

Formulary Chapter 17: Enteral Nutrition

Oral Nutritional Supplements (ONS)

This section covers oral nutritional supplements not suitable for enteral (non-oral) feeding

- **Food first is the preferred management step for under nutrition. The 'food first' approach should be fully explored first before referring to a Dietitian or prescribing oral nutritional supplements. The following link provides 'food first' advice for patients at risk: <https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-food-enrichment>**
- If a patient is identified as a malnutrition risk (MUST score of 2 or above - <https://www.bapen.org.uk/screening-and-must/must-calculator>) they should be referred to the Nutrition and Dietetics service (*each Trust should follow their own Nutrition Support Dietetic referral process*).
- Where patients need additional nutrition support, prescribed oral nutritional supplements may be appropriate under the supervision of a qualified healthcare professional. **ONS should only be considered if 'food first' methods have failed**, e.g. weight continues to fall and the patient's malnutrition risk continues to increase. Please see the above BAPEN link for food first guidance, e.g. adding 1 pint of fortified full cream milk per day equals ~600 calories and 40g protein. The food first approach should be trialled for at least 4 weeks to establish impact on nutritional status.
- Indications for ONS use include: Short bowel syndrome, dysphagia, intractable malabsorption, pre-operative preparation of undernourished patients, inflammatory bowel disease, total gastrectomy, bowel fistulae, and disease related malnutrition (chronic/acute). The role of ONS is to complement nutritional intake, and simultaneous information around improving oral intake should be provided (BAPEN 2020).
- ONS is only of nutritional benefit if taken regularly. **Do not use** PRN (as required doses).
- **GP initiation of ONS:** a suitable starting point is to consider 2x ONS (sachets/bottles) per day for a 3-month trial period or until they are able to be assessed by a Dietitian. Avoid prescribing less than the clinically effective dose of 2x ONS (sachets/bottles) per day, this will provide 600-800kcal/day (e.g. 2x Foodlink Complete provides 794kcal OR 2x Aymes Complete provides 600kcal). Once daily prescribing provides amounts that can be met with food fortification alone and will delay resolution of the problem (PrescQIPP April 2017).

- **For ongoing prescribing of ONS please consider referral to your local Dietetic Service for appropriate review and monitoring.**
- NICE CG32 states that for adults who are not severely ill or injured, nor at risk of refeeding syndrome, the suggested nutritional prescription for total intake should provide all of the following:
 - 25–35 kcal/kg/day total energy (including that derived from protein).
 - 0.8–1.5 g protein (0.13–0.24 g nitrogen)/kg/day.
 - 30–35 ml fluid/kg* unless fluid restricted (with allowance for extra losses from drains and fistulae, for example, and extra input from other sources – for example, intravenous drugs).
 - Adequate electrolytes, minerals, micronutrients (allowing for any pre-existing deficits, excessive losses or increased demands) and fibre if appropriate.

Powdered product as title

- The acquisition costs of powdered products frequently fluctuate and the powdered supplement with the lowest acquisition cost at a given time is the recommended first line product.
- The overall cost of the powdered supplement does not include the cost of the full fat milk that will need to be provided and paid for by the patient.

Abbreviation	Flavour
Ap	Apple
Ba	Banana
Ch	Chocolate
Co	Coffee
Ne	Neutral
Or	Orange
St	Strawberry
Va	Vanilla
Pi	Pineapple
Ma	Mango
Pe	Peach
Cr	Cranberry
FoF	Fruit of the forest
Ra	Raspberry
Bl	Blackcurrant
Le	Lemon
Gi	Ginger

Prescription initiation:

- Start with a one-week supply or prescribe a starter pack.
- Powdered products are not suitable as a sole source of nutrition and are used in addition to food*.
- These powdered products rely on an individual having access to milk to mix with the products, the means to fund the milk and the ability to mix them. Powdered products may not be suitable for frail people at home without appropriate support.
- These products should not be used as tube feeds.
- Powders can also be mixed with full sugar fruit juices or fizzy drinks if a patient prefers a less milky supplement although this would have an impact on the protein and calorie content.
- They are not suitable for use in those with milk intolerance, irrespective of how they are reconstituted.

- For lactose free suitable powdered products please refer to the provider compendium for suitable product choices. Also refer to this section for allergen status, eg gluten free, milk free
- **Starter packs should be prescribed for an initial trial only or when the shaker needs to be replaced. Starter packs are more expensive and only one should be ordered per patient if needed to determine flavour preference. NB: some starter packs can be ordered online directly by the patient[†]**

*On rare occasions these are used as a sole source of nutrition under the supervision of a qualified healthcare professional, but it should be noted that products which are not nutritionally complete for micronutrients should be used alongside a multivitamin and mineral supplement.

