

Extended ONS Product Reference Guide



This guide provides information on clinically and cost-effective ONS (green boxes) to prescribe within each product group and should be utilised when recommending the prescription of ONS in primary or secondary care. All prices are listed per serving and may vary dependent on pack size. **All figures may vary depending on flavour – the most common has been listed, however please check compendiums (please see key).**

NB. patients with specific dietary requirements should always cross-reference company guidance to ensure products are suitable

Powdered ONS – always consider prescribing a powdered ONS first if appropriate*

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Volume served	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
EnergieShake Powder ¹	£0.44	380	16	45	57g	200ml	10	20	11	2	EF/GF/NF/WF FF/LF/V/H/K	0	Not available	Banana, Chocolate, Neutral, Strawberry, Vanilla
Complan Shake ¹ (available OTC)	£0.53	381	16	45	57g	200ml	9	19	15	3	EF/GF/NF*/SF WF/FF/V/H*/K	Not available	Not available	Banana, Chocolate, Vanilla, Original, Strawberry
AYMES Shake ¹	£0.57	383	19	42	57g	200ml	10	20	15	3	EF/GF/NF/WF FF/V/H/K	0	819	Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla
Foodlink Complete Powder ¹	£0.58	383	19	41	57g	200ml	10	21	16	3	EF/GF/NF/WF FF/V/K/H	0	619	Banana, Chocolate, Strawberry, Vanilla, Natural
Ensure Shake ¹	£0.63	386	17	43	57g	200ml	11	18	14	3	EF/GF/NF/SF** WF/FF/V*/H*	0-1	710	Banana, Chocolate, Vanilla, Strawberry
Fresubin Powder Extra ¹	£0.73	397	18	48	62g	200ml	10	16	13	3	EF/GF/NF/SF/ WF/FF/V/H/K	0-1 [□]	670*	Chocolate, Neutral, Vanilla, Strawberry
Foodlink Extra ²	£1.60	601	13	62	85g	240ml	10	29	18	3	EF/GF/NF WF/FF/V/H/K	0	947	Banana, Chocolate, Vanilla, Strawberry
AYMES ActaSolve High Energy ²	£1.60	596	12	65	85g	240ml	11	21	13	3	GF/WF/EF/NF FF/V/H/K	0	780	Banana, Chocolate, Vanilla, Strawberry
Calshake ²	£3.03	586	10	72	87g	315ml	11	16*	13	4	EF/GF/NF/SF WF/FF/V	0-1 ^{□*}	850*	Banana, Chocolate, Neutral, Strawberry, Vanilla
Enshake ²	£3.56	602	16	79	97g	240ml	20	20	12	5	EF/GF/NF/WF FF/V*/H/K	0-1 [□]	746	Banana, Chocolate, Strawberry, Vanilla
Scandishake Mix ²	£3.57	585	13	68	85g	240ml	9	16	12	2	EF/GF/NF*/SF WF/FF/V/H*/K	Not available	Not available	Banana, Caramel, Vanilla, Chocolate, Strawberry, Unflavoured

Please see the '[Retail ONS and High Energy & Protein Foods](#)' guide for cost-effective supplement ideas

Extended ONS Product Reference Guide



Milkshake/Bottle style – nutritionally complete (only use if powder ONS contraindicated)

