

**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.

**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**

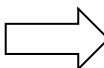
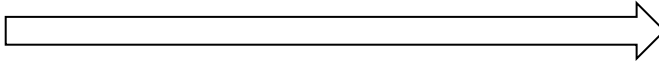
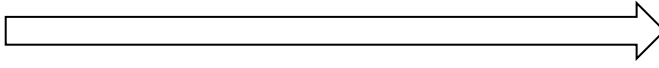
**1<sup>st</sup> LINE FOR ALL PATIENTS IS FOOD FIRST DIETARY ADVICE to improve their nutritional status (i.e. high calorie diet and food fortification advice).**

Click [HERE](#) for '6 steps to appropriate prescribing of adult ONS' guidance [[Hyperlink](#)]

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 48hrs) 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	Preferred community Products			
	1 <sup>st</sup> line	2 <sup>nd</sup> line	3 <sup>rd</sup> line	
<b>Fortisip Compact 125ml</b> vanilla, strawberry, banana, mocha, apricot, forest fruit and chocolate		Powdered milkshake	Ready-made milkshake	Juice style
<b>Fortisip Bottle 200ml</b> neutral, vanilla, chocolate, toffee, banana, orange, strawberry and tropical fruits		<b>AYMES Shake</b> (Mix with 125ml whole milk) 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral	<b>Nutriplen 125ml</b> vanilla, strawberry, hazel chocolate and banana <b>OR</b> <b>AYMES Complete 200ml</b> vanilla, strawberry, chocolate, banana	<b>Fresubin Jucy 200ml</b> orange, apple, pineapple, cherry and blackcurrant
<b>Complan Shake</b> 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral				
<b>Fortijuice 200ml</b> orange, lemon, apple, strawberry, tropical, forest fruits and blackcurrant.				

**Summary of Preferred ONS products when initiating in primary care**

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

<p><b>1<sup>st</sup> Line</b></p>	<p><b>Powdered</b></p>	<p><b>AYMES Shake</b> (Mix with 125ml Whole Milk) 7 x 57g sachets of one flavour vanilla, banana, strawberry, chocolate and neutral</p>	<p><i>Gluten-free, contains lactose, Not suitable for patients with soya, lactose or cows' milk intolerance or galactosaemia, vegetarian</i></p>	<p><a href="#">Samples</a></p>
<p><b>2<sup>nd</sup> line</b></p>	<p><b>Ready-made milkshake style</b></p>	<p><b>Nutriplen 125ml</b> vanilla, strawberry, hazel chocolate and banana</p>	<p><i>Gluten-free, Lactose-free, Not suitable for patients with soya or cows' milk intolerance or galactosaemia</i></p>	<p><a href="#">Samples</a></p>
		<p><b>AYMES Complete 200ml</b> vanilla, strawberry, chocolate, banana</p>	<p><i>Gluten-free, Not suitable for patients with soya or cows' milk intolerance or galactosaemia</i></p>	<p><a href="#">Samples</a></p>
<p><b>3<sup>rd</sup> Line</b></p>	<p><b>Juice style</b></p>	<p><b>Fresubin Jucy 200ml</b> orange, apple, pineapple, cherry and blackcurrant</p>	<p><i>Gluten-free, Lactose-free, Contains milk, Soya-free, Nut-free, Vegetarian. Not suitable for patients with cow's milk protein intolerance.</i></p>	<p><a href="#">Samples</a></p>

**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).

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	<b>388</b>	<b>15.7</b>	<b>£46.80</b>  <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>Ensure® Shake</b> 7 x 57g sachets of one flavour vanilla, strawberry, banana and chocolate	<b>389</b>	<b>17.0</b>	<b>£46.80</b>	<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	<b>397</b>	<b>17.7</b>	<b>£48.00</b>	<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	<b>387</b>	<b>15.6</b>	<b>£51.00</b>	<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	<b>387</b>	<b>15.6</b>	<b>£57.60</b>	<b>57g sachet b.d.</b>  Make with 200ml whole milk	Gluten-free. Contains lactose.	

Use first line    Use second line

- 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 125ml 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.