First line community ONS GREEN				
Nutritional value when mixed with 200mls full fat milk				
Product	Presentation	Flavours	Kcal/unit	Protein/unit (g)
AYMES SHAKE [†]	1 box of 7 x 57g sachets of one flavour or 1.5kg tub	Va, Ba, St, Ch,Gi,Ne	383	19
COMPLAN SHAKE [†]	1 box of 4 x 57g sachets of one flavour or 1 box of 5 x mixed flavours starter pack + shaker	Ba, Ch, St, Va	380	15.5
FOODLINK COMPLETE [†]	1 box of 7 sachets of one flavour	Va, Ba, St, Ch, Ne	397	19
ENSURE SHAKE	1 box of 6 sachets of one flavour	Ba, Ch, St, Va	389	17
FRESUBIN POWDER EXTRA	1 box of 7 x 62g sachets of one flavour	Va, St, Ch, Ne	397	17.7
Savoury option NB: lower calorie and protein content				
AYMES SAVOURY	57g sachet Reconstituted with water	Chicken, Vegetable	251	9.2

If the patient requires fluid restriction consider a product with a lower final volume following reconstitution.

Generally, patients with an allergy should be referred for management by a Dietitian; the only exception is for milk allergy where the non-milk based product is suitable.

Preferred powder when volume an issue GREEN				
Mixed with 100ml full fat milk				
Product	Presentation	Flavours	Kcal/unit	Protein/unit (g)
AYMES SHAKE COMPACT	1 box 7 x 57g sachets of one flavour	Va, Ba, St, Ch, Ne	316	12.6
Foodlink COMPLETE COMPACT	1 box of 7 sachets of one flavour	Va, Ba, St, Ch, Ne	318	15

Soya based powders are mixed with water and may be used where patients do not have access to milk, prefer non-milkshake style supplements or have cow's milk intolerance.

Preferred non-milk based powder GREEN				
Mixed with 150mls water				
Product	Presentation	Flavours	Kcal/unit	Protein/unit (g)
AYMES ACTASOLVE SMOOTHIE	1 box of 7 x 66g sachets of one flavour	Pi, Ma, Pe and St & Cr	298	10.7

Aymes ActaSolve Smoothie is suitable for vegan diet.

Second line: liquid ONS GREEN**Only prescribe if powders not suitable**

Milk style ONS (1.5 kcal/ml)	Presentation	Flavours	Kcal/unit	Protein/unit (g)
AYMES COMPLETE	200ml bottle	St, Ch, Ba, Va	300	12
ENSURE PLUS	200ml bottle	Ba, Ch, Co, Or, St, Va, Ne, FoF, Pe, Ra	300	12.5
FORTISIP BOTTLE	200ml bottle	Ne, Va, Ch, Ba, Or, St, Caramel, Tropical	300	12
FRESUBIN ENERGY DRINK	200ml bottle	Ch, Ne, Va, Ba, St, Cappuccino, Le, Bl, Tropical Fruits	300	11

Second line: liquid ONS GREEN**"Compact" products where volume is a problem**

Milk style ONS (2.4 kcal/ml)	Presentation	Flavours	Kcal/unit	Protein/unit (g)
ALTRAPLEN COMPACT	125ml bottle	Ch, St, Ba, Va, Hazelnut	300	12
AYMES ACTAGAIN COMPLETE	200 ml bottle <small>*note - not a compact however maybe given in several smaller doses as appropriate</small>	Va, St, Ba	480	19.2
FORTISIP COMPACT	125ml bottle	Ch, Ne, Va, St, Ba, Mocha, Apricot, FoF	300	12
ENSURE COMPACT	125ml bottle	Ba, St, Va	300	12.8

Third line: liquid ONS GREEN**'Juice style' ONS only prescribe if milkshake style ONS not suitable**

Juice style ONS (1.5kcal/ml)	Presentation	Flavours	Kcal/unit	Protein/unit (g)
ALTRAJUICE	200ml	Ap, Or, St, Bl	300	7.8
ENSURE PLUS JUCE	220ml bottle	St, Or, Apple, Fruit Punch, Lemon & Lime, Pe	330	10.6
FRESUBIN JUCY	200ml bottle	Or, Ap, Pi, Bl, Cherry	300	8
FORTIJUCE	200ml bottle	Or, St, Le, Ap, Tropical, FoF, Bl	300	7.8

Specialist products **GREEN+**

The ONS listed below **should not routinely be initiated in primary care**. They will sometimes be used by Dietitians either alone or in conjunction with other ONS where first, second or third line products are not sufficient to meet individual patients' nutritional needs or are not suitable. However, these patients should always be under review by the Dietitians.

