

Preferred Oral Nutritional Supplements (ONS) for Adults

- Products listed below in **green** can be initiated in primary care after '**MUST**' screening & appropriate first line '**Food First**' treatment in line with '**Six Steps to Prescribing ONS**'.
- The products on this list have been evaluated as the most cost-effective prescribing choices
- The products listed in **blue** overleaf should only be prescribed following assessment/ recommendation by a dietitian.
- Initially prescribe an **ONS starter pack** or **one week's supply** in a variety of flavours to help people identify their preferred flavours.
- Prescribe a minimum of 600kcal/day initially (usually 2 servings, prescribe between meals)
- Prescribe ONS as **acute** NOT repeat prescriptions.
- ONS prescriptions should be reviewed every 3 months as a minimum. If patients fail to engage or do not attend two consecutive ONS reviews the ONS prescription should be stopped and the patient informed.

1st Line Powdered ONS

Prescribe standard versions if individual can drink 2 x 200ml servings per day and is **able to prepare milkshakes from powder** (or has support who could prepare the drinks).
If a lower volume is required prescribe **compact** versions.

Product name	Serving Size	Kcal/serve	Protein/ Serve (g)	Flavours	Additional information	Monthly volume to prescribe	Ambient IDDSI Level
AYMES Shake	57g	388*	19*	Ba, Ch, G, Ne, S, V	Requires mixing from powder with 200ml milk, starter pack available	3192g (56 x 57g)	0
AYMES Shake Compact	57g	316*	15*	Ba, Ch, Ne, S, V	Requires mixing from powder with 100ml milk, starter pack available	3192g (56 x 57g)	1
Foodlink Complete	57g	383*	19*	Ba, Ch, Na, S, V	Requires mixing from powder with 200ml milk, starter pack available	3192g (56 x 57g)	1
Foodlink Complete Compact	57g	318*	15*	Ba, Ch, Na, S, V	Requires mixing from powder with 100ml milk, starter pack available	3192g (56 x 57g)	1

N.B. Products not suitable for patients with cow's milk intolerance or galactosaemia, or as a sole source of nutrition. Powdered ONS are contraindicated in renal patients with electrolyte imbalances and/or fluid restrictions (usually CKD stage 4/5), contact a dietitian for more advice. * values when made with full fat milk. If other milks (e.g. semi-skimmed) are used kcal and protein will be lower per serving

2nd Line Twice Daily Ready To Drink milkshake ONS

Only prescribe if individual cannot prepare milkshake from powder so requires ready to drink supplement and can drink 2 x 200ml servings per day (recommended dose 2 x 200ml bottles per day)

Altraplen Energy ^{LF}	200ml	300	12	Ba, Ch, S, V	Starter pack available	11200ml (56 x 200ml)	0
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2nd Line Once Daily Ready To Drink compact milkshake ONS

Only prescribe if individual cannot prepare milkshake from powder so requires ready to drink and/or low volume ONS (recommended dose 1 bottle per day)

Altraplen Compact Daily ^{LF}	250ml	600	24	Ba, HC, S, V	Starter pack available	7000ml (28 x 250ml)	2
AYMES ActaGain 600 ^{LF}	250ml	600	24	Ba, S, V	Starter pack available	7000ml (28 x 250ml)	2

2nd line non-milk ONS














Only prescribe if individual dislikes milk or requires lactose free supplement (recommended 2 servings per day)

Altrajuce ^{LF}	200ml	300	7.8	Ap, Bl, O, S		11200ml (56 x 200ml)	0
AYMES ActaSolve Smoothie ^{LF, Vegan}	66g	297	10.7	Ma, Pe, Pi, SC	Requires mixing from powder with 150ml water, starter pack available	3696g (56 x 66g)	2

Flavour Key: Ba = Banana, Bl = Blackcurrant, Ch = Chocolate, G = Ginger, H = Hazelnut, HC = Hazel Chocolate, Na = Natural, Ne = Neutral, Ma = Mango, O = Orange, Pe = Peach, Pi = Pineapple, S = Strawberry, SC = Strawberry & Cranberry, V = Vanilla, V-C = Vanilla-Caramel

For initiation ONLY on the advice of a Dietitian

Only prescribe the products below following nutritional assessment and recommendation by a registered dietitian in line with ACBS indications. Other supplements may be requested, based on a dietitian's professional judgement, to meet the requirements of individual patients. This must be clearly justified in a prescription request.

Ready to eat Pudding style ONS							
Product name	Serving size	Kcal/ serving	Protein/ Serving (g)	Flavours	Additional information	Monthly volume for bd dose	Ambient IDDSI Level (20°C)
Nutricrem ^{LF}	125g	225	12.5	CO, MC, S, V,	IDDSI level 4 at room temperature. Only prescribe in dysphagia	7000g (56 x 125g)	
Milkshake style ONS with fibre							
AYMES Shake Fibre	57g	375	19	Ba, Ch, Ne, S, V	Requires mixing from powder with 200ml milk, starter pack available	3192g (56 x 57g)	
Fresubin 2kcal Fibre ^{LF}	200ml	400	20	AP, Cap, Ch, L, Ne, V	Avoid prescribing Fresubin 2kcal Fibre Mini Drink (125ml)	11200ml (56 x 200ml)	
2kcal per ml ONS							
Fresubin 2kcal ^{LF}	200ml	400	20	AP, Cap, FF, Ne, T, V	Avoid prescribing Fresubin 2kcal Mini Drink (125ml)	11200ml (56 x 200ml)	
High protein ONS							
Altraplen Protein ^{LF}	200ml	300	20	S, V		11200ml (56 x 200ml)	
AYMES ActaGain 2.4 Complete Maxi ^{LF}	200ml	480	19.2	S, V	Recommended as a once daily dose	5600ml (28 x 200ml) od dose	
AYMES ActaSolve Protein Compact	57g	313*	20.5	Ba, Ch, Ne, S, V	Requires mixing from powder with 100ml milk, starter pack available	3192g (56 x 57g)	 / 
Fortisip Compact Protein	125ml	300	18	Ba, Be, CRF, HTG, M, Ne, PM, S	Use only where a low volume ready to drink supplement is required. Starter pack available	7000ml (56 x 125ml)	
High calorie powder							
AYMES ActaSolve High Energy	85g	589	12.5	Ba, Ch, S, V,	Requires mixing from powder with 240ml milk	4760g (56 x 85g)	
Foodlink Extra	85g	601	13	Ba, Ch, S, V,	Requires mixing from powder with 240ml milk	4760g (56 x 85g)	
Drinking yoghurt style							
Ensure Plus Yoghurt Style ^{LF}	200ml	300	12.5	OP, SS		11200ml (56 x 200ml)	
High calorie supplement used as "shots"							
Fresubin 3.2kcal drink ^{LF}	125ml	400	20	H, Ma, V-C	Recommended dose = 3 x 40ml shots per day	3500ml (28 x 125ml)	

All products Gluten Free. Products marked ^{LF} are clinically lactose free/have no lactose in their recipe. For more allergen information and suitability for dietary requirements consult product manufacturers. Products are listed alphabetically in categories.

AYMES ActaSolve Protein Compact – Neutral and Strawberry flavours IDDSI level 2 at ambient temperatures, Banana, Chocolate and Vanilla flavours IDDSI level 3 at ambient temperature.

Flavour Key: AP = Apricot-peach, Ba = Banana, Be = Berries, Cap = Cappuccino, Ch = Chocolate, CRF = Cool Red Fruits, FF = Forest Fruits, H = Hazelnut, HTG = Hot Tropical Ginger, L = Lemon, M = Mocha, Ma = Mango, Ne = Neutral, OP = Orchard Peach, PM = Peach-mango, S = Strawberry, SS = Strawberry Swirl, T = Toffee, V = Vanilla