Choice	Calories (Kcal)	Protein (g)	Cost / 4 Weeks	Recommended dose	Other info	Approval
<b>Nutriplen®</b> vanilla, strawberry, hazel chocolate, banana	300	12	£87.00 <a href="#">Free sample pack</a>	<u>125ml</u> b.d.	Gluten-free. Lactose-free	
<b>AYMES® Complete</b> vanilla, strawberry, chocolate, banana	300	12	£84.00 <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>Fresubin® Energy</b> vanilla, strawberry, chocolate, cappuccino, tropical fruit, blackcurrant, neutral, banana or lemon	300	11.2	£88.80 <a href="#">Free sample pack</a>	200ml b.d.	Gluten-free <sup>1</sup> . Residual lactose. Contains fish gelatin	
<b>Fortisip® Compact</b> vanilla, strawberry, banana, mocha, apricot, forest fruit and chocolate	300	12	£121.20	<u>125ml</u> b.d.	Gluten free. Residual lactose.	
<b>Ensure® Compact</b> vanilla, strawberry and banana	300	13	£121.20	<u>125ml</u> b.d.	Gluten free. Contains lactose	
<b>Resource® Energy</b> Apricot, chocolate, strawberry & raspberry, banana, coffee and vanilla	300	11.2	£115.20	200ml b.d.	Gluten free. Residual lactose.	
<b>Ensure® Plus Milkshake style</b> banana, chocolate,	300	14	£121.20	200ml b.d.	Gluten free. Residual lactose.	

coffee, fruits of the forest, neutral, orange, peach, raspberry, strawberry and vanilla.						
<b>Fortisip® Bottle</b> neutral, vanilla, chocolate, toffee, banana, orange, strawberry and tropical fruits.	<b>300</b>	<b>12</b>	<b>£123.60</b>	<b>200ml b.d.</b>	Gluten free. Residual lactose.	
<b>Fresubin® Original 200ml</b>	<b>200</b>	<b>7.6</b>	<b>£127.20</b>			
<b>Ensure® 250ml can</b>	<b>200</b>	<b>8</b>	<b>£135.60</b>			



Use first line



Use second line



Not commissioned. **Do not use**

- 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.

Choice	Calories (Kcal)	Protein (g)	Cost / 4 Weeks	Recommended dose	Other Info	Approval
<b>Fresubin® Jucy</b> orange, apple, pineapple, cherry and blackcurrant	<b>300</b>	<b>8</b>	<b>£115.80</b> <a href="#">Free sample pack</a>	<b>200ml b.d.</b>	Gluten-free. Lactose-free	
<b>Fortijuce®</b> lemon, apple, orange, strawberry, tropical, forest fruits and blackcurrant.	<b>300</b>	<b>8</b>	<b>£121.20</b>	<b>200ml b.d.</b>	Gluten-free. Lactose free	
<b>Ensure® Plus Juce</b> orange, apple, lemon and lime, strawberry, peach, fruit punch flavours	<b>300</b>	<b>10.6</b>	<b>£118.20</b>	<b>220ml b.d.</b>	Gluten-free. Residual lactose.	
<b>Resource® fruit</b> apple, orange, pear-cherry, raspberry-blackcurrant	<b>254</b>	<b>8g</b>	<b>£110.40</b>	<b>200ml b.d.</b>	Gluten-free. Residual lactose.	

