

Quick Reference 2: Product Change Guide

Product prices in below table updated May 2025, and will be updated yearly to reflect product price changes.

Prices obtained from [dm+d](#) Online

N.B: Prescriber should always double check below information as products are subject to change.

GREEN: Prescribers may prescribe as an alternative product if 1st line formulary product (Aymes shake/Foodlink complete) not tolerated.

AMBER & RED: These products should not be routinely prescribed in primary care. To be prescribed under dietetic direction only. Please see specific guidance in section 3.4 p. 22-23 and section 5.2 p. 29.

Products in **BOLD** and in darker shade = cheapest alternative in the category.

Product Name	Price/Serve May 25	Kcal / Serve	Protein / Serve	Unit Size	Pack Size	Flavours	Vegan (Ve) / Vegetarian (V) / Kosher (K) /Halal (H)	IDDSI Level
POWDERED ONS – Always consider prescribing a powdered product first if appropriate- see guidance in Quick Reference 1. Not nutritionally complete								
☐ AYMES Shake Powder⁽¹⁾	£0.59	383	19	57g	399g	B, C, S, N, V	V, H, K	0
☐ Foodlink Complete Powder Sachet⁽¹⁾	£0.58	385	19	57g	399g	B, C, S, N, V	V, H(a), K(a)	0
☐ Actagain 2.4	£1.72	480	19.2	200ml	200ml	B, S, V	H, K	2
MILKSHAKE STYLE – Nutritionally complete bottled ONS; if powdered ONS are not suitable								
☐ Altraplen Energy	£0.99	300	12	200ml	800ml	B, C, S, V	V, H(e), K(e)	0/1 [#]
☐ Actagain 1.5 Complete	£1.11	300	14	200ml	800ml	B, C, S, V	V(b), H(b),K(b)	0
☐ Fortisip Bottle	£1.45	300	12	200ml	800ml	B, C, S, N, V, Ca, O, TF	V(f), H ,K(f)	0
☐ Ensure Plus Milkshake Style	£1.52	300	12.5	200ml	800ml	B, C, S, N, V, Co, FOF, P	V(f), H ,K(f)	0
COMPACT STYLE – Low volume nutritionally complete oral nutritional supplements								
☐ Aymes Shake Compact Powder⁽³⁾	£0.57	318	15	57g	399g	B, C, N, S, V	V, H, K	1
☐ Foodlink Complete Compact Powder⁽³⁾	£0.58	318	15	57g	399g	B, C, N, S, V	V, H(a), K(a), V(f), H ,K(f)	0-2 [#]
☐ Altraplen Compact	£1.61	300	12	125ml	500ml	B, HC, S, V	V(f), H ,K(f)	1/2 [#]
☐ Fortisip Compact	£2.87	300	12	125ml	500ml	B, C, S, V,	V(d), H(e), K(e)	NK
☐ Ensure Compact	£1.78	300	13	125ml	500ml	B, HC, S, V, Co		2
JUICE STYLE - Patients who do not like or are unable to tolerate milk-based sip feeds. Not nutritionally complete. *Fat free ONS								
☐ ActaSolve Smoothie Powder⁽⁴⁾	£1.08	297	10.7	66g	462g	Pi, M, P, SC	Ve, H, K	2
☐ Actagain Juice Liquid	£1.80	300	10	200ml	200ml	Ap,Be, O, P	Ve, V, H, K	0
☐ Altrajuce*	£1.89	300	7.8	200ml	200ml	A, Bl, S, O	V(d), H(e), K(e)	0

