

## Medal Ranking – Adult Oral Nutrition

Medal rankings provide prescribers with a quick overview on cost-effective prescribing in areas where the formulary product choices have little therapeutic difference. Please routinely prescribe the agents offering greatest overall value to the health economy.

This ranking should be used in conjunction with the [‘guidelines for the appropriate use of ONS for adults in the community’](#)

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### Rationale

**These guidelines are NOT suitable for patients with the following conditions:**

- **Chronic Kidney Disease Stage 4 and 5. Patients on dialysis. Some patients with CKD Stage 3 (particularly Stage 3b).**
- **Liver disease**
- **Dysphagia**
- **Cystic Fibrosis**
- **Patients who have previously had bariatric surgery**
- **Enterally (tube) fed patients**

**1<sup>st</sup> LINE FOR ALL PATIENTS IS FOOD FIRST DIETARY ADVICE to improve their nutritional status (i.e. high calorie diet and food fortification advice).**

**Use the [6 steps to appropriate prescribing of adult ONS](#) guide before prescribing.**

Oral Nutritional Supplements (ONS) should ONLY be considered if patients meet at least one of the Advisory Committee on Borderline Substances (ACBS) prescribing indications (disease/disorder) (NPC, 2012) and food first measures have failed to improve patients’ nutritional status.

Preferred ONS products: When patients discharge from hospital

People who are discharged from hospital on ONS with no on-going dietetic review process in place will not automatically require ONS on prescription once home. They may have required ONS whilst acutely unwell or recovering from surgery, but once home and eating normally the need is negated. Therefore, it is recommended that ONS are not prescribed following hospital discharge without explicit instructions on a dietetic discharge summary (within two working days) in line with these 6 step guidelines. When ONS are still required, a switch to first line community products is recommended unless otherwise justified on the dietetic discharge summary.

Products initiated in Secondary Care (SILVER)		Preferred community Products (GOLD) <b>Green</b> May be initiated and continued in primary, secondary and tertiary care		
<b>Fortisip Compact 125ml</b> vanilla, strawberry, banana, mocha, apricot, forest fruit and chocolate		1 <sup>st</sup> line	2 <sup>nd</sup> line	3 <sup>rd</sup> line
<b>Fortisip Bottle 200ml</b> neutral, vanilla, chocolate, toffee, banana, orange, strawberry and tropical fruits		Powdered milkshake	Ready-made milkshake	Juice style
<b>Complan Shake</b> 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral		<b>AYMES Shake</b> (Mix with 200ml whole milk) 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral	<b>AYMES Complete 200ml</b> vanilla, strawberry, chocolate, banana	<b>Ensure® Plus Juice</b> orange, apple, lemon and lime, strawberry, peach, fruit punch flavours
<b>Fortijuce 200ml</b> orange, lemon, apple, strawberry, tropical, forest fruits and blackcurrant.				

Summary of Preferred ONS products when initiating in primary care



May be initiated and continued in primary, secondary and tertiary care.




<b>1<sup>st</sup> Line</b>	<b>Powdered</b>	<b>AYMES Shake</b> (Mix with 200ml Whole Milk) 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral	<i>Gluten-free, contains lactose, Not suitable for patients with soya, lactose or cows' milk intolerance or galactosaemia, vegetarian</i>	<a href="#"><u>Samples</u></a>
<b>2<sup>nd</sup> line</b>	<b>Ready- made milkshake style</b>	<b>AYMES Complete 200ml</b> vanilla, strawberry, chocolate, banana	<i>Gluten-free, Not suitable for patients with soya or cows' milk intolerance or galactosaemia</i>	<a href="#"><u>Samples</u></a>
<b>3<sup>rd</sup> Line</b>	<b>Juice style</b>	<b>Ensure® Plus Juice</b> orange, apple, lemon and lime, strawberry, peach, fruit punch flavours	<i>Gluten-free. Residual lactose.</i>	

1<sup>st</sup> LINE ONS - POWDERED PRODUCTS – TO MIX WITH WHOLE MILK

Powdered products provide the most cost-effective and optimum nutritional content if a patient or carer can prepare drinks (including people in care homes).