The list includes:

- Lower calorie products are not recommended, i.e. 1kcal/ml; e.g. Ensure cans
- Higher calorie milkshake style ONS that are not first or second line products in primary care; e.g. Scandishake, Enshake
- Modular supplements that do not provide a balance of nutrients; e.g. Calogen, Procal
- Specialist products which may be required for particular patient groups, e.g. renal patients, or those with bowel disorders, those with pressure ulcers, or those with dysphagia, are listed separately
- Pudding style supplements, as it should usually be possible for suitable homemade products to be suitably fortified unless they are recommended for dysphagia by SaLT
- Dessert style ONS may be preferred over drink-style supplements and may be considered as an option by the Dietitian. It is recognised similar calorie dense desserts can be shop bought.

Notes:

- * Made with whole milk to volume suggested by manufacturer
- ** Values based on 16g sachet of MCT Procal

Specialist products **GREEN+**

Milk style ONS (2.0 kcal/ml)	Presentation	Flavours	Kcal/ unit	Protein/ unit (g)
AYMES 2.0kcal	200ml bottle	Va, St, Ba	400	16
ENSURE TwoCal	200	Ba, Ne, St, Va	400	16.8
FORTISIP 2kcal	200ml bottle	Va, St	402	20.2
FRESUBIN 2kcal Mini Drink	125ml bottle	Va, FoF, Apricot- Peach	250	12.5
FRESUBIN 2kcal Drink	200ml bottle	Ne, Va, FoF, Apricot-Peach, Cappuccino, Toffee	400	20

Yoghurt-style ONS	Presentation	Flavours	Kcal/ unit	Protein/ unit (g)
ENSURE PLUS YOGHURT STYLE	200ml bottle	Orchard Peach, St Swirl	300	12.5
FORTISIP YOGHURT STYLE	200ml bottle	Ra, Peach & Orange, Vanilla & Lemon	300	11.8
FRESUBIN YODRINK	200ml bottle	Apricot-Peach, Le, Ra	300	15
FRESUBIN YOCREME	125g pot	Ne, Le, Ra, Apricot- peach, Biscuit	187	9

Savoury ONS	Presentation	Flavours	Kcal/ unit*	Protein/ unit* (g)
VITASAVOURY	50g sachet Reconstituted with water	Chicken, Golden Vegetable, Leek & Potato, Mushroom	309	6

High Protein (≥ 20% kcal) ONS	Presentation	Flavours	Kcal/ unit	Protein/ unit (g)
ALTRAPLEN PROTEIN	200ml bottle	St, Va	300	20
ENSURE PLUS ADVANCE	220ml bottle	Ba, Ch, Co, St, Va	330	20
FORTISIP COMPACT PROTEIN	125ml bottle	Va, St, Ba, Mocha, Peach-Mango, cool red berries, Hot Tropical Ginger and Neutral flavours	300	18
FORTISIP EXTRA	200ml bottle	Va, St,	318	19.6
FRESUBIN 2kcal DRINK	200ml bottle	Ne, Va, FoF, Apricot-Peach, Cappuccino, Toffee	400	20
FRESUBIN PROTEIN ENERGY DRINK	200ml bottle	Wild St, Va, Ch, Tropical Fruits, Cappuccino	300	20
FRESUBIN 3.2kcal	125ml bottle	Vanilla-caramel, Ma, Hazelnut	400	20
PROSOURCE LIQUID	30ml sachet	Ne, Or Crème, Citrus Berry, Le	100	10

Fibre ONS	Presentation	Flavours	Kcal/ unit	Protein/ unit (g)
FOODLINK COMPLETE WITH FIBRE	63g sachet	Va, Ba, St, Ch, Ne	397 (when made up with 200ml whole milk)	19 (when made up with 200ml whole milk)
ENSURE PLUS FIBRE	200ml bottle	Ba, Ch, Ra, St, Va	310	13
FORTISIP COMPACT FIBRE	125ml bottle	Va, St, Mocha	300	12
FRESUBIN ENERGY FIBRE DRINK	200ml bottle	Va, Ba, St, Ch, Cherry, Caramel	300	11
FRESUBIN 2kcal FIBRE DRINK	200ml bottle	Ne, Va, Ch, Le, Cappuccino, Apricot-Peach	400	20
FRESUBIN 2kcal Fibre Mini Drink	125ml bottle	Ch, Va	250	12.5
NUTRISON ENERGY MULTIFIBRE VANILLA	200ml bottle	Va	308	12
RESOURCE 2.0 FIBRE	200ml bottle	Va, Summer Fruits, St, Apricot, Ne, Co	400	18