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
EnergieShake Complete 1.5kcal	£0.89	300	12	36	200ml	7	8	6	2	EF/GF/LF/NF WF/FF/V/H/K	0	347	Banana, Chocolate, Vanilla, Strawberry
Altraplen Energy	£0.99	300	12	37	200ml	8	8	6	2	EF/GF/LF/NF/SF WF/FF/V/H*/K*	0-1 [□]	682	Banana, Chocolate, Strawberry, Vanilla
AYMES Actagain 1.5 Complete	£1.11	300	14	34	200ml	7	8	6	2	EF/GF/LF/NF/SF FF/V*/H*/K*	Not available	528*	Banana, Chocolate, Strawberry*, Vanilla
Fortisip Bottle	£1.45	300	12	37	200ml	8	8	5	2	EF/GF/LF*/NF* WF/FF/V*/H/K*	0-1	455*	Banana, Chocolate, Neutral, Strawberry, Vanilla
Ensure Plus Milkshake	£1.48	300	13	40	200ml	8	8	6	2	EF/GF/LF/NF WF/FF/V*/H/K*	0-1 [□]	509	Banana, Chocolate, Coffee, Fruits of the Forest, Neutral, Peach, Strawberry, Vanilla
Fresubin Energy	£1.49	300	11	38	200ml	7	7	5	2	EF/GF/LF/NF WF/H/K	0-2 ^{□*}	405*	Banana, Blackcurrant, Cappuccino, Chocolate, Lemon, Neutral, Strawberry, Vanilla, Tropical Fruits
AYMES Actagain 1.5 Plant Powered	£1.54	300	13	34	200ml	14	13	7	3	EF/GF/FF/MF/LF /NF/SF/V/Ve/H/K	Not available	422*	Vanilla, Café Latte, Salted Caramel
Fortisip PlantBased 1.5kcal	£1.60	300	12	37	200ml	9	11	5	1	EF/GF/WF/FF/MF LF*/NF*/V/Ve/H/K	Not available	617	Mango & Passionfruit, Mocha
If you are considering prescribing two of the above products, please consider one AYMES Actagain 2.4 Daily [or] one Altraplen Compact Daily instead													
AYMES Actagain 2.4 Daily	£1.60	600	24	72	250ml	10	16	12	3	EF/GF/LF/NF/SF FF/V*/H*/K*	2	760	Banana, Strawberry, Vanilla
Altraplen Compact Daily	£1.60	600	24	72	250ml	11	15	8	3	EF/GF/LF/NF WF/FF/V*/H*/K*	1-3 [□]	704	Banana, Hazel-Chocolate, Strawberry, Vanilla
EnergieShake 2.0kcal	£1.52	400	19	44	200ml	8	10	8	3	EF/GF/NF/FF LF/WF/V/H/K	1	728	Banana, Chocolate, Strawberry, Vanilla
AYMES Actagain 2.4	£1.72	480	19	58	200ml	8	12	9	3	EF/GF/LF/NF/SF FF/V*/H*/K*	2	730	Banana, Strawberry, Vanilla
AYMES Actagain 2.0	£2.10	400	20	48	200ml	7	11	10	3	EF/GF/LF/NF/SF FF/V*/H*/K*	1-2 [□]	440*	Vanilla, Neutral, Dulce de Leche, Café Latte, Berry Medley, Apricot
Resource Energy	£2.56	303	11	42	200ml	7	9	5	2	EF/GF/NF/SF WF/FF/V*	Not available	488	Chocolate, Vanilla, Strawberry-Raspberry
Ensure TwoCal	£2.99	399	17	42	200ml	7	9	8	3	EF/GF/NF/SF** WF/FF/V*/H/K*	1-2 [□]	527	Banana, Neutral, Strawberry, Vanilla
Fresubin Original	£3.22	200	8	27	200ml	7	6	3	2	EF/GF/LF/NF WF/FF/H*/K	0	330	Vanilla, Chocolate
Ensure (1kcal/ml)	£3.33	251	10	34	250ml can	10	10	5	2	EF/GF/LF/NF WF/FF/V*/H/K	0	319	Chocolate, Vanilla

Extended ONS Product Reference Guide



Compact style – if low volume clinically indicated

In South East London we discourage the routine use of compact supplements. Please consider a standard volume supplement which would also support hydration. Unless there is a clear clinical rationale for fluid-restriction, please choose non-compact style ONS.