**Green** May be initiated and continued in primary, secondary and tertiary care.

Choice	Calories (Kcal)	Protein (g)	Cost / 4 Weeks	Recommended dose	Other info	Approval
<b>AYMES® Shake</b> 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral	388	15.7	£34.16 <a href="#">Free sample pack &amp; Shaker</a>	<b>57g sachet b.d.</b>  Make with 200ml whole milk	Gluten-free. Contains lactose. Not suitable for patients with soya or cows' milk intolerance or for those with galactosaemia	
<b>Foodlink Complete</b> 7 x 57g sachets of one flavour Strawberry, chocolate, banana, neutral	386	18.3	£34.16	<b>57g sachet b.d.</b>  Make with 200ml whole milk	Gluten free Contains soya and milk protein. Not suitable for patients with galactosaemia.	
<b>Foodlink Complete with Fibre</b> 7 X 63g sachets of vanilla	399	18.6	£37.52	<b>63g sachet b.d.</b>  Make with 200ml whole milk	Gluten free Contains soya and milk protein. Not suitable for patients with galactosaemia.	
<b>Ensure® Shake</b> 7 x 57g sachets of one flavour vanilla, strawberry, banana and chocolate	389	17.0	£43.68	<b>57g sachet b.d.</b>  Make with 200ml whole milk	Gluten-free. Contains lactose.	
<b>Fresubin® Powder Extra</b> 7 x 62g sachets of one flavour vanilla, strawberry, banana and chocolate	397	17.7	£42.56	<b>62g sachet b.d.</b>  Make with 200ml whole milk	Gluten-free. Contains lactose.	
<b>Complan® Shake</b> 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral	387	15.6	£39.20	<b>57g sachet b.d.</b>  Make with 200ml whole milk	Gluten-free. Contains lactose. Not suitable for patients with galactosaemia or cow's milk intolerance	
<b>Complan® Shake starter pack</b> 5 x 57g sachets of mixed flavour & Shaker vanilla, banana, strawberry, chocolate and neutral	387	15.6	£49.17	<b>57g sachet b.d.</b>  Make with 200ml whole milk	Gluten-free. Contains lactose.	

 Use first line      Use second line      Try to avoid, use third line if needed  
 No formal commissioning position, avoid use       Not commissioned. **Do not use**

- Powdered supplement may not be appropriate if:
  1. the patient or carer does not have the dexterity to prepare it (shaking or whisking with milk)
  2. the patient is lactose intolerant
  3. the patient has Chronic Kidney Disease (CKD). Consideration of the amount of fluid, electrolytes and protein provided by ONS is essential for CKD. Powdered shakes should not be the first line choice for CKD stages 4 and 5 unless advised by a renal dietitian.
- People with diabetes may require on-going review of diabetes control and medication whilst ONS are used.
- Powdered supplements are not nutritionally complete and therefore are not suitable as a sole source of nutrition. Patients who require ONS as a sole source of nutrition may already be under the care of a dietitian who will advise on an appropriate supplement regimen.
- Powdered products are not suitable for tube feeds as there are risks associated with this.
- Avoid prescribing starter packs after an initial trial since they are more costly to prescribe.
- Powdered products should be made with whole milk to maximise nutritional content.
- AYMES Shake can be made with 200ml whole milk if the patient struggles to take large volumes.

2<sup>nd</sup> LINE ONS - READY-MADE MILKSHAKE STYLE DRINKS (≥1.5kcal/ml)






To ONLY be considered if a powdered supplement is not appropriate as described above.  
A compact 125ml bottle (2.4kcal/ml) drink may be preferable for patients who may struggle to manage a 200ml bottle twice a day.



May be initiated and continued in primary, secondary and tertiary care.

Choice	Calories (Kcal)	Protein (g)	Cost / 4 Weeks	Recommended dose	Other info	Approval
<b>AYMES® Complete</b> vanilla, strawberry, chocolate, banana	300	12	£62.72 <a href="#">Free sample pack</a>	200ml b.d.	Gluten-free. Not suitable for patients with intolerance to cows' milk or soya. Not suitable for patients with galactosaemia	
<b>Fortisip® Bottle</b> neutral, vanilla, chocolate, toffee, banana, orange, strawberry and tropical fruits.	300	12	£78.40	200ml b.d.	Gluten free. Residual lactose.	
<b>Fresubin® Energy</b> vanilla, strawberry, chocolate, cappuccino, tropical fruit, blackcurrant, neutral, banana or lemon	300	11.2	£78.40	200ml b.d.	Gluten-free <sup>1</sup> . Residual lactose. Contains fish gelatin	
<b>Ensure® Plus Milkshake style</b> banana, chocolate, coffee, fruits of the forest, neutral, orange, peach, raspberry, strawberry and vanilla.	330	13.8	£78.40	220ml b.d.	Gluten free. Residual lactose.	
<b>Fortisip® Compact</b> vanilla, strawberry, banana, mocha, apricot, forest fruit and chocolate	300	12	£81.20	<u>125ml</u> b.d.	Gluten free. Residual lactose.	
<b>Altraplen compact®</b> vanilla, strawberry, hazel chocolate, banana	300	12	£81.20	<u>125ml</u> b.d.	Gluten-free. Lactose-free	
<b>Ensure® Compact</b> vanilla, strawberry and banana	300	13	£81.20	<u>125ml</u> b.d.	Gluten free. Contains lactose	

