specific ONS				
IDDSI Level 2 (Mildly Thick) – previously known as ‘Stage 1’				
Slo Milkshake Level 2*	50g sachet*	333	24.2g	£0.84
Fresubin Thickened Level 2	200ml bottle	300	20g	£2.35
IDDSI Level 3 (Moderately Thick) – previously known as ‘Stage 2’				
Slo Milkshake Level 3*	50g sachet*	333	24.2g	£0.84
Nutlis Complete Drink Level 3	125ml bottle	306	12g	£2.21
Nutlis Complete Crème Level 3	125g pot	306	12g	£2.21
Fresubin Thickened Level 3	200ml bottle	300	20g	£2.35
Pudding-Style ONS (NB lower kcal/serving than other ONS)				
Nutricrem	125g pot	225	12.5g	£1.59
Forticreme Complete	125g pot	200	11.9g	£1.96
Fresubin 2kcal Crème	125g pot	250	12.5g	£2.04

* This product is a powder that requires mixing with whole/full fat milk so ensure that the patient is able to prepare the product or has the support of a relative/carer to do so before prescribing.

** Consider other low volume products before prescribing the ‘Mini’ (125ml) version of this product as it is not as cost effective in comparison