

Oral Nutritional Supplementation (ONS) Formulary (Adults)

This formulary has been developed jointly by the Medicines Optimisation and Dietetics teams for the practices of Greater Preston and Chorley & South Ribble CCG's. It should be used in conjunction with the Lancashire Medicines Management Group guidance 'The use of oral nutritional supplements in primary care' (<http://www.lancsmmg.nhs.uk/download/guidelines/ONS-guidance-Version-1.0-September-2017.pdf>). The LMMG guidance provides a clear pathway for practices to follow when deciding on the appropriateness of prescribing ONS supplementation. The ONS formulary consists of a concise range of the most palatable and cost effective products to use at each stage of the pathway.

Food first advice

The aim of food first advice should be to initially provide an additional 600 - 800 kcal per day. **Local Food First policies should be followed before recommending the purchase or prescribing of ONS.** Resources to support the use of food first policies can be found on sharepoint in the formulary section at <http://ccg.centrallancashire.nhs.uk/mmopt/SitePages/Home.aspx>.

Over The Counter Supplements

Product	Pack size (g)	Cost (£) per standard serving	Calories Kcal (mixed with whole milk)	Protein g (mixed with whole milk)
Complan original mixed with 200ml whole milk	55	0.56	373	15.1
Meritene energis shake mixed with 200ml of whole milk	30	1.33	243	16.1

Key

	A nutritional product which a GP can prescribe as a first line product after food first advice and nutritional screening for appropriate patients
	A nutritional product which a GP can prescribe as a second line product if a first line product is unsuitable.
	A nutritional product to be prescribed on the recommendation of a state registered dietitian.

Powdered supplements - Suitable for patients who have the ability/ or support to make a powdered supplement with fresh milk

Product	Pack size (g)	Cost (£) per standard serving	Calories Kcal (per reconstituted sachet)	Protein g (per reconstituted sachet)
Ensure shake / 200ml whole milk	57	0.6	389	16.9
Foodlink complete / 200ml whole milk	57	0.6	378 - 385	17.4 - 18.5
Aymes shake / 200ml of whole milk	57	0.6	384- 389	15.6 - 16
Complan shake / 200ml of whole milk	57	0.7	387	15.6
Vitasavory with 100ml water	50	2.08	309	6
Aymes shake compact / 100ml of whole milk	57	0.6	316 - 321	12.2 - 12.6
Foodlink complete fibre / 200ml whole milk	63	0.71	348	16.1
Aymes shake smoothie / 150ml water	66	1	297	10.7
Aymes shake extra /240ml whole milk	85	1.96	588 - 593	12.4 - 12.5
Enshake / 240ml whole milk	96.5	2.54	602	16
Scandishake /240 ml whole milk	85	2.59	588	12.1

1.5 Kcal/ml milkshake style ready to drink - Ready prepared drink providing moderate calories and protein intake for the dietary management of patients with or at risk of developing disease related malnutrition.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Ensure plus milkshake style	200	1.11	300	12.5
Ensure plus yoghurt style	200	1.11	300	12.5
Ensure plus savoury	200	1.11	300	12.5
Aymes complete	200	1.11	300	12
Fortisip bottle	200	1.12	300	12
Ensure plus advance	220	2.15	330	20
Fresubin Yo drink	200	1.4	300	15
Fresubin energy drink	200	1.4	300	11.2
Fortisip yoghurt style	200	2.22	300	12

2Kcal / ml milkshake style ready to drink - A high protein / high calorie nutritional drink to be prescribed on the recommendation of a dietitian.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Ensure Two cal	200	2.22	400	16.8
Fresubin 2 Kcal	200	2.17	400	20
Fortisip 2 Kcal	200	2.22	400	20
Aymes 2.0 Kcal	200	1.6	400	16
Fresubin 2 Kcal mini	125	1.25	250	12.5

2.4 Kcal/ml milkshake style ready to drink - A high calorie / high protein ready to drink supplement for the dietary management of patients who are unable to drink a full shake.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Ensure compact	125	1.33	300	12.8
Fortisip compact	125	1.33	300	12
Altraplen compact	125	1.33	300	12
AymesActaGain 2.4 complete maxi	200	1.33	480	19.2

3.2 Kcal/ml milkshake style - A high calorie/ high protein ready to drink supplement for the management of patients who are unable to drink a full shake. To be prescribed on the recommendation of a dietitian.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Fresubin 3.2 Kcal drink	125	2.35	400	20

Milkshake style with added fibre - Ready prepared drink providing moderate calories and protein intake for the dietary management of patients with or at risk of developing disease related malnutrition who require additional fibre.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Ensure plus fibre	200	2.14	310	12.5
Fresubin energy fibre	200	2.2	300	11.2
Fortisip compact fibre	125	2.09	300	11.75
Fresubin 2 Kcal fibre drink	200	2.17	400	20
Fresubin 2Kcal fibre mini	125	1.25	250	12.5

Milkshake style high protein - Ready prepared drink providing moderate calories and protein intake for the dietary management of patients with or at risk of developing disease related malnutrition who require additional protein to be prescribed on the recommendation of a dietitian.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Fresubin protein energy drink	200	2.15	300	20
Fortisip compact protein	125	2	300	18
Fortisip extra	200	2.3	320	20
Altraplen protein	200	1.65	300	20

Non milkshake style high protein products - Protein rich product to be prescribed on the recommendation of a dietitian.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
ProSource liquid	30	1.05	100	10
ProSource plus	30	1.49	100	15
ProSource jelly	118	1.94	88.5	19.9

Juice style supplements - Ready to drink preparation with moderate calorie intake for patients unable to tolerate milk based products.

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Ensure plus Juice	220	1.97	330	10.56
Fresubin Jucy Drink	200	2.01	300	8
Fortijuice	200	2.02	300	8

Pudding style supplements - Only to be prescribed on the recommendation of a dietitian for patients with an identified clinical need eg dysphagia, dementia.

Product	Pack size (g)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Ensure plus crème	125	1.93	171	7.1
Fresubin 2Kcal crème	125	2.04	250	12.5
Fresubin YOcrème	125	2.11	187.5	9
Forticreme complete	125	1.96	200	12
Nutricrem	125	1.65	225	12.5
Aymes crème	125	1.17	188	9.4

Emulsions - Low volume/ high calorie emulsions to be prescribed on the recommendation of a dietitian

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Fresubin 5 Kcal shot	120	2.99	600	nil
Calogen	200	4.78	900	nil
Calogen	500	11.76	2250	nil
Calogen extra	200	4.98	800	10
Pro-Cal shot	120	2.54	401	8
Altrashot	120	2.07	420	6

Prescribable food fortifier - to be prescribed on the recommendation of a dietitian.

Product	Pack size (g)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Pro-Cal powder	15 g sachet	0.7	100	2
	510g tub (15g serving)	0.47	100	2
Maxijul super soluble powder	132g sachet (15g serving)	1.76 per 132g sachet	57	nil
	200g can (15g serving)	2.82 per 200g can	57	nil

Specialist sip feeds for GI intolerance - to be prescribed on the recommendation of a dietitian

Product	Pack size (ml)	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Vital 1.5 kcal liquid	200	3.29	300	13.5

Specialist products - only to be prescribed for patients with a history of dysphagia following an assessment by the SALT team and on the recommendation of a dietitian

Do not prescribe the following products unless first line advice (food first) has been implemented. Please note all patients on modified consistency fluids as recommended by a Speech and Language Therapist require a pre-thickened supplement

ACBS Approved Product	Comments	Pack size	Cost (£) per standard serving	Calories Kcal (per serving)	Protein g (per serving)
Slo milkshake IDDSI level 2(Stage 1)	Suitable for patients who will tolerate a milk based supplement and requires an IDDSI level 2 (stage 1) thickened supplement. The patient is required to mix their own shake and have access to milk.	50g sachet	0.84	327-333	23.8-24.2
Fresubin Thickened IDDSI level 2 (Stage 1)	Suitable for patients who will tolerate a milk based supplement and requires an IDDSI level 2 (stage 1) thickened supplement. This is a ready to drink supplement.	200ml bottle	2.35	300	20
Nutilis Complete Level 3	Suitable for patients who will tolerate a milk based supplement and requires an IDDSI level 3 thickened supplement. This is a ready to drink supplement.	125ml bottle	2.21	306	12
Slo milkshake IDDSI level 3 (Stage 2)	Suitable for patients who will tolerate a milk based supplement and requires an IDDSI level 3 (stage 2) thickened supplement. The patient is required to mix their own shake and have access to milk.	50g sachet	0.84	327-333	23.8-24.2
Nutilis Complete crème level 3	Suitable for patients who will tolerate a milk based supplement and requires an IDDSI level 3 thickened supplement. This is a ready to drink supplement.	125g	2.21	306	12
Fresubin Thickened IDDSI level 3 (Stage 2)	Suitable for patients who will tolerate a milk based supplement and requires an IDDSI level 3 (stage 2) thickened supplement. This is a ready to drink supplement.	200ml bottle	2.35	300	20

Please Note: None of the ONS listed should be considered a complete source of nutrition. List of flavours is not exhaustive. Limit to 2 flavours on prescription **unless** prescribing a starter