<b>Resource® Energy</b> Apricot, chocolate, strawberry & raspberry, banana, coffee and vanilla	<b>300</b>	<b>11.2</b>	<b>£107.38</b>	<b>200ml b.d.</b>	Gluten free. Residual lactose.	
<b>Fresubin® Original</b> <b>200ml</b>	<b>200</b>	<b>7.6</b>	<b>£127.20</b>			 <b>Do not use</b>
<b>Ensure®</b> <b>250ml can</b>	<b>251</b>	<b>10</b>	<b>£126.56</b>			

-  Use first line  
  Use second line  
  Try to avoid, use third line if needed  
 No formal commissioning position, avoid use  
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- Avoid prescribing  $\leq 1$  kcal/ml ONS (Fresubin Original/Ensure), which contain less nutritionally and are not as cost effective as  $\geq 1.5$  kcal/ml products. Products  $\leq 1$  kcal/ml could be met with food fortification (e.g. Whole milk with added skimmed milk powder is approximately 1 kcal/ml).

3rd LINE ONS - JUICE STYLE DRINKS

Juice Style Supplements are an alternative for those who do not like milk, but are typically lower in protein than milk style ONS. Juice style supplements may not be suitable for patients with diabetes. They are not milk free and contain milk protein.



May be initiated and continued in primary, secondary and tertiary care.

Choice	Calories (Kcal)	Protein (g)	Cost / 4 Weeks	Recommended dose	Other Info	Approval
<b>Ensure® Plus Juice</b> orange, apple, lemon and lime, strawberry, peach, fruit punch flavours	<b>330</b>	<b>10.6</b>	<b>£110.32</b>	<b>220ml b.d.</b>	Gluten-free. Residual lactose.	<b>GOLD</b>
<b>Fortijuice®</b> lemon, apple, orange, strawberry, tropical, forest fruits and blackcurrant.	<b>300</b>	<b>8</b>	<b>£113.12</b>	<b>200ml b.d.</b>	Gluten-free. Lactose free	<b>SILVER</b>
<b>Fresubin® Jucy</b> orange, apple, pineapple, cherry and blackcurrant	<b>300</b>	<b>8</b>	<b>£111.44</b>	<b>200ml b.d.</b>	Gluten-free. Lactose-free	
<b>Resource® fruit</b> apple, orange, pear-cherry, raspberry-blackcurrant	<b>254</b>	<b>8g</b>	<b>£102.90</b>	<b>200ml b.d.</b>	Gluten-free. Residual lactose.	<b>BRONZE</b>

- Use first line
- Use second line
- Try to avoid, use third line if needed
- No formal commissioning position, avoid use
- Not commissioned. **Do not use**



## ONS WHICH SHOULD NOT ROUTINELY BE INITIATED WITHOUT DIETITIAN INPUT

These products are sometimes used either alone or in conjunction with other ONS where first line products are insufficient to meet individual patients' nutritional needs or for specialist conditions where dietitian management is recommended. For example:

- Specialist products, which may be required for some patient groups where dietetic involvement may be required (E.g. bowel disorders, renal disease)
- High protein milkshake style drinks, which are not first or second line products in primary care.
- Modular supplements (E.g. high-energy fat emulsions/carbohydrate powders), which do not provide a balance of nutrients.

**Amber** The following products are: suitable for a GP to continue, following recommendation by a specialist, with appropriate supporting documents. No written shared care agreement necessary.

Product	Presentation (ml/g)	Calories (Kcal)	Protein (g)	Price per bottle/sachet/pot unless specified
Fortisip 2kcal	200ml bottle	400	20	£2.14
Fresubin 2kcal	200ml bottle	400	20	£2.02
Resource 2.0 Fibre	200ml bottle	400	18	£1.88
Altraplen protein	200ml bottle	300	20	£1.45
Fresubin 2kcal Fibre	200ml bottle	400	20	£2.02
Ensure Twocal	200ml bottle	400	16.8	£2.22
Fortisip Extra	200ml bottle	320	20	£2.18
Fresubin Protein Energy	200ml bottle	300	20	£2.08
Fortisip Compact Protein	125ml bottle	300	18	£2.00
Ensure Plus Advance (for patients >65yrs)	220ml bottle	330	20	£2.08
Fresubin 2kcal mini drink	125ml bottle	250	12.5	£1.25
Ensure® Plus Fibre	200ml bottle	310	13	£2.07
Fresubin® Energy Fibre	200ml bottle	300	11.2	£2.09
Fortisip® Compact Fibre	125ml bottle	300	11.8	£2.09
Nutrison® energy multi fibre vanilla	200ml bottle	308	12	£2.19
Fresubin 2kcal fibre mini drink	125ml bottle	250	12.5	£1.25
Vitasavoury®300	50g sachet made with 100ml whole milk	375	9	£1.90
Ensure® Plus Savoury	200ml bottle	300	13	£1.12
Aymes shake chicken	57g sachet made with 200ml whole milk	388	16	£0.70
Ensure® Plus Yoghurt Style	200ml bottle	300	12.5	£1.12
Fortisip® Yogurt style	200ml bottle	300	12	£2.06

