

NHS Frimley **Paediatric** Formulary

Oral Nutritional Supplements

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Contact Details

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Aim & Scope of Document

This formulary provides guidance on the prescribing of oral nutritional supplements (ONS) for paediatrics (>8kg/1 year) within primary care in Frimley Health and Care ICS.

This list is not exhaustive and does not include:

- Specialised Infant Feeds where infant is <8kg/under 1 year old – please refer to NHS Frimley Paediatric Formulary: Specialised Infant Feeds
- Enteral tube feeds: Please refer to the NHS Frimley Paediatric Formulary: Enteral feeds
- Specialist metabolic products, such as low protein products (e.g. for PKU) or products specific to chronic liver or renal disease. These should be prescribed following the guidance of the recommending dietitian or clinician.
- Gluten free foods for management of coeliac disease. These should be prescribed according to Medicines Optimisation Position Statement 006.

All prices are correct as of November 2024 MIMS /dmd data.

Dietitians should only use products listed on this formulary (as approved by NHS Frimley Medicines Board). If a Dietitian requests a product not included on the formulary for clinical reasons, they must inform the prescriber that it is non-formulary and give clear justification for its use.

The role of Oral Nutritional Supplement (ONS) in paediatrics

A food-based approach should always be trialled first-line* prior to the introduction of ONS.

- Patients on Oral Nutritional Supplements (ONS) should be ideally reviewed **every 3-6 months** (or more frequently if there is a clinical need) as per NICE CG32 guidance. Flavour preferences should be identified by the dietitian, prior to requesting a prescription.
- Clear guidance on how to use the product, expected duration of prescription and when it would be appropriate to stop the prescription should be discussed on initiation.

As per NICE faltering growth guidance [www.nice.org.uk/guidance/ng75]

ONS may be considered in the following circumstances, and where a food-based approach has been trialled:

- a fall across 1 or more weight centile spaces, if birthweight was below the 9th centile
- a fall across 2 or more weight centile spaces, if birthweight was between the 9th and 91st centiles
- a fall across 3 or more weight centile spaces, if birthweight was above the 91st centile
- when current weight is below the 2nd centile for age, whatever the birthweight.

*The below warrants supplement usage with no need for food first approach first:

- A weight below the 0.4th centile

Age/Weight range

- Dietitians and GPs are advised to keep track of the age and weight of the infant/child, to ensure that products meet their nutritional requirements.

Depending on the age/weight of the child, certain 'Adult' ONS may be suitable and are better value. Nutritionally appropriate 'best fit adult' alternatives are listed.

Guidance for product use

- under 12-18 months (or under 8kg): use appropriate paediatric formulation - refer to NHS Frimley Paediatric Formulary: Specialised Infant Feeds
- 1-6 years: use first line paediatric ONS – aim to use powder options where age appropriate.
- 6 -10 years: consider switch to suggested second line ('adult') alternative ONS where appropriate.
- 11-14 years (or over 30kg): switch to second line ('adult') alternative ONS except in exceptional circumstances.
- 15 years+ (or over 30kg): use NHS Frimley Adult formulary except in exceptional circumstances.

Note: Interpretation of Adult ONS* precautions

'Not suitable under 3 years of age/use with caution under 6 years old' - cited in the Formulary as the manufacturer upper age range (in this instance, 6+ years).

'Use with caution under 6 years old' – cited in the Formulary as suitable for 6+ years.*

Product Suitability

The products included in this formulary should be safe and suitable for most patients to use. Please refer to the BNF for Children, manufacturer's information, or Dietitian for advice if a patient is following a restricted diet for medical/religious purposes or has complex nutritional needs. Specific suitability issues are discussed below:

Ability to Prepare	Powder options represent best value for money but should only be prescribed where the relative/carer is able to make up the product according to the manufacturer's instructions. Ready to drink products are available for patients where this is not possible.
Allergens	Allergens are not listed for amber products as it is expected that dietitians should be able to access this information easily from the manufacturer. <u>It is the clinician's responsibility to check each product for allergens before prescribing.</u>
Diabetes	Patients living with diabetes may need to increase blood glucose monitoring if ONS are commenced, changed, or stopped. Milk-based products are usually recommended over juice-based products.
Dysphagia	Thickeners: Instant Carobel should be purchased OTC except when requested by a Speech and Language Therapist (SALT) or paediatric dietitian in special circumstances e.g. when a child has complex medical conditions and is at risk of choking or dysphagia.
Gluten	Products are gluten-free unless stated otherwise
Lactose	Manufacturers state a product is 'clinically lactose-free', 'lactose-free' or containing 'residual lactose' if the lactose content is below a certain threshold. This varies from <0.2g-1.0g per 100ml for different products
Sole/Main Source of Nutrition	Please refer the patient for dietitian assessment if ONS are the main/sole source of nutrition for the patient, as not all ONS products are suitable for this purpose (particularly powdered ONS and juice-based products)
Vegetarian/Vegan/Halal/Kosher	Please check product suitability. Many products on this formulary obtain vitamin D from lanolin (found in live sheep's wool) which is not suitable for vegan diets, however, may be accepted in vegetarian diets. Some flavours use cochineal as a colouring.

Traffic Light Coding: **AMBER**

All products in this Formulary are Traffic Light coded 'Amber' and therefore, should only be started on the advice of a paediatric dietitian / paediatrician, and not initiated in primary care. Please refer to their advice for monthly quantity of product and duration of prescription.

NON-Formulary items

The following are non-formulary and should be purchased Over the Counter (OTC):

- **Thickeners:** Instant Carobel should be purchased OTC except when requested by a Speech and Language Therapist (SALT) or paediatric dietitian in special circumstances e.g. when a child has complex medical conditions and is at risk of choking or dysphagia.
- **Vitamins:** *Patients are expected to purchase vitamins and minerals OTC unless there is a diagnosed deficiency or clinical need*

Advisory Committee on Borderline Substances (ACBS) Indications

- ACBS indications for each product were accessed from the NHS Electronic Drug Tariff Part XV, Borderline Substances (November 2024)
- **Products should only be used for the ACBS indications they are specified for.** Please follow dietitian recommendations for monthly volumes.

The ACBS advises as to the circumstances in which substances normally regarded as food may be regarded as drugs for the treatment of specified conditions. Prescribers should satisfy themselves that the products can be safely prescribed, that patients are adequately monitored and that, where necessary, expert supervision is available.

The standard ACBS indications (including abbreviations used in this formulary) are:

Abbreviation	Standard ACBS Indication	Abbreviation	Standard ACBS Indication
BF	Bowel Fistulae	IM	Intractable Malabsorption
D	Dysphagia	PO	Pre-operative preparation of undernourished patients
DRM	Disease-Related Malnutrition and/or Growth Failure	SBS	Short Bowel Syndrome
IBD	Proven Inflammatory Bowel Disease	TG	Total Gastrectomy

Other ACBS indications included in this formulary (including abbreviations used) are:

Abbreviation	Other ACBS Indication
MC	Malabsorption states or other conditions requiring fortification with carbohydrate and as a carbohydrate source in modular feeds
MFC	Malabsorption states or other conditions requiring fortification with a fat/carbohydrate supplement
ST	Steatorrhoea associated with cystic fibrosis of the pancreas, intestinal lymphangiectasia, surgery of the intestine, chronic liver disease, liver cirrhosis, other proven malabsorption syndromes, a ketogenic diet in the management of epilepsy and in type 1 hyperlipoproteinaemia

Oral Nutritional Supplements - Milkshake Style

Frimley Formulary Traffic Light Coding: **AMBER**

For Disease Related Malnutrition and/or Growth Failure plus other ACBS as indicated, once over 8kg / 1+ years

Nutrition and cost shown per serving. A nutrient dense food-based approach should always be encouraged. Use powder ONS options first-line.

