

## Oral Nutritional Supplement (ONS) Formulary Product Guide

ONS should only be prescribed to patients where a ‘food first’ approach has failed **and** who meet at least one of the Advisory Committee on Borderline Substances (ACBS) criteria.

*See full guideline.*

This list contains recommendations of ONS for use in primary care, ONS not listed on this guidance should only be prescribed if recommended by a dietitian following assessment. Please seek dietetic advice for ONS prescribing in line with dysphagia recommendations

### FIRST LINE – Powdered ONS

These should be mixed to manufacturer’s instructions. These products are not suitable as sole source of nutrition and should not be administered via a feeding tube.

Type of Product	Product Name	Flavours Available	Energy/serve	Protein/serve	Unit Size	Pack Size	Volume/packs to prescribe for 28 days
Milk Based* <b>PREFERRED</b>	<b>Aymes Shake</b> <i>(mixed with 200ml full fat milk)</i>	Banana, chocolate, strawberry, vanilla, neutral	383kcal	19g	57g	399g	57g Twice daily for 28 days Total Volume 3192g No. of packs: 8x399g
Milk Based* <b>PREFERRED</b>	<b>Ensure Shake</b> <i>(mixed with 200ml full fat milk)</i>	Banana, Chocolate Strawberry, Vanilla	386kcal	17g	57g	399g	57g Twice daily for 28 days Total Volume 3192g No. of packs: 8x399g
Milk Based* <b>PREFERRED</b>	<b>Foodlink Complete</b> <i>(mixed with 200ml full fat milk)</i>	Banana, chocolate, strawberry, vanilla, neutral	383kcal	19g	57g	399g	57g Twice daily for 28 days Total Volume 3192g No. of packs: 8x399g
Milk Based* <b>PREFERRED</b>	<b>Complan® Shake</b> <i>(mixed with 200ml full fat milk)</i>	Banana, Chocolate, Strawberry, Vanilla, Original	380kcal	16g	57g	399g	57g Twice daily for 28 days Total Volume 3192g No. of packs: 8x399g
Compact *** (low volume)	<b>Aymes Shake Compact</b> <i>(mixed with 100ml full fat milk)</i>	Banana, chocolate, strawberry, vanilla, neutral	319kcal	12.4g	57g	399g	57g Twice daily for 28 days Total Volume 3192g No. of packs: 8x399g
Compact *** (low volume)	<b>Foodlink Complete Compact</b> <i>(mixed with 100ml full fat milk)</i>	Banana, chocolate, strawberry, vanilla, neutral	318kcal	15g	57g	399g	57g Twice daily for 28 days Total Volume 3192g No. of packs: 8x399g
Juice/Fruit based** (vegan, low lactose)	<b>Aymes ActaSolve Smoothie</b> <i>(mixed with 150ml water)</i>	Mango, Peach, Pineapple, Strawberry & cranberry	298kcal	11g	66g	462g	66g Twice daily for 28 days Total Volume 3696g No. of packs: 8x462g

**Contraindications:** dysphagia • limited dexterity & inability to prepare • cow’s milk allergy or intolerance (check company allergen information) • under 6 years • galactosaemia • requires thickened fluids • not suitable for enteral feeding tubes • patients with renal disease should be assessed by a dietitian prior to prescribing a powder ONS or OTC supplements

Aymes ActaSolve Smoothie: Plant based protein as per Aymes. Lactose Powdered products that contain milk powder as an ingredient will contain a small amount of lactose that is inherent to the milk-based ingredient.

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## SECOND LINE – Liquid (Ready to drink) ONS

Prescribe only if patient is likely to have difficulty preparing powdered ONS or has tried and not tolerated at least 2 different powdered ONS products or has clinical contraindications to powdered ONS.

**Milkshake style is the preferred choice** - if patient can tolerate milky drinks. Suitable for people with diabetes.

If patient cannot tolerate milky drinks, prescribe Juice style (these may contain less protein and calories than milk based ONS). **Caution:** patients with diabetes should not routinely be prescribed fruit juice based ONS due to their higher glycaemic index. If prescribed, blood glucose levels will need monitoring with possible changes required to medication.

Type of Product	Product Name	Flavours Available	Energy/serve	Protein/serve	Unit Size	Pack Size	Volume/packs to prescribe for 28 days
Milkshake Style	<b>Aymes Complete</b>	Vanilla, Strawberry, Banana, Chocolate	300kcal	12g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Milkshake Style	<b>Ensure Plus</b>	Banana, Chocolate, Coffee, Fruits of the forest, Neutral, Peach, Raspberry, Strawberry, Vanilla	300kcal	13g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Milkshake Style	<b>Fortisip Bottle</b>	Banana, chocolate, Strawberry, Vanilla, Neutral, Orange, Caramel, Tropical	300kcal	12g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Milkshake Style	<b>Altraplen Energy</b>	Banana, Chocolate, Strawberry, Vanilla	300kcal	12g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Milkshake Style	<b>Fresubin Energy</b>	Banana, Blackcurrant, Cappuccino, Chocolate*, Lemon, Neutral, Strawberry, Tropical fruits, Vanilla	300kcal	11g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Milkshake Style <i>Compact (low volume)</i>	<b>Altraplen Compact</b>	Banana, Hazel chocolate, Strawberry, Vanilla	300kcal	12g	125ml	500ml	125ml Twice daily for 28 days Total Volume: 7000ml No. of packs: 14x500ml
Milkshake Style <i>Compact (low volume)</i>	<b>Ensure Compact</b>	Banana, Café late, Strawberry, Vanilla	300kcal	13g	125ml	500ml	125ml Twice daily for 28 days Total Volume: 7000ml No. of packs: 14x500ml
Milkshake Style <i>Compact (low volume)</i>	<b>Fortisip Compact</b>	Banana, chocolate, strawberry, vanilla, fruits of the forest, apricot, mocha	300kcal	12g	125ml	500ml	125ml Twice daily for 28 days Total Volume: 7000ml No. of packs: 14x500ml

Type of Product	Product Name	Flavours Available	Energy/serve	Protein/serve	Unit Size	Pack Size	Volume/packs to prescribe for 28 days
Juice Style	<b>Altrajuce</b>	Apple, blackcurrant, orange, strawberry	300kcal	7.8g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Juice Style	<b>Aymes Actajuce</b>	Apple, Orange, Cranberry & Raspberry, Mango & Passionfruit	300kcal	11g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Juice Style	<b>Ensure Plus Juice</b>	Apple, Fruit punch, Lemon & lime, Orange, Peach, Strawberry	330kcal	11g	220ml	1100ml	220ml twice daily for 28 days Total volume: 12320ml No of packs: 11 x 220ml
Juice Style	<b>Fresubin Jucy Drink</b>	Apple, Orange, Pineapple, Blackcurrant, Cherry	300kcal	8g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml
Juice Style	<b>Fortijuce</b>	Strawberry, Apple, Orange, Forest fruits, Lemon, Tropical, Blackcurrant	300kcal	8g	200ml	800ml	200ml Twice daily for 28 days Total Volume: 11,200ml No. of packs: 14x800ml

Special consideration need to be taken when prescribing ONS in certain patients (patients discharged from hospital, nursing/care home patients, substance misuse, renal, oncology, diabetes, palliative care) further information can be found in the full guideline.

For allergen advice on all products listed above please refer to the manufacturer for the latest information.

Adapted from South East London Integrated Medicines Optimisation Committee (SEL IMOC).