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder (with 100ml milk)													
AYMES Shake Compact ³	£0.57	320	15	37	57g	9	15	12	3	EF/GF/FF/NF V/H/K	1	1150	Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla
Foodlink Complete Compact ³	£0.58	318	15	37	57g	8	17	13	3	EF/GF/NF/WF FF/V/K/H	0-1 [□]	1190	Banana, Chocolate, Natural, Strawberry, Vanilla
Bottle													
If you are considering prescribing two compact products, please consider one AYMES Actagain 2.4 Daily [or] one Altraplen Compact Daily instead													
AYMES Actagain 2.4 Daily	£1.60	600	24	72	250ml	10	16	12	3	EF/GF/LF/NF/S F FF/V*/H*/K*	2	760	Banana, Strawberry, Vanilla
Altraplen Compact Daily	£1.60	600	24	72	250ml	11	15	8	3	EF/GF/LF/NF WF/FF/V*/H*/K*	1-3 [□]	704	Banana, Hazel-Chocolate, Strawberry, Vanilla
Fresubin 2kcal Mini	£1.41	250	13	28	125ml	3	5	5	1	EF/GF/FF/LF NF/WF/H*/K	1-2 [□]	600*	Apricot-Peach, Vanilla, Fruits of the Forest
Altraplen Compact	£1.56	300	12	36	125ml	6	8	7	2	GF/EF/LF/NF WF/FF/V*/H*/K*	1-3 [□]	966*	Banana, Hazel-Chocolate, Strawberry, Vanilla
Fortisip Compact	£1.65	300	12	37	125ml	5	8	7	2	EF/GF/NF*/WF FF/V*/H*/K*	1-2	790	Banana, Chocolate, Mocha, Neutral, Strawberry, Vanilla
Ensure Compact	£1.73	300	13	36	125ml	8	7	7	1	EF/GF/NF/SF** WF/FF/V*/H*/K*	1-2 [□]	676	Banana, Café Latte, Strawberry, Vanilla
Fresubin 3.2kcal	£2.49	400	20	35	125ml	6	10	5	2	EF/GF/LF/NF WF/FF/H/K	3	734*	Hazelnut, Mango, Vanilla-Caramel, Cappuccino

Extended ONS Product Reference Guide



High Protein (1/2)

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder (with 200ml milk – standard; 100ml milk – compact)													
AYMES Shake ¹	£0.57	383	19	42	57g	10	20	15	3	EF/GF/NF WF/FF/V/H/K	0	819	Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla
Foodlink Complete Powder ¹	£0.58	383	19	41	57g	10	21	16	3	EF/GF/NF WF/FF/V/K/H	0	619	Banana, Chocolate, Strawberry, Vanilla, Natural
AYMES ActaSolve Protein Compact ³	£1.17	315	20	35	57g	8	11	9	2	GF/EF/NF FF/V/H/K	2-3 [□]	1350	Banana, Chocolate, Neutral, Strawberry, Vanilla
Bottle													
EnergieShake 2.0kcal	£1.52	400	19	44	200ml	8	10	8	3	EF/GF/NF/FF V/LF/WF/H/K	1	728	Banana, Chocolate, Strawberry, Vanilla
AYMES Actagain 2.4	£1.72	480	19	58	200ml	8	13	9	3	EF/GF/LF/NF SF/FF/V*/H*/K*	2	730	Banana, Strawberry, Vanilla
AYMES Actagain 2.4 Daily	£1.60	600	24	72	250ml	10	16	12	3	EF/GF/LF/NF SF/FF/V*/H*/K*	2	760	Banana, Strawberry, Vanilla
Altraplen Compact Daily	£1.60	600	24	72	250ml	11	15	8	3	EF/GF/LF/NF WF/FF/V*/H*/K*	1-3 [□]	704	Banana, Hazel-Chocolate, Strawberry, Vanilla
Fresubin PRO COMPACT	£1.65	300	18	31	125ml	2	3	9	1	LF/GF/EF/NF WF/FF/H/K	2-3*	660*	Vanilla, Apricot-Peach, Cappuccino

Extended ONS Product Reference Guide



High Protein (2/2)

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Fresubin 2kcal	£2.34	400	20	45	200ml	5	8	8	1	EF/GF/FF/LF NF/WF/H*/K	1-2 [□]	640*	Apricot-Peach, Cappuccino, Fruits of the Forest, Neutral, Toffee, Vanilla
Ensure Plus Advance	£2.38	330	20	37	220ml	14	15	8	2	EF/GF/NF/WF FF/V*/H*/K*	1-2	557	Banana, Chocolate, Coffee, Strawberry, Vanilla
Altraplen Protein	£2.38	300	20	30	200ml	7	9	6	2	EF/GF/LF/NF WF/FF/V*/H*/K*	0-2 [□]	400	Strawberry, Vanilla
Fresubin Protein Energy	£2.38	300	20	25	200ml	4	5	8	2	FF/EF/GF/LF NF/WF/H*/K	0-2 ^{□*}	390*	Vanilla, Strawberry, Chocolate, Cappuccino, Tropical Fruit
Fortisip 2kcal	£2.50	400	20	41	200ml	7	9	10	1	EF/GF/NF*/WF FF/V*/H*/K*	1-2*	730	Chocolate-Caramel, Forest Fruit, Mocha, Strawberry, Vanilla
Fortisip Compact Protein	£2.60	306	18	31	125ml	2	3	11	3	EF/GF/NF*/WF FF/V*/H*/K*	Not available	570	Banana, Mocha, Berries, Cool Red Fruits, Neutral, Hot Tropical Ginger, Peach Mango, Vanilla, Strawberry

Extended ONS Product Reference Guide



Yoghurt style

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Fresubin YoDrink	£1.87	300	15	39	200ml	5	8	6	1	EF/GF/FF NF/WF/K	1-2 [□]	885	Apricot-Peach, Lemon, Raspberry

Pudding style

Consider energy and protein content compared to supermarket alternatives. Ensure IDDSI recommendations are met if prescribing for dysphagia patients. Consistency of products may vary at different temperatures / flavours.

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder (with 75ml milk)													
AYMES Actasolve Delight ⁴	£1.15	302	11	39	57g	8	13	10	2	GF/EF/NF FF/V/K	4	Not available	Butterscotch, Mixed Berries, Lemon
Ready-to-eat													
EnergieShake Dessert	£1.10	188	9	24	125g	4	6	5	1	EF/LF/WF/GF NF/FF/V/H/K	4	Not available	Caramel, Chocolate
AYMES ActaCal Crème	£1.54	188	9	24	125g	4	6	5	1	EF/GF/LF/NF SF/FF/V/H/K	4	570	Chocolate, Vanilla
Fresubin 2kcal Crème	£2.04	250	13	28	125g	5	5	5	1	EF/GF/FF/LF NF/WF/H*/K	4	Not available	Cappuccino, Vanilla, Chocolate, Praline, Strawberry
Nutricrem	£2.37	225	13	24	125g	4	7*	6	1	EF/GF/LF/NF WF/FF/V*/H*/K*	3-4 [□]	Not available	Chocolate-Orange, Strawberry, Vanilla, Mint-Chocolate
Fresubin YOcrème	£2.70	187	9	24	125g	3	5	4	1	EF/GF/FF NF/WF/K	4	Not available	Apricot-Peach, Biscuit, Lemon, Raspberry
Nutlis Fruit Level 4	£3.36	206	11	26	150g	4	7	2	1	EF/GF/NF*/FF LF*/WF/H*/K*/V*	4	870	Apple, Strawberry

Extended ONS Product Reference Guide



Juice style

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder (with 150ml water)													
AYMES ActaSolve Smoothie ⁶	£1.08	298	11	41	66g	7	10	7	1	EF/GF/LF/MF NF/FF/V/Ve	2	620	Mango, Peach, Pineapple, Strawberry & Cranberry
Foodlink Smoothie ⁶	£1.11	287	10	44	66g	5	9	3	1	EF/GF/LF/MF/NF FF/WF/V/Ve/H/K	2	650	Orange & Mango, Peach, Red Berry, Tropical
Bottle													
AYMES Actagain Juice	£1.80	300	10	65	200ml	1	0	6	2	EF/GF/LF/NF SF/FF/V*/H/K	0	700*	Apple, Orange, Peach, Exotic Fruit, Berry Medley
Fortijuice	£1.80	300	8	67	200ml	1	1	1	0	EF/GF/LF*/NF* SF/WF/FF/V/H/K	0	750	Apple, Orange, Strawberry, Tropical
Fresubin Jucy	£1.88	300	8	67	200ml	1	0	1	0	EF/GF/LF/NF/SF WF/FF/V/H/K	0	680	Apple, Blackcurrant, Cherry, Orange, Pineapple
Altrajuce	£1.89	300	8	67	200ml	1	0	1	0	EF/GF/LF/NF/SF WF/FF/V*/H*/K*	0	428	Apple, Blackcurrant, Orange, Strawberry
Ensure Plus Juice	£2.67	330	11	72	220ml	1	1	1	0	EF/GF/LF/NF/SF WF/FF/V*/H*/K*	0-1 [□]	718	Apple, Fruit Punch, Lemon & Lime, Orange, Peach, Strawberry

Savoury style

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
AYMES Actasolve Savoury ⁷	£0.93	250	9	33	57g	14	10	6	2	GF/EF/WF/FF NF/SF/V*/H*/K	1	351	Chicken, Potato & Leek, Vegetable

Extended ONS Product Reference Guide



Fibre-containing

High fibre products are considered $\geq 3\text{g}/100\text{kcal}$ or $\geq 6\text{g}/100\text{g}$. The products listed here are only a 'source of fibre', and not 'high fibre'. Therefore, please consider using high fibre foods as first-line management in place of ONS where possible (see below table for more info).

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder (with 200ml milk)													
AYMES Shake Fibre¹ (5g fibre)	£0.87	375	19	37	57g	10	18	15	3	EF/GF/NF FF/V/H/K	0	879	Banana, Chocolate, Neutral, Strawberry, Vanilla
Foodlink Complete Fibre¹ (4.5g fibre)	£0.95	397	19	42	63g	10	22	16	4	EF/GF/NF WF/FF/V/K/H	0-1 [□]	679	Banana, Chocolate, Natural, Strawberry, Vanilla
Bottle													
EnergieShake Advance (4g fibre)	£1.25	260	14	26	200ml	8	13	6	2	EF/GF/LF NF/WF/V/H/K	0	274*	Chocolate, Vanilla
Fresubin 2kcal Fibre Mini (2g fibre)	£1.52	250	13	27	125ml	3	5	5	1	EF/GF/FF LF/NF/H/K*	1-2 [□]	595*	Chocolate, Vanilla
AYMES Actagain 2.0 Fibre (5g fibre)	£2.10	400	20	43	200ml	8	11	10	3	EF/GF/FF/NF/ SF/V*/H*/K*	1-2 [□]	404*	Vanilla, Strawberry, Café Latte
Fresubin 2kcal Fibre (3g fibre)	£2.43	400	20	44	200ml	5	8	8	1	EF/GF/FF LF/NF/H*/K*	1-2 [□]	650*	Apricot-Peach, Lemon, Neutral Chocolate, Vanilla, Cappuccino
Resource 2.0 Fibre (5g fibre)	£2.51	400	18	40	200ml	9	11	8	2	EF/GF/NF SF/WF/FF	Not available	520	Strawberry, Vanilla
Fresubin Energy Fibre (4g fibre)	£2.69	300	11	36	200ml	7	7	5	2	EF/GF/FF LF/NF/H*/K*	0-1 [□]	440*	Banana, Caramel, Cherry, Chocolate, Strawberry, Vanilla
Fortisip Compact Fibre (4.5g fibre)	£2.87	300	12	32	125ml	5	7	7	2	EF/GF/NF* WF/FF/V*/H/K*	1-2 [□]	790	Mocha, Strawberry, Vanilla
Ensure Plus Fibre (5g fibre)	£2.97	310	13	40	200ml	7	7	4	3	EF/GF/LF/WF FF/NF/V*/H*/K*	1-2 [□]	552	Chocolate, Strawberry, Vanilla, Banana, Raspberry

Foods (fibre content per 100g)

Figs 6g/100g | Nuts or Seeds >6g/100g | 2 slices wholemeal bread 7g | Linseeds 27g/100g

British Dietetic Association [fact sheet on fibre-containing foods](#)

Extended ONS Product Reference Guide



Modified Consistency

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Powder (varying quantities of milk depending on IDDSI level)													
Slo Milkshake + IDDSI Level 1⁵	£2.28	386*	27	35	50g	3	13	9	2	GF/WF/EF/FF NF/SF/V/H*/K*	1	721	Chocolate, Strawberry, Banana
Slo Milkshake + IDDSI Level 2¹	£2.28	322	24	31	50g	3	8	6	2	GF/WF/EF/FF NF/SF/V/H*/K*	2	1191	Chocolate, Strawberry, Banana
Slo Milkshake + IDDSI Level 3¹	£2.28	321	24	31	50g	3	8	6	2	GF/WF/EF/FF NF/SF/V/H*/K*	3	1018*	Chocolate, Strawberry
Ready-made													
Fresubin Thickened Level 2	£2.64	300	20	24	200ml	5	7	8	2	EF/GF/LF NF/WF/H/K	2 [□]	430	Wild Strawberry, Vanilla
Fresubin Thickened Level 3	£2.64	300	20	24	200ml	5	7	8	2	EF/GF/LF NF/WF/H/K	3 [□]	430	Wild Strawberry, Vanilla
Nutlis Complete Drink Level 3	£2.87	306	12	36	125ml	5	8	7	2	EF/GF/NF* WF/FF/V*/K*/H*	3	495	Chocolate, Lemon Tea, Mango & Passionfruit, Strawberry, Vanilla
Fresubin Dessert Fruit Puree	£2.73	200	9	23	125g	3	6	4	2	EF/GF/LF NF/WF/FF/K	4	Not available	Apple-Prune
Nutlis Fruit Level 4	£3.36	206	11	26	150g	4	7	2	1	EF/GF/NF*/FF LF*/WF/H*/K*/V*	4	870	Apple, Strawberry

Extended ONS Product Reference Guide



Low Electrolyte

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Bottle													
Fresubin PRO COMPACT	£1.65	300	18	31	125ml	2	3	9	1	LF/GF/EF/NF WF/FF/H/K	2-3*	660*	Vanilla, Apricot-Peach, Cappuccino
Fortisip Compact Protein	£2.60	306	18	31	125ml	2	3	11	3	EF/GF/NF* WF/FF/V*/H/K*	2-3	570	Banana, Berries, Cool Red Fruits, Hot Tropical Ginger, Mocha, Neutral, Strawberry, Peach-Mango, Vanilla
Nepro HP	£4.40	396	18	32	220ml	7	6	5	2	EF/GF/LF/SF** NF/WF/FF/V*/H/K*	1-2 [□]	538	Strawberry, Vanilla
Renilon 7.5	£3.36	250	9	25	125ml	3	1	0	0	EF/GF/NF* WF/FF/V*/H/K*	Not available	410	Apricot, Caramel
Shot / Powder													
AYMES Actagain Protein Shot	£1.75	92	22	1	60ml	4	1	0	0	EF/GF/LF NF/SF/FF/H	1-2 [□]	567	Mixed Berry, Tropical Fruit
Renapro Shot	£2.32	100	20	3	60ml	4	0	0	0	GF/LF/MF/WF SF/EF/NF/H/K	Not available	114 [^]	Cola, Peach, Wild Berry, Apple
Renapro Powder ⁸	£2.32	77	18	1	20g	4	2	1	0	GF/WF/FF/EF NF/SF/V*/H/K	Not available	85 [^] (in 100ml water)	Neutral

Extended ONS Product Reference Guide



Modular (1/2)

Not nutritionally complete, only prescribe if under dietetic care or recommended by dietitian

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Fat-based & mixed products													
Altrashot	£2.83 ^a £3.00 ^b	420	6	20	120ml bottle	7	11	6	2	EF/FF/GF/LF/NF SF/WF/V*/H*/K*	0-2 [□]	790*	^a Neutral ^b Strawberry ^b Vanilla
	£0.94 ^a £1.00 ^b	140	2	7	40ml serve	2	4	2	1				
Fresubin 5kcal Shot	£3.45	600	0	5	120ml bottle	0	0	0	0	EF/GF/LF/MF/NF SF/WF/FF/V/Ve/H*/K	2	Not available	Lemon, Neutral
	£1.15	200	0	2	40ml serve								
Calogen	£16.84	2250	0	1	500ml bottle	2	0	0	0	EF/FF/GF/LF/MF/NF* SF/WF/V*/Ve*/H*/K*	Not available	0-150*	Neutral
	£6.84	932*	0	8*	200ml bottle	1	0	0	0				Neutral, Strawberry
	£1.37	186*	0	2*	40ml serve	0	0	0	0				
Calogen Extra	£6.03	800	10	9	200ml bottle	6	28	13	8	EF/GF/LF*/NF* SF/WF/FF/V*/H*/K*	Not available	435*	Neutral, Strawberry
	£1.20	160	2	2	40ml serve	1	6	3	2				
Calogen Extra Shot	£1.20	160	2	2	40ml	1	6	3	2				Neutral, Strawberry
Pro-Cal Shot	£3.50	401	8	16	120ml bottle	6	6	7	1	WF/EF/GF/NF FF/H*/V*	Not available	1900 [^]	Banana, Neutral, Strawberry
	£1.16	134	3	5	40ml serve	2	2	2	0				
Pro-Cal Powder	£22.13	3402	69	144	510g tub	46	65	57	7	WF/EF/GF/NF SF/FF/H/V	Not available	145 [^] (15g in 100ml water)	Neutral
	£0.95	100	2	4	15g Sachet	1	2	2	0				

Approval date: August 2024 Review date: August 2025 (or sooner if evidence or practice changes) **Not to be used for commercial or marketing purposes. Strictly for use within the NHS**

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/ Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

Extended ONS Product Reference Guide



Modular (2/2)

Not nutritionally complete, only prescribe if under dietetic care or recommended by dietitian

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Protein-based													
AYMES Actagain Protein Shot	£1.75	92	22	1	60ml	4	1	0	0	EF/GF/LF NF/SF/FF/H	1-2 [□]	567	Mixed Berry, Tropical Fruit
ProSource Liquid	£1.48	100	10	15	30ml	1	0	3*	Not available	EF/GF/LF NF/SF/FF	Not available	650 [^]	Citrus Berry, Original, Orange Crème
ProSource Plus	£1.99	100	15	11	30ml	2*	0	4*	Not available	EF/GF/LF NF/SF/FF	Not available	600 [^]	Citrus Berry, Neutral, Orange Crème
ProSource Jelly	£2.74	90	20	2*	118ml	2	4	0	Not available	EF/GF/LF NF/SF/FF	4	Not available	Blackcurrant, Fruit Punch, Lime, Orange
Protifar	£13.70	810	198	4	225g Tin	9	9	54	0	EF/GF/FF/NF* WF/V/H*/K	Not available	97 (10% solution)	Neutral
	£0.15	9	2	0	2.5g scoop	0	0	1	0				
Carbohydrate-based													
Polycal Liquid	£2.66	494	0	124	200ml bottle	0	0	0	0	EF/GF/LF*/MF/NF* SF/WF/FF/V/Ve/H/K	Not available	845	Neutral
Polycal Powder	£6.73	1520	0	384	400g Tin	0	0	0	0	EF/GF/LF*/MF/NF* SF/WF/FF/V/Ve/H*/K	Not available	97 (10% solution)	Neutral
	£0.08	19	0	5	5g scoop								
Super Soluble Maxijul	£3.69	760	0	190	200g tin	2	0	0	0	EF/GF/LF*/MF/NF* SF/WF/FF/V/Ve/H*/K	Not available	Not available	Neutral
	£1.46	285	0	71	75g serve	1	0	0	0				
Vitajoule	£6.58	1900	0	475	500g tub	5	0	0	0	EF/GF/WF/ NF/FF/H/K/V	Not available	141 [^] (12g in 100ml water)	Neutral
	£0.16	46	0	11	12g scoop	0	Not available	Not available	Not available				

Extended ONS Product Reference Guide



Specialist ONS products – initiated only under Dietitian review

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Carbohydrate-based													
Optifibre (4g fibre/5g serve)	£13.73	505	4	15	250g Tin	22	33	0	0	EF/GF/NF SF/FF/V/H	Not available	Not available	Unflavoured
	£0.27	10	0	0	5g serve (from tin)	0	1	Not available	Not available				
	£0.35	10	0	0	5g sachet	0	1	Not available	Not available				
HyFIBER (12g fibre/30ml serve)	£1.13	36	0	3	30ml sachet	0	0	0	Not available	EF/GF/LF/MF/NF SF/FF/V/Ve/H*/K*	0	330^	Mild Citrus
	£33.05	1056	0	92	887ml bottle	4	5	0	Not available				
Peptide-based													
Survimed OPD 1.5kcal	£3.72	300	15	41	200ml	11	16	5	3	EF/GF/LF/NF SF/WF/FF/K	0	550	Cappuccino, Vanilla
Peptisip Energy HP	£3.93	300	15	38	200ml	17	18	6	3	GF/WF/EF/NF* SF/LF*/FF/V/H/K	Not available	445	Café Latte
Survimed OPD Drink	£3.71	200	9	28	200ml	7	10	3	2	EF/GF/FF/SF LF/NF/WF/K	0	410	Vanilla
Peptamen Bottle	£4.05	200	8	25	200ml	7	6	3	2	EF/NF/WF/FF	Not available	280	Vanilla
Vital 1.5kcal	£4.58	300	14	37	200ml	15	10	6	3	EF/GF/LF/NF/SF WF/FF/V*/H/K*	0-1 □	487	Café Latte, Mixed Berry, Vanilla
Elemental													
Modulen IBD	£19.58	493/100g	18/100g	54/100g	400g tin	7	15	10	4	EF/GF/NF/WF FF/V/H/V	Not available	290	Neutral
Elemental 028 Extra Liquid	£5.22	215	6	28	250ml	7	6	3	2	GF/WF/LF*/EF/SF MF*/NF*/FF/V*	Not available	725^	Grapefruit, Orange & Pineapple, Summer Fruits
Elemental 028 Extra Powder	£10.18	443	13	59	100g sachet	13	12	7	3	GF/WF/EF/MF/LF* SF/NF/FF/V*/H/K	Not available	502^	Banana, Orange, Unflavoured
MCT													
Liquigen	£13.91	1135	0	0	250ml	1	Not available	Not available	Not available	GF/WF/SF/EF/LF/ MF/FF/V/Ve	Not available	42	Neutral
MCTprocal	£1.20	112	2	3	16g sachet	2	2	3	Not available	SF/EF/FF/GF/LF*/ V/H	Not available	198^ (16g in 50ml water)	Neutral

Extended ONS Product Reference Guide



Peri-Operative – initiated only under Dietitian review

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Nutricia PreOp	£1.62	100	0	25	200ml	4	6	0	0	EF/GF/LF*/MF/SF WF/FF/NF*/V/H/K	Not available	240	Lemon

Disease specific – initiated only under Dietitian review

The following supplements are available, however given limited evidence for their use in this disease group(s), they would not be recommended above nutritionally comparable products. The micro/ macronutrient profiles of these supplements may be better managed with a combination of cost-effective ONS and additional prescribable or OTC products. If you would like to prescribe one of these products, please discuss with the prescribing support team and provide a clear clinical rationale.

Product Name	Price	Energy (kcal/serve)	Protein (g/serve)	CHO (g/serve)	Unit size	Na+ (mmol)	K+ (mmol)	PO4- (mmol)	Mg2+ (mmol)	Allergens	IDDSI Level	Osmolarity (mOsm/l)	Flavours Available
Oncology													
Supportan	£3.93	300	20	23	200ml	4	7	8	2	EF/GF/LF NF/H/K*	0-1 [□]	385	Tropical Fruits

Ready Reckoner Key

- * Flavour specific, for more information visit the respective company's website
- ** Contains soya lethicin (E322), soya fibre or soya oil
- ^ mOsmol/kgH₂O
- IDDSI level may vary depending on temperature of product, refer to manufacturer guidelines

Instructions

- 1 Made with 200ml whole milk
- 2 Made with 240ml whole milk
- 3 Made with 100ml whole milk
- 4 Made with 75ml whole milk
- 5 Made with 300ml whole milk
- 6 Made with 150ml water
- 7 Made with 200ml water
- 8 Made with 100ml water

Allergens

- EF Egg free
- GF Gluten free
- LF Lactose free
- MF Milk free
- NF Nut free
- SF Soy free
- WF Wheat free
- FF Fish free
- V Vegetarian
- Ve Vegan
- H Suitable for Halal
- K Suitable for Kosher

Note: All nutritional values are based on the highest values and are rounded to the nearest whole number. For more specific details refer to the respective company of manufacturer's website. Products and prices are correct as of 15.05.2023. Products and prices will be updated in line manufacturer updates / compendium releases annually.