

BSW Oral Nutrition Supplements (ONS) Formulary

Before prescribing ONS, it is advisable to screen a patient to assess their requirements using the MUST tool. See [community MUST screening](#) or [care home MUST screening](#) as appropriate.

When introducing ONS to patients for the first time, prescribe a small number of assorted flavours or a starter pack as an acute prescription.

This formulary outlines the first line and specialist ONS suitable for prescribing by GP's, Nurses and Dietitians. Please refer to the specific column headings for further details.

First line ONS (Green Traffic Light) Appropriate for initiation in both primary and secondary care. These are suitable for prescribing by dietitians, GPs and nurses. The **first listed option is considered preferred choice**. **'Powder style' is preferred to 'ready to drink'. Consider whether patient has access to milk and ability to make up powdered drink.**

Specialist initiated ONS (Amber Traffic Light) Can be prescribed in primary care only on the recommendation of a dietitian or specialist nurse with a review plan in place.

Please contact a dietitian regarding any of the following:

- higher calorie and/or high protein supplements,
- supplements for those requiring thickened fluids,
- supplements containing solely fat, carbohydrate or protein or
- supplements for specific conditions (e.g. renal patients).

The patient's clinical condition should fall within the Advisory Committee on Borderline substances (ACBS) approved categories for prescribing nutritional supplements:

Short bowel syndrome, intractable malabsorption, pre-operative preparation of undernourished patients, proven inflammatory bowel disease, following total gastrectomy, bowel fistulas, disease related malnutrition.

Please note, not all ONS are approved for use in all ACBS categories. Refer to [BNF](#) for the more specific indications which apply to individual products (such as dysphagia and age-related restrictions)

The clinical benefits of ONS are often seen with 300-600kcal/day (e.g. 1-2 ONS servings per day) with benefits seen in the community typically within 2-3 months of supplementation. However, this may be shorter or longer (up to 1 year) according to clinical need.

For further information, see [NICE CG32](#) Nutrition Support in Adults.

Please also see [BSW Formulary section 9.4.2 Enteral nutrition](#)

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Powdered MILKSHAKE style ONS (to be mixed with 200ml full fat milk) Consider whether patient has access to milk and ability to make up the drink with milk. Consider cost to patient. Not suitable for those with lactose intolerance.				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/sachet made with 200mls full fat milk	Cost per 28 days
Foodlink Complete (2/day) <i>banana, chocolate, natural, strawberry, vanilla</i>	57g sachet (7)	56 sachets 3192 g 8 packs of 7	378 kcal 19 g protein 200 ml fluid Contains Lactose (Can also be made with 100ml COLD full fat milk and will provide 318kcal, 15g protein)	£27.44/bd
Ensure Shake (2/day) <i>Banana, chocolate, strawberry, vanilla</i>	57g sachet (7)	56 sachets 3192g 8 packs of 7	386 kcal 17.2 g protein 200 ml fluid Contains lactose (Can also be made with 100ml COLD full fat milk and will provide 319kcal, 13.7g protein)	£27.44/bd
Ready to drink MILKSHAKE style ONS. Prescribe patient's preferred flavours (200ml bottle) For those unable to use powdered milkshakes but can tolerate larger volumes.				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	Cost per 28 days
Altraplen Energy (2/day) <i>chocolate, banana, strawberry, vanilla</i>	200ml bottle	56 bottles 11,200ml	300 kcals 12 g protein 200 ml fluid Lactose free	£49.84/bd
Fortisip (2/day) <i>Neutral, vanilla, chocolate, caramel, banana, orange, strawberry, tropical</i>	200 ml bottle	56 bottles 11,200ml	300 kcals 11.8 g protein 200 ml fluid Lactose free	£67.27/bd

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Ready to drink COMPACT style ONS. Prescribe patient's preferred flavours For those who require smaller volumes or with fluid restrictions				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/sachet or bottle	Cost per 28 days
Foodlink Complete Compact (2/day) Banana, chocolate, natural, strawberry, vanilla	57g sachet (7)	56 sachets 3192 g 8 packs of 7	Made up with 100ml full fat milk 318 kcal 15 g protein 100 ml fluid Contains Lactose *Consider whether patient has access to milk and ability to make up the drink with milk. *Consider cost to patient	£27.44/bd
Fortisip Compact (2/day) Chocolate, vanilla, banana, strawberry, apricot, forest fruits, mocha	125 ml bottle	56 bottles 7000 ml	300 kcals 12 g protein 125 ml fluid Contains lactose	£74.48/bd
Altraplen Compact (2/day) Hazel-chocolate, strawberry, vanilla, banana	125 ml bottle	56 bottles 7000 ml	300 kcals 12 g protein 125 ml fluid Contains lactose	£74.48/bd