Dessert style ONS	Presentation	Flavours	Kcal/ unit	Protein/ unit (g)
AYMES ACTACAL CRÈME	125g pot	Va, Ch	188	9.4
ENSURE PLUS CRÈME	125g pot	Ba, Ch, Va, Unflavoured	171	7
FORTICREME COMPLETE	125g pot	Ch, Va, Ba, FoFt	200	12
FRESUBIN 2Kcal CRÈME	125g pot	Ch, Va, Wild St, Cappuccino, Praline	250	13
NUTRICREM	125g pot	St, Va, Chocolate Orange	225	13
RESOURCE DESSERT ENERGY	125g pot	Va, Ch, Caramel	200	6

Specialist pre-thickened ONS	Presentation	Flavours	Kcal/unit	Protein/unit (g)
SLÖ MILKSHAKES+ Level 1/2/3/4*	50g sachet	St, Ch	See below	See below
FRESUBIN THICKENED Level 2	200ml bottle	Va, Wild St	300	20
FRESUBIN THICKENED Level 3	200ml bottle	Va, Wild St	300	20
NUTILIS COMPLETE Level 3	125ml bottle	Va, St, Ch	306	12
NUTILIS COMPLETE CRÈME Level 3	125g pot	Va, St, Ch	306	12
NUTILIS FRUIT Level 4	150g pot	Ap, St	206	11
RESOURCE THICKENED DRINKS	114ml	Or, Apple	100	0

Additional information for Slo drinks+

Level 1 Milkshake+ 50g sachet (make with 300mls milk) 401kcal 27.6g protein

Level 2 Milkshake+ 50g sachet (make with 200mls milk) 333kcal 24.2g

Level 3 Milkshake+ 50g sachet (made with 200mls milk) 333kcal 24.2g

Level 4 Milkshakes + 50g sachet (made with 100mls milk- to form a pudding) 166kcal 12.1g

Modular ONS: CHO	Presentation	Flavours	Kcal/100g or unit/bottle
MAXIJUL SUPER SOLUBLE	132g sachet/ 200g tin	Ne	380
POLYCAL LIQUID	200ml bottle	Ne, Or	494
POLYCAL POWDER	400g tin	Ne	384
VITAJOULE	500g tin	Ne	380

Modular ONS: Fat	Presentation	Flavours	Kcal/30ml dose
BETAQUIK (MCT)	225ml carton	Ne	57
CALOGEN	200ml/ 500ml bottle	Ne, Ba, St	135
FRESUBIN 5kcal SHOT	120ml bottle	Ne, Le	150

Modular ONS: protein	Presentation	Flavours	Kcal/100g	Protein/ 100g
PROTIFAR	225g can	Ne	373	89
PROSOURCE JELLY	118ml cup	Or, Lime, Fruit Punch	90	20
PROSOURCE LIQUID	30ml sachet	Ne, Or Crème, Citrus Berry, Lemon	100	10

PROSOURCE PLUS	30ml sachet	Ne, Or Crème, Citrus Berry	100	15
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Modular ONS: combination	Presentation	Flavours	Kcal/30ml or 15g dose	Protein/30ml or 15g dose
ALTRASHOT	120ml bottle	Va, St	105	1.5
CALOGEN EXTRA	200ml bottle/ 40ml shots	Ne, St	120	1.5
MCT PROCAL	16g sachet	Ne	112**	2**
PRO-CAL POWDER	15g sachet (X25) 510g tub 1.5kg tub	Ne	100	2
PRO-CAL SHOT	120ml bottle	Ne, St, Ba	100	2

High kcal powdered ONS	Presentation	Flavours	Kcal/unit*	Protein/unit (g)
AYMES SHAKE EXTRA	85g sachet	Va, St, Ch, Ba	593	12.5
CALSHAKE	87g sachet	Ch, Va, Ba, St, Ne	600	12

ENSHAKE	97g sachet	Ba, Ch, St, Va	600	16
SCANDISHAKE	85g sachet	Ba, Va, Ch, St, Caramel, Unflavoured	588	12

Disclaimer: Dietetic Services do not recommend any particular product and this formulary is based simply on cost at the time of going to print. It is entirely the decision of the clinician which oral nutritional supplement to recommend / prescribe based on clinical condition, nutritional requirements and patient preference.

References

British Association for Parenteral and Enteral Nutrition (BAPEN) (2020) *Oral Nutritional Supplements (ONS)*. Available at: <https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/oral-nutritional-supplements>

National Institute for Health and Care Excellence (2017) *Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition*. CG32. Available at: <https://www.nice.org.uk/Guidance/CG32>

PrescQIPP Community Interest Company (2017) *Guidelines for the appropriate prescribing of oral nutritional supplements (ONS) for adults in primary care*. Available at: <https://www.prescqipp.info/umbraco/surface/authorisedmediasurface/index?url=%2fmedia%2f1512%2fb145-ons-guidelines-30.pdf>