Use first line   Use second line   Use third line

**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.

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

Product	Presentation	Calories (Kcal)	Protein (g)	Cost /4 weeks	Kcal per £
<b>Milkshake style high protein</b>					
Fresubin 2kcal	200ml bottle	400	20	£51.90	231
Resource 2.0 Fibre	200ml bottle	400	18	£54.00	222
Resource Fibre 2.0	200ml bottle	400	18	£56.40	213
Nutriplen protein	200ml bottle	300	20	£43.50	207
Fresubin 2kcal Fibre	200ml bottle	400	20	£58.80	204
Ensure Twocal	200ml bottle	400	17	£64.20	187
Fortisip Extra	200ml bottle	320	20	£55.50	173
Resource Protein	200ml bottle	250	19	£43.50	172
Fresubin Protein Energy	200ml bottle	300	20	£54.60	165
Fortisip Compact Protein	200ml bottle	300	18	£60.00	150
Fortimel® Regular	200ml bottle	200	20	£54.60	110
<b>Milkshake Style high fibre</b>					
Ensure® Plus Fibre	200ml bottle	310	13	£60.60	153
Fresubin® Energy Fibre	200ml bottle	300	11.2	£60.90	148
Fortisip® Compact Fibre	125ml bottle	300	12	£62.70	144
Fortisip® Multi Fibre	200ml bottle	300	12	£64.50	140
<b>Savoury drinks</b>					
Vitasavoury®200 (24 x 33g cups)	200ml (made with 200ml milk)	270	7	£38.40	211
Ensure® Plus Savoury	220ml bottle	330	14	£51.90	191
Fortisip® Savoury Multi Fibre	200ml cup	300	15	£60.30	149
<b>Yoghurt style</b>					
Ensure® Plus Yoghurt Style	220ml bottle	330	13.8	£60.60	163
Fortisip® Yogurt style	200ml bottle	300	12	£60.60	149
Fresubin® YoCreme	125g pot	188	9.4	£59.40	95
<b>Powdered</b>					
Enshake (6 x 96.5g)	310ml (made with 240ml milk)	600	16	£64.80	278

Calshake (7 x 87g)	310ml (made with 240ml milk)	602	12	£70.80	255
Skandishake Mix (6 x 85g)	310ml (made with 240ml milk)	587	12.4	£72.30	244
<b>Disease specific</b>					
Modulen® IBD (400g)	400g tin (75g powder and 250ml water makes 1.5kcal/ml)	375	13.5	£84.60	133
Nepro® HP	220ml bottle	396	17.8	£89.40	133
Vital® 1.5kcal	200ml bottle	300	13.5	£89.40	101
<b>Modular (Fat emulsions and glucose powders)</b>					
Vitajoule (500g)	3 x 15g*	171	0	£11.40	450
Polycal powder (400g)	3 x 15g*	171	0	£14.10	364
Maxijul (200g)	3 x 15g*	171	0	£17.10	300
Calogen® Extra Shots	3 x 40ml* shots	640	6	£86.10	223
Calogen (200ml)	90mls*	405	0	£58.80	207
Fresubin 5kcal Shot	90mls*	405	0	£62.10	196
Pro-cal shot (250ml)	90mls*	300	6	£54.00	167
Calogen Extra	90mls*	360	4.5	£67.20	161
<b>Pre-Thickened STAGE 1</b>					
Nutlis® Complete Stage 1	125ml	306	12	£66.30	138
Fresubin® Thickened stage 1	200ml	300	20	£68.40	132
<b>Semi-solid STAGE 2</b>					
Nutlis® Complete Stage 2	125ml	306	12	£66.30	138
Fresubin® Thickened stage 2	200ml	300	20	£68.40	132
<b>Semi-solid STAGE 3</b>					
Nutricrem®	125g	225	12.5	£42	161
Resource® Dessert Fruit	125g	200	6.25	£47.70	126
Resource® Dessert Energy	125g	200	6	£47.70	126
Fresubin® Crème	125g	231	12.5	£59.40	117
Forticreme® Complete	125g	200	12	£58.80	102
Ensure® Plus Crème	125g	171	7.1	£56.40	91
Nutlis® Fruit Stage 3	150g	206	10.5	£70.80	85

## 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: <http://www.thenacc.co.uk/assets/downloads/170/Food%20Descriptors%20for%20Industry%20Final%20-%20USE.pdf> [Accessed: 21/09/14].
- NICE (2006) Nutrition Support in Adults: oral nutrition support, enteral tube feeding and parenteral nutrition, CG32. London, National Institute for Health and Clinical Excellence.
- 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: <https://www.presqipp.info/nutrition-toolkit/finish/189-nutrition-toolkit/527-presqipp-nutrition-toolkit-low-res> [Accessed: 21/09/14]
- National Prescribing Centre (NPC) (2012) Prescribing of adult Oral Nutritional Supplements (ONS): Guiding principles for improving the systems and processes for ONS use. . Available from: [http://www.webarchive.org.uk/wayback/archive/20140627111700/http://www.npc.nhs.uk/quality/ONS/resources/borderline\\_substances\\_final.pdf](http://www.webarchive.org.uk/wayback/archive/20140627111700/http://www.npc.nhs.uk/quality/ONS/resources/borderline_substances_final.pdf) [Accessed: 21/09/14].



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