Product Name	Price/Serve May 25	Kcal / Serve	Protein / Serve	Unit Size	Pack Size	Flavours	Vegan (Ve) / Vegetarian (V) / Kosher (K) /Halal (H)	IDDSI Level
□ Ensure Plus Juce*	£2.75	330	10.6	220ml	880ml	S, P, O, LL, Ap, FP	V(f), H(h) ,K(f)	1
VEGAN OPTION - Also useful for patients with milk intolerance or milk allergy. Not suitable in soy intolerance. Not nutritionally complete								
□ ActaSolve Smoothie Powder ⁽⁴⁾	£1.08	297	10.7	66g	462g	Pi, M, P, SC	Ve, H, K	2
HIGH PROTEIN, STANDARD ENERGY – Patients with increased protein requirements – identified following dietetic assessment								
□ <u>ActaSolve Protein compact⁽⁶⁾</u>	£1.16	313	20	57g	399g	S, C, B, V, N	V, H, K	2 and 3
□ Altraplen Protein	£2.38	300	20	200ml	800ml	S,V	V(d), H(e), K(e)	1/2 [#]
HIGH PROTEIN, HIGH ENERGY – Patients with increased protein and energy requirements – identified following dietetic assessment								
□ <u>Aymes Shake Powder⁽¹⁾</u>	£0.59	383	19	57g	399g	B, C, S, N, V	V, H, K	0
□ ActaGain 2.4	£1.72	480	19.2	200ml	400ml	S,V,B	V(b), H(b),K(b)	2
□ Actagain 2.4 Daily	£1.60	600	24	250 ml	750 ml	S,V,B	V(b), H(b),K(b)	2
□ Altraplen Compact Daily	£1.60	600	24	250 ml	750 ml	S,V,B	V, H(e), K(e)	2-3 [#]
FIBRE CONTAINING - Useful for patients with constipation								
□ <u>Aymes Shake Fibre(1) 5.0 g fibre</u>	£0.87	375	19	57g	399g	V, C, S, B, N	V, H, K	0
□ <u>Foodlink Complete Fibre(1) 4.5g fibre</u>	£0.98	397	19	63g	441g	V, C, S, B, N	V, H(a), K(a)	1
SEMI SOLID DESSERT – Patients with dysphagia								
□ ActaSolve Delight ⁽⁵⁾ Powder	£1.15	302	11.2	125g	500g	Bu, L, Mi	V, H, K	4
MODIFIED CONSISTENCY - Patients with dysphagia								
□ Slo Milkshake Powder ⁽¹⁾ Level 2/3	£2.25	332	24	50g	350g	C, S		2 and 3
SAVOURY STYLE - Best served warm as a soup or added to sauces								
□ ActaSolve Savoury +200ml Hot water	£0.93	251	9.2	57g	399g	Chicken, Vegetable	V(c), H(c) K (c)	1

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POWDERED ONS – Always consider prescribing a powdered product first if appropriate**								
□ Ensure Shake ⁽¹⁾	£0.65	389	17	57g	399g	B, C, S, V		0
□ Complan Shake ⁽¹⁾	£0.30	381	15.8	57g	228g	B, C, N, S, V	V, H(g),K(f) V, H, K	NK
□ ActaSolve High Energy ⁽²⁾	£1.60	588	12.3	85g	510g	B, C, S, V		0
MILKSHAKE STYLE – Nutritionally complete bottled ONS; if powdered ONS are not suitable								
□ Fresubin Energy	£1.53	300	11.2	200ml	200ml	C, Co,	H, K, V _(b) , H _(b) ,K _(b)	0
□ Actagain 2.0	£2.10	400	16	200ml	200ml	V, S, B	V (b/v)	2
JUICE STYLE - Patients who do not like or are unable to tolerate milk-based sip feeds. Not nutritionally complete.								
□ Fresubin Jucy	£1.89	300	8	200ml	800ml	A, O, Ch, Bl, Pi	V, H, K	0
□ Fortijuice	£1.80	300	8	200ml	200ml	L,Tf, S, A, O	V, H, K	0
VEGAN OPTION- Ready made ONS if powder contraindicated. Also useful for patients with milk intolerance or milk allergy. Not suitable in soy intolerance. Nutritionally complete								
□ Fortisip PlantBased 1.5 kcal	£1.60	300	12	200ml	200ml	M/Pa, Mo	H, K	NK
HIGH PROTEIN, STANDARD ENERGY – Patients with increased protein requirements – identified following dietetic assessment								
□ Fortisip Compact Protein	£2.60	300	18	125ml	500ml	V, S, B, Mo, Be, P/M, N, G, CrF	V(f), H ,K(f)	NK
FIBRE CONTAINING - Useful for patients with constipation								
□ Resource 2.0 Fibre (5g fibre)	£2.68	400	18	200ml	200ml	S, V		NK
SEMI SOLID DESSERT - Patients with dysphagia								
□ ActaCal Crème	£1.54	188	9.4	125g	500g	V, C		4
MODIFIED CONSISTENCY - Patients with dysphagia								
□ Nutilis Complete Drink Level 3	£2.87	306	12	125ml	500ml	V, C, M/Pa, L, S	V(f), H(g),K(f) V(f), H(g),K(f)	3
□ Nutilis Complete Crème Level 3	£2.87	308	12	125g	500g	C, S, V		3
□ Fresubin Thickened Level 2/3	£2.72	300	20	200ml	800ml	S, V		2 and 3
YOGURT STYLE - Less sweet and useful in patients with taste fatigue or taste changes								
□ Fresubin YoDrink	£1.92	300	15	200ml	200ml	A/P,L,R		01- Jan
MODULAR ONS - ONLY PRESCRIBE IN EXCEPTIONAL CIRCUMSTANCES. Advise food fortification instead. Neutral is cheaper								
□ Altrashot	£1.00	140	2	40ml	120ml	S, V, N		0-1 [#]

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POWDERED ONS – Always consider prescribing a powdered product first if appropriate**								
□ Enshake ⁽²⁾	£3.67	600	16	96.5g	579g	B, C, S, V		0
□ Calshake ⁽²⁾	£3.11	600	12	87g	609g	B, S, N, V		0
□ Scandishake ⁽²⁾	£3.57	585	12.5	85g	510g	B, C, S, N, V, Ca	V(f), H(g),K(f)	NK
MILKSHAKE STYLE – Nutritionally complete bottled ONS; if powdered ONS are not suitable								
□ Resource Energy	£2.74	303	11.2	200ml	800ml	C, S, R, V		NK
□ Ensure 2kcal	£2.99	399	16.8	200ml	200ml	B, S, N, V		1
□ Ensure Liquid	£3.42	251	10	250ml	250ml	C, V		0
HIGH PROTEIN, STANDARD ENERGY – Patients with increased protein requirements – identified following dietetic assessment								
□ Fresubin Protein Energy	£2.45	300	20	200ml	200ml	V, Ca, S, C, TF	H, K	1
□ Ensure Plus Advance	£2.38	330	20	220ml	220ml	Co, C, S, B, V	V(f), H(h),K(f)	1
HIGH PROTEIN, HIGH ENERGY – Patients with increased protein and energy requirements – identified following dietetic assessment								
□ Fresubin 2kcal	£2.40	400	20	200ml	200ml	A/P, Ca, Fof, To, V, N	H, K	1
□ Fortisip 2kcal	£2.50	400	20	200ml	200ml	V, S, C/Ca, Fof, Mo	V(f), H, K(f)	NK
FIBRE CONTAINING - Useful for patients with constipation								
□ Fresubin 2kcal Fibre (3g fibre)	£2.50	400	20	200ml	200ml	C, N, V, Co,	H, K(i)(j)	1
□ Ensure Plus Fibre (5g fibre)	£3.05	310	13	200ml	200ml	C, B, R, S, V	V(f), H(h),K(f)	1
□ Fresubin Energy Fibre (4g fibre)	£2.76	300	7.6	200ml	200ml	C, V	H, K(i)	0
□ Fortisip Compact Fibre (4.5g fibre)	£2.87	300	12	125ml	500ml	S, V, Mo	V(f), H, K(f)	NK
SEMI SOLID DESSERT – Patients with dysphagia								
□ Forticreme Complete	£2.60	200	11.9	125g	500g	B, C, V, FoF	V(f), H(g),K(f)	NK
□ Fresubin 2kcal Crème	£2.10	250	12.5	125g	500g	C, S, V, Ca, Pr	H, K	4
□ Fresubin YOcreme	£2.78	188	9.4	125g	500g	L, R, A/P, Bi	H, K	4
MODULAR ONS- ONLY PRESCRIBE IN EXCEPTIONAL CIRCUMSTANCES. Advise food fortification instead								
□ Calogen	£1.04	135	0	30ml	200ml	B, S, N	V(f), H,K(f)	NK
□ Calogen Extra Bottles	£1.21	160	2	40ml	200ml	S, N	V(f), H(g),K(f)	NK
□ Calogen Extra Shots	£1.20	160	2	40ml	240ml	S, N	V(f), H(g),K(f)	NK
□ Pro-Cal shot	£2.64	100	2	30ml	250ml	B, S, N		1
□ Pro-Cal powder	£0.99	100	2	15g	450g	N	Ve, V, H, K	
□ Fresubin 5 Cal Shot	£0.89	150	0	30ml	480ml	N, L		2
□ Vitajoule	£0.14	40	0	10g	500g	N		

Flavour Codes for Oral Nutritional Supplements							
A	Apricot	Ch	Cherry	M	Mango	Pr	Praline
Ap	Apple	Co	Coffee	MC	Mint Chocolate	R	Raspberry
B	Banana	CrF	Cool red fruits	M/Pa	Mango	S	Strawberry
Be	Berries	FoF	Fruits of the Forest	Mi	Passionfruit	SC	Strawberry + Cranberry
Bi	Biscuit	FP	Fruit Punch	Mo	Mixed Berries	SF	Summer Fruits
Bl	Blackcurrant	G	Hot Tropical Ginger	Mush	Mocha	To	Toffee
Bu	Butterscotch	HC	Hazel Chocolate	N	Mushroom	TF	Tropical Fruit
C	Chocolate	L	Lemon	O	Neutral	V	Vanilla
Ca	Caramel	Leek/P	Leek and Potato	P	Orange		
		LL	Lemon Lime	Pi	Peach		
					Pineapple		

Legend
Powder based supplements instructions and limitations: ⁽¹⁾Made with 200ml whole milk ⁽²⁾Made with 240ml whole milk ⁽³⁾Made with 100ml whole milk ⁽⁴⁾Made with 150ml water ⁽⁵⁾Made with 75ml whole milk ⁽⁶⁾Made with 100ml whole milk Powder based supplements not suitable for: Limited dexterity & inability to prepare • Cow's milk allergy or intolerance (check allergen information from company) • Under 6 years • Galactosemia • Require thickened fluids • Require additional fibre via their ONS • Not suitable for enteral feeding tubes • Patients with renal disease should be assessed by a dietitian prior to prescribing a powdered ONS or taking OTC supplement. Suitability for Vegetarian, Vegan, Halal, Kosher: ^(a) Does not contain any ingredients that are forbidden in the Halal or Kosher diets; however, the manufacturing process is not observed by the relevant religious body. ^(b) Except strawberry flavour due to the presence of carmine. ^(c) Except for chicken flavour ^(d) Strawberry and Blackcurrant flavour contains colouring E120, which is also known as cochineal or carmine, and is not suitable for many vegetarians ^(e) Strawberry and Blackcurrant flavours are not suitable. All other flavours do not contain any ingredients that are forbidden in the Halal or Kosher diets; however, the manufacturing process is not observed by the relevant religious body ^(f) Except for flavours which contain carminic acid e.g., forest, peach, raspberry, blackcurrant, and strawberry flavours. ^(g) Does not contain any ingredients that are forbidden in the Halal diet; however, the manufacturing process is not observed by the relevant religious body. ^(h) Except for lemon and lime flavour, vanilla flavour, and raspberry flavour ⁽ⁱ⁾ Not for Passover use ^(j) Chocolate flavour is suitable for Passover use IDDSI Codes: NK= Not known. If blank, product is a powder and IDDSI does not apply. IDDSI levels are reported by nutritional companies. Altraplen Compact Daily Strawberry and Vanilla flavour are level 3 when chilled; Strawberry is level 3 when ambient and chilled. See IDDSI Guides for details: Aymes / Nualtra

In case of nutritionally incomplete ONS a dietitian's advice is essential where the patient is relying on ONS for their sole source of nutrition.