JUICE style ONS if products above are contraindicated Includes powdered style and ready to drink options Not suitable for people with diabetes, COPD and wounds due to carbohydrate:protein ratio.				
Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	Cost per 28 days
Aymes ActaSolve smoothie (2/d) Pineapple, mango, peach, strawberry & cranberry TO BE MADE UP WITH 150mls Water	66 g sachet (7)	56 sachets 3696 g 8 packs of 7	297 kcals 10.7 g protein 150 ml fluid Residual lactose	£56.00/bd

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Altrajuce (2/day) Apple, blackcurrant, orange, strawberry	200 ml	56 bottles 11,200ml	300 kcals 7.8g protein 67g carbohydrate 200ml Lactose free	£97.02 /bd
Fortijuce (2/day) Apple, blackcurrant, forest fruits, lemon, orange, strawberry, tropical	200 ml	56 bottles 11,200 ml	300 kcals 8g protein 65.4 g carbohydrate 200 ml fluid Residual lactose	£115.92/bd

MILKSHAKE style PLUS FIBRE ONS. Prescribe patient's preferred flavours
Contains fibre, consider for those with constipation

Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	Cost per 28 days
Foodlink Complete Powder with Fibre (2/day) Banana, chocolate, natural, strawberry, vanilla	63g sachet (7)	56 sachets 3528g 8 packs of 7	413- 421 kcals 18.5 - 19.7 g protein 4.5 - 4.7 g fibre 200 ml fluid Contains lactose	£40.48/bd
Ensure Plus Fibre (2/day) Banana, strawberry, chocolate, raspberry, vanilla	200 ml bottle	56 bottles 11,200 ml	310 kcals 12.5 g protein 5g fibre 200 ml fluid Lactose free	£124.88/bd

MILKSHAKE style HIGH PROTEIN ONS.
Includes powdered style and ready to drink options

Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/bottle	Cost per 28 days
Foodlink Complete (2/day) Banana, chocolate, natural, strawberry, vanilla	57g sachet (7)	56 sachets 3192 g 8 packs of 7	Made with 200mls full fat milk 378 kcal 19 g protein 200 ml fluid Contains Lactose	£27.44/bd
Aymes ActaGain 2.4 Complete Maxi (1-2/day) Vanilla, strawberry, banana	200 ml bottle	28 bottles 5600 ml	480 kcals 19.2g protein 200ml fluid Contains Lactose	£37.24/od £74.48/bd

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Fresubin 3.2 kcal (1-2/day) <i>Hazel, mango, vanilla caramel</i>	125 ml bottle	56 bottles 7000 ml	400 kcals 20 g protein 125 ml fluid Residual lactose	£67.40/od £134.80/bd
Fortisip Compact Protein (2/day) <i>vanilla, strawberry, banana, mocha, peach/mango, berries, neutral, and hot tropical ginger.</i>	125 ml bottle	56 bottles 7000 ml	300 kcals 18 g protein 125 ml fluid Residual lactose	£114.80/bd

DYSPHAGIA LEVEL 4 ONS

Product Name	Unit (number per box)	No. per 28 days/Volume	Nutritional information/pot	Cost per 28 days
Nutricrem (2-3/day) <i>Chocolate-orange, strawberry, vanilla, mint-chocolate</i>	125 g pot	56-84 desserts 7000 - 10,500 ml	225 kcals 12.5 g protein Lactose free	£96.74/bd £145.11/tds
Nutlis Fruit Dessert Level 4 (2-3/day) <i>Apple, strawberry</i>	150 g pot	56-84 desserts 8400 - 12,600 ml	206 kcals 10.5 g protein Lactose free	£93.2/bd £140.28/tds

Additional Notes:

- If you have any queries regarding the prescribing of any of these products, please ask for justification from the Dietitian directly, or consult the BSW Prescribing Support Dietitians on bswccg.prescribingsupportdietitians@nhs.net
- This list is not exhaustive and does not include any specialist metabolic products, such as low protein products or products specific to chronic liver or renal disease. These should be prescribed following the guidance of the recommending dietitian or clinician.