Borderline Substance and available flavours		Age* / Weight Range	ACBS Indication	Additional information	Presentation (serving)	Calories /serving	Protein /serving	Cost /serving	
POWDER Shakes	Standard	Aymes ActaJuni Shake (Aymes) Banana, Chocolate, Neutral, Strawberry, Vanilla	3 to 10 years and/or up to 35kg	DRM	Use FIRST when powder suitable (3- 6 years) Make up with 150ml water	57g sachet + 150ml water (7x57g pack)	288	8	£1.35
		Complan Shake (Nutricia) Banana, Chocolate, Original, Strawberry, Vanilla	6+ years* with water	DRM, SBS, IM, PO, D, BF, IBD, TG	Use FIRST when powder suitable (6+ years) Make up with 200ml water. Recommend do not make with milk until 10+ years due to the higher protein, phosphate, calcium, and sugar content	57g sachet + 200ml water (4x57g pack)	252	8	£0.51
	10+ years* with whole milk		380			15.8			
	Compact	Aymes Shake Compact (Aymes) Banana, Chocolate, Ginger, Neutral, Strawberry, Vanilla	6+ years* with water	DRM, SBS, IM, PO, BF, IBD, TG	Use when compact powder indicated (6+ years). Caution – higher sugar content (22g/serving). Recommend do not make with milk until 10+ years due to the higher protein, phosphate, calcium, and sugar content. Mix with 100ml fluid	57g sachet + 100ml water (7x57g pack)	250	12	£0.57
10+ years* with whole milk			318			15			
Standard Volume BOTTLE	1kcal/ml	Paediasure (Abbott) Banana, Chocolate, Strawberry, Vanilla	1 to 10 years or 8-30kg	DRM, SBS, IM, PO, D, BF		200ml bottle	201	5.6	£3.78
	1.5kcal/ml	Aymes ActaJuni (Aymes) Chocolate, Strawberry, Vanilla	1 to 10 years		Use FIRST (1- 6 years)	200ml bottle	300	8	£2.52
		Altraplen Energy (Nualtra) Banana, Chocolate, Strawberry, Vanilla	6+ years*	DRM	Use FIRST when unable to use powder (6+ year) 6-10 years: Do not exceed 1 x 200ml per day 11+: up to 2 x 200ml per day	200ml bottle	300	12	£0.99
Compact Bottle	1.5kcal/ml	Paediasure Compact (Abbott) Banana, Strawberry, Vanilla	1 to 10 years or 8-30kg	DRM	Use FIRST when compact bottle indicated (1-6 years)	125ml (4x125ml pack)	301	8.4	£4.70
		Altraplen Compact (Nualtra) Banana, Hazel chocolate, Strawberry, Vanilla	6+ years*	DRM, SBS, IM, PO, D, BF, IBD, TG	Use FIRST when unable to use compact powder (6+ years) Do not exceed 2 x 125ml a day	125ml (4x125ml pack)	300	12	£1.56

Oral Nutritional Supplements - Juice style and Higher Fibre options

Frimley Formulary Traffic Light Coding: **AMBER**

Nutrition and cost shown per serving.

A nutrient dense food-based approach should always be encouraged. Use powder ONS options first-line.

		Borderline Substance and available flavours	Age /Weight Range	ACBS Indication	Additional Information	Presentation (serving)	Calories /serving	Protein /serving	Cost /serving
JUICE style	POWDER Shake	Aymes ActaSolve Smoothie (Aymes) Mango, Peach, Pineapple, Strawberry & cranberry	6+ years*	DRM, SBS, IM, PO, D, BF, IBD, TG	Use FIRST when powder suitable (6+ years) Make up with 150ml water or fruit juice /plant-based milks Suitable for vegans	66g sachet + 150ml water (7x66g pack)	298	10.7	£1.08
		Foodlink Smoothie (Foodlink) Orange & mango, Peach, Red Berry, Tropical	6+ years*	DRM	Make up with 150ml water. Suitable for vegans	66g sachet + 150ml water (7x66g pack)	287	10	£1.11
	BOTTLE	Paediasure Plus Juice (Abbott) Apple, Very Berry	8-30kg	DRM	Caution – higher sugar content (20g/serving)	200ml bottle	300	8.4	£4.85
		Aymes ActaGain Juice (Aymes) Apple, Berry medley Exotic fruit, Orange, Peach,	6+ years*	DRM, SBS, IM, PO, BF, IBD	Use FIRST when unable to use powder (6+ year) Caution – higher sugar content (20g/serving)	200ml bottle	300	10	£1.80
Higher Fibre	1kcal/ml	Fortini 1.0 Multifibre (Nutricia) Banana, Chocolate, Strawberry, Vanilla	1+ years/>8kg	DRM	3g fibre per serving	200ml bottle	200	4.8	£3.66
	Compact	Altrini Compact Fibre (Nualtra) chocolate, strawberry, vanilla, natural	1 to 10 years	DRM	1.75g fibre per serving	125ml bottle (4x125ml pack)	300	7.5	£3.50
	Juce style	Fortini Smoothie Multifibre (Nutricia) Berry fruit, Summer fruit	1+ years (>8kg)	DRM	2.8g fibre per serving Caution – high sugar content (23g/serving)	200ml bottle	300	6.8	£4.97

Oral Nutritional Supplements - Soups and Desserts

Frimley Formulary Traffic Light Coding: **AMBER**

Nutrition shown per serving. Cost per serving.

A nutrient dense food-based approach should always be encouraged.

	Borderline Substance and available flavours	Age /Weight Range	ACBS Indication	Additional Information	Presentation (serving)	Calories /serving	Protein /serving	Cost /serving	
SOUP	AYMES ActaSolve Savoury (Aymes) Chicken, Potato & leek, Vegetable	6+ years*	DRM, SBS, IM, PO, BF, IBD, TG	Make up with 200ml water	57g sachet + 200ml water (7x57g pack)	250	9.1	£0.93	
Desert Style	AYMES ActaSolve Delight (Aymes) Butterscotch, Lemon, Mixed berries	6+ years* with water	DRM, SBS, IM, PO, BF, IBD, TG	Use FIRST where POWDER suitable (6+ years). Caution – higher sugar content (21g/serving). Make up with 75ml water.	57g sachet + 75ml water (7x57g pack)	251	8.7	£1.15	
		10+ years* with whole milk	DRM, SBS, IM, PO, BF, IBD, TG	Recommend do not make with milk until 10+ years due to the higher iodine, calcium, vitamin A and sugar content.	57g sachet + 75ml whole milk (7x57g pack)	302	11.2		
	Ready to eat	Aymes ActaCal Crème dessert (Aymes) Chocolate, Vanilla	6+ years	DRM, SBS, IM, PO, BF, IBD, TG	Use FIRST where suitable (6+ years). Unless required for higher protein content, commercial deserts may be suitable and should be used first.	125g pot (4x125g pack)	188	9.4	£1.54
		Fresubin 2kcal Crème (Fresenius) Cappuccino, Chocolate, Praline, Vanilla, Wild strawberry	6+ years*	DRM, SBS, IM, PO, D, BF, IBD, TG, CAPD & HD	Use FIRST where suitable (6+ years). Unless required for high protein content, commercial deserts may be suitable and should be used first.	125g pot (4x125g pack)	250	12.5	£2.04
		Fortini Creamy Fruit Multifibre (Nutricia) Berry fruit, Summer fruit	1+ years	DRM	1.9g fibre Unless required for fibre content, commercial deserts may be similar in calories/protein and should be used first.	100g pot (4x100g pack)	150	3.5	£2.50

Oral Nutritional Supplements - Modular Options

Frimley Formulary Traffic Light Coding: **AMBER**

Nutrition shown per 100ml/100g unless otherwise noted. Cost per Item.

		Borderline Substance and available flavours	Age /Weight Range	ACBS Indication and Additional Information		Presentation	Calories kcal/100ml	Protein g/100ml	Cost per item						
HIGH ENERGY Supplements	Carbohydrate	Super Soluble Maxijul (Nutricia) Neutral	Not specified	DRM, IM, MC	Recommended dilution: 75g + 150ml water (1:2)	4 x 132g sachets	380 per 100g	0	£9.68						
						200g tin			£3.90						
	Fat	Calogen (Nutricia) Strawberry, Unflavoured	6+ years	DRM, IM, MFC	Strawberry flavour higher calories 467kcal/100ml	200ml bottle	450 per 100ml	0	£6.58						
						500ml bottle			£16.19						
						Duocal Super Soluble (Nutricia) Neutral			Not specified	DRM, IM, MFC	400g tin	492 per 100g	0	£27.28	
	Protein	Liquigen (Nutricia) Unflavoured	Infants ² Children ²	ST	MCT oil-based fat emulsion. ² May require dilution for children under 5 years of age	250ml bottle	450 per 100ml	0	£13.97						
						Pro-cal Powder (Vitaflo) Unflavoured			3+ years	DRM, MFC	15g powder reconstituted with 100ml water: 100kcal, 2g protein	8 x15g sachets (starter pack)	667 per 100g	13.6 per 100g	£7.53
												30 x15g sachets			£28.45
												510g tin			£22.13
						Altrashot (Nualtra) Neutral, Strawberry, Vanilla			6+ years*	DRM	Give as 30ml or 40ml shots. Once opened consume within 4 hours or store in a refrigerator and consume within 24 hours	120ml bottle (4x120ml pack)	105 per 30ml 420 per 120ml	1.5g per 30ml 6 per 120ml	£2.73 (neutral) £2.90 (Straw/van) per bottle
Prosource Plus (Nutrinovo) Citrus Berry, Orange Crème, Unflavoured	3+ years	HP	Must check tolerance before prescribing	50 x30ml sachets	333 per 100ml 100 per 30ml		50g per 100ml 15g per 30ml	£99.27							
				100 x30ml sachets		£198.54									
HIGH FIBRE fortifier	HyFiber (Nutrinovo) Mild citrus	3+ years	Bowel transit disorders	Must check tolerance before prescribing 40g fibre per 100ml [12g fibre per 30ml serving]	2 x 887ml bottle	53 per 100ml	0	£66.10							
					100 x 30ml			£112.94							
HIGH FIBRE fortifier	OptiFibre (Nestle) Unflavoured	5+ years	DRM, SBS, IM, PO, BF, IBD, TG	Use FIRST where suitable 5+ years 78g fibre per 100g [3.9g fibre per 5g serving]	16 x 5g sachets	76 per 100g	<1.5 per 100g	£5.78							
					250g tin			£14.27							

Specific clinical conditions: Ketogenic diets

Frimley Formulary Traffic Light Coding: **AMBER**

Nutrition per 100g/100ml unless otherwise noted. Cost per Item.

	Borderline Substance and available flavours	Age /Weight Range	Additional Information	Presentation	Calories kcal/100ml	Protein g/100ml	Cost per item
ACBS: For patients requiring KETOGENIC diets for the management of drug-resistant epilepsy or other medical conditions	KetoCal 2.5:1 LQ <i>(Nutricia) Vanilla</i>	8+ years	1.1g fibre per 100ml Source of MCT fat	200ml carton	153 per 100ml	4.5 per 100ml	£6.53 per 200ml
	KetoCal 3:1 <i>(Nutricia) Unflavoured</i>	From birth	Nutritionally complete birth to 3 years. Suitable for supplementary feeding over 3 years Reconstitute: 9.3g powder per 100ml	300g tin	711 per 100g 66 prepared per 100ml	15.4 per 100g 1.4 prepared per 100ml	£44.52 per tin
	KetoCal 4:1 <i>(Nutricia) Unflavoured, Vanilla</i>	1-10+ years	5.4g fibre per 100g Nutritionally complete 1-10 years. Suitable for supplementary feeding over 10 years	300g tin	703 per 100g	14.4 per 100g	£45.99 per tin
	KetoCal 4:1 LQ <i>(Nutricia) Unflavoured, Vanilla</i>		1.12g fibre per 100g. Complete/supplementary feeding 1-10 years. Suitable for supplementary feeding over 10 years	200ml	150 per 100ml	3.09 per 100ml	£6.18 per 200ml
	K.Flo <i>(Vitaflo) Vanilla</i>	3+ years	1.4g fibre per 100ml	250ml	150 per 100ml	3.4 per 100ml	£7.64
	K.Quik <i>(Vitaflo) Unflavoured</i>	3+ years	Must check tolerance before prescribing Source of MCT. Once opened, recap unused portion and refrigerate for up to 48 hours	15 x 225ml bottle	189 per 100ml	0	£72.15 per pack
	K.Yo <i>(Vitaflo) Chocolate, Vanilla</i>	3+ years	Suitable as sole source of nutrition 3 to 10 years, or as supplementary nutrition from 3 years and onwards	100g pot (4x100g pack)	308-310 per 100g	8 per 100g	£35.58 per pack
	Ketovie 4:1 <i>(Cambrooke) Chocolate, Vanilla</i>	3+ years	Nutritionally complete	250ml carton	152 per 100ml 380 per carton	3.4 per 100ml 8.5 per carton	£7.52
	Ketovie Peptide 4:1 <i>(Cambrooke) Unflavoured</i>	3+ years	Nutritionally complete	250ml carton	150 per 100ml 374 per carton	3.24 per 100ml 8.1 per carton	£7.08

	Borderline Substance and available flavours	Age /Weight Range	Additional Information	Presentation	Calories kcal/100ml	Protein g/100ml	Cost per item
Keto contd.	Ketovie Kwik Mix baking mix (Cambrooke)	3+ years	Ketogenic ratio 4:1. Not nutritionally complete	680g tin	135 per 28g	1.4	£42.48
MCT products	MCT Oil (Nutricia) Unflavoured	Not specified	Indicated for ST 100% MCT oil	500ml bottle	855 per 100ml	0	£22.15 per 500ml
	MCT Procal (Nutricia) Unflavoured	3+ years	For disorders of long chain fatty acid oxidation, fat malabsorption and other disorders requiring a low LCT, high MCT supplement. DO NOT add to fruit juice	16g sachet 30 x 16g sachets	657 per 100g 112 per 16g	12.5 per 100g 2 per 16g	£35.86 per pack 30

Specific clinical conditions: Other Specialist

Frimley Formulary Traffic Light Coding: **AMBER**

Nutrition per 100g/100ml. Cost per Item.

Borderline Substance and available flavours	Age /Weight Range	ACBS Indication and Additional Information		Presentation	Calories kcal/100ml	Protein g/100ml	Cost per item
Peptamen Junior Powder (Nestle) Vanilla	1 to 10 years	SBS, IM, BF, IBD	Nutritionally complete	400g tin	100	3	£24.79
Peptamen Junior 1.5 (Nestle) Banana, Vanilla	1 to 15 years	SBS, IM, BF, IBD	Nutritionally complete	200ml (4x200ml pack)	151	4.5	£5.03
Elemental 028 Extra (Nutricia) Powder: Banana, Orange, Unflavoured Liquid: Grapefruit, Orange & pineapple, Summer fruits	6+ years caution 1-5 years	SBS, IM, BF, IBD	Powder: unