

Preferred Oral Nutritional Supplements (ONS) for Adults – For Primary Care Initiation

- 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 listed in **blue** overleaf should only be prescribed following assessment/ recommendation by a dietitian.
- Please seek dietitian advice before prescribing ONS **if the patient is prescribed thickener** following speech and language therapy assessment
- 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 ONS as **acute NOT** repeat prescriptions.

1 st Line Powdered ONS	Prescribe if individual is able to drink 2 x 200ml servings per day and is able to prepare milkshakes from powder (or has support from carers who could prepare the drinks)						
	Product name	Serving Size	Kcal/ serving	Protein/ Serving (g)	Flavours	Additional information	Monthly volume for bd dose
	AYMES Shake	57g	388	19	Banana, Chocolate, Neutral, Strawberry, Vanilla	Starter pack available, including a shaker.	3192g (56 x 57g)
	Foodlink Complete	57g	383	19	Banana, Chocolate, Natural, Strawberry, Vanilla	Starter pack available, including a shaker.	3192g (56 x 57g)
	Foodlink Complete with Fibre	63g	397	19	Banana, Chocolate, Natural, Strawberry, Vanilla	Starter pack available, including a shaker.	3528g (56 x 63g)
	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 further advice.						
2 nd Line RTD milkshake ONS	Only prescribe if individual requires ready to drink supplement and can drink 2 x 200ml servings per day (recommended dose 2 x 200ml bottles per day)						
	AYMES Complete	200ml	300	12	Banana, Chocolate, Strawberry, Vanilla		11200ml (56 x 200ml)
	Ensure Plus Milkshake Style ^{LF}	200ml	300	12.5	Banana, Chocolate, Fruits of the Forest, Neutral, Peach, Raspberry, Strawberry, Vanilla	Starter pack of 10 x 200ml available	11200ml (56 x 200ml)
	Fortisip Bottle ^{LF}	200ml	300	12	Banana, Chocolate, Caramel/ toffee, Neutral, Orange, Strawberry, Tropical Fruits, Vanilla		11200ml (56 x 200ml)
2 nd Line RTD compact milkshake ONS	Only prescribe if individual requires ready to drink and/or low volume ONS (recommended dose 2 bottles/day)						
	Altraplen Compact ^{LF}	125ml	300	12	Banana, Hazel Chocolate, Strawberry, Vanilla	A starter pack including each flavour is available	7000ml (56 x 125ml)
	Ensure Compact	125ml	300	13	Banana, Strawberry, Vanilla, Café latte		7000ml (56 x 125ml)
	Fortisip Compact	125ml	300	12	Apricot, Chocolate, Banana, Forest Fruit, Mocha, Neutral, Strawberry, Vanilla	A starter pack of mixed flavours is available	7000ml (56 x 125ml)
2 nd line non-milk ONS	Only prescribe if individual dislikes milk or requires lactose free supplement (recommended 2 servings per day)						
	AYMES ActaSolve Smoothie ^{LF}	66g	297	10.7	Mango, Peach, Pineapple, Strawberry & Cranberry	Starter pack available, including a shaker. *Requires mixing from powder with 125ml water*	3696g (56 x 66g)
	Ensure Plus Juice ^{LF}	220ml	330	10.6	Apple, Fruit Punch, Lemon & Lime, Orange, Peach, Strawberry		12320ml (56 x 220ml)

RTD =Ready to Drink

For initiation ONLY on the advice of a Dietitian

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

IDDSI Level 4 (pudding style) ONS-only for patients with dysphagia						
Product name	Serving size	Kcal/ serving	Protein/ Serving (g)	Flavours	Additional information	Monthly volume for bd dose
Fresubin 2kcal Crème ^{LF}	125g	250	12.5	Cappuccino, Chocolate, Praline, Vanilla, Wild Strawberry	IDDSI level 4	7000g (56 x 125g)
Nutricrem ^{LF}	125g	225	12.5	Chocolate Orange, Strawberry, Vanilla, Mint Chocolate	IDDSI level 4 at room temperature	7000g (56 x 125g)
Milkshake style ONS with fibre						
Fortisip Compact Fibre	125ml	300	12	Mocha, Strawberry, Vanilla	A starter pack of 4 x 125ml of mixed flavours is available:	7000ml (56 x 125ml)
Nutricomp Drink Plus Fibre	200ml	312	12.8	Café, Chocolate, Vanilla, Peach-apricot	A mixed carton of 24 bottles is available	11200ml (56 x 200ml)
2kcal per ml ONS						
AYMES 2.0kCal	200ml	400	20	Banana, Strawberry, Vanilla		11200ml (56 x 200ml)
Fresubin 2kcal/ Fresubin 2kcal Fibre ^{LF}	200ml	400	20	Apricot-peach, Cappuccino, Fruits of the Forest, Neutral, Toffee, Vanilla Fibre varieties: Apricot-peach, Cappuccino, Chocolate, Lemon, Neutral, Vanilla	Avoid prescribing Fresubin 2kcal Mini Drink (125ml)	11200ml (56 x 200ml)
High protein ONS						
Altraplen Protein ^{LF}	200ml	300	20	Strawberry, Vanilla		11200ml (56 x 200ml)
AYMES ActaGain 2.4 Complete Maxi	200ml	480	19.2	Strawberry, Vanilla	Recommended as a once daily dose	5600ml (28 x 200ml)*
Fortisip Compact Protein	125ml	300	18	Banana, Berries, Cool Red Fruits, Hot Tropical Ginger, Mocha, Neutral, Peach-Mango, Strawberry, Vanilla	Use where a low volume is required. A starter pack of 6 x 125ml of mixed flavours is available	7000ml (56 x 125ml)
High calorie powder						
AYMES Shake Extra	85g	589	12.5	Banana, Chocolate, Strawberry, Vanilla		4760g (56x 85g)
Drinking yoghurt style						
Ensure Plus Yoghurt Style ^{LF}	200ml	300	12.5	Orchard peach, Strawberry swirl		11200ml (56 x 200ml)
High calorie shot style supplement						
Shot style supplements are not suitable as a sole supplement and should be used in conjunction with a nutritionally balanced supplement						
Calogen Extra Shot ^{LF}	40ml shots	160	2	Neutral, Strawberry	Recommended dose = 3 x 40ml shots per day	3360ml (84 x 40ml) tds dose

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