Medal Ranking: Adult Community ONS

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V17.01

Fresubin® YOcreme	125g pot	187	9.3	£2.04
Enshake (6 x 96.5g)	96.5 g sachet made with 240ml whole milk	600	16	£2.35
Calshake (7 x 87g)	87g saceht made with 240ml whole milk	596	11.6	£2.43
Scandishake Mix (6 x 85g)	85g sachet made with 240ml whole milk	587	12.4	£2.50
Modulen® IBD (400g)	400g tin (75g powder and 250ml water makes 1.5kcal/ml)	375	13.5	£15.06
Nepro® HP	220ml bottle	396	17.8	£3.26
Vital® 1.5kcal	200ml bottle	300	13.5	£3.05
Supportan drink	200ml bottle	300	20	£2.71
Survimed OPD Drink	200ml bottle	200	9.3	£3.27
Renilon 7.5	125ml bottle	250	9.4	£2.20
Forticare	125ml bottle	205	11.3	£2.27
Respifor	125ml bottle	188	9.4	£2.16
ProSure	220ml bottle	280	14.6	£3.34
Elemental EO28 Extra liquid	250ml carton	215	6.3	£3.73
Elemental E028 Extra powder	100g sachet powder mixed with 500ml water	445	12.5	£7.24
Peptamen vanilla	200ml bottle	200	8	£3.04
Vitajoule (500g)	3 x 15g*	171	0	£4.46 (500g)
Polycal powder (400g)	3 x 15g*	171	0	£4.36 (400g)
Maxijul Super Soluble (200g)	3 x 15g*	171	0	£2.64 (200g)
Calogen® Extra Shots (6x 40ml pots)	3 x 40ml*	640	6	£2.88 (3 x 40ml pots)
Calogen (200ml)	90mls*	405	0	£4.20 (200ml bottle)
Fresubin 5kcal Shot (120ml)	90mls*	405	0	£2.85
Pro-cal shot (250ml)	90mls*	300	6	£5.02 (250ml)
Calogen Extra (200ml)	90mls*	360	4.5	£4.98 (200ml bottle)
Altrashot	120mls (4 x 30ml)	420	6	£2.00
ProSource Liquid	30ml	100	10	£101.16 (supplied as 100 x sachets)
ProSource Plus	30ml	100	15	£143.90 (supplied as 100 x sachets)
ProSource Jelly	118ml cup	90	20	£1.87
MCT Procal	30 x 16g sachet	112	2	£20.72 (400g)

Polycal liquid	200ml carton	494	0	£1.21
Nutilis® Complete Stage 1	125ml bottle	306	12	£2.21
Fresubin® Thickened stage 1	200ml bottle	300	20	£2.35
Nutilis® Complete Stage 2 Custard	125ml pot	306	12	£2.21
Fresubin® Thickened stage 2	200ml bottle	300	20	£2.35
Nutricrem®	125g	225	12.5	£1.44
Resource® Dessert Energy	125g	200	6	£1.63
Fresubin® 2kcal Crème dessert	125g	250	12.5	£1.96
Forticreme® Complete dessert	125g	200	12	£1.96
Ensure® Plus Crème	125g	171	7.1	£1.93
Nutilis® Fruit Stage 3	150g	206	10.5	£2.36

## References

British Dietetic Association. National Descriptors for Texture Modification in Adults (2011). Joint working party of The British Dietetic Association and the Royal College of Speech and Language Therapists. Available from: <a href="http://www.thenacc.co.uk/assets/downloads/170/Food%20Descriptors%20for%20Industry%20Final%20-%20USE.pdf">http://www.thenacc.co.uk/assets/downloads/170/Food%20Descriptors%20for%20Industry%20Final%20-%20USE.pdf</a> [Accessed: 21/09/14].
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PresQIPP Nutrition Toolkit Version 2.0. Resources for the appropriate prescribing of Sip Feeds, Infant Feeds and Gluten Free products in the Midlands and East. Available from: <a href="https://www.presqipp.info/nutrition-toolkit/finish/189-nutrition-toolkit/527-presqipp-nutrition-toolkit-low-res">https://www.presqipp.info/nutrition-toolkit/finish/189-nutrition-toolkit/527-presqipp-nutrition-toolkit-low-res</a> [Accessed: 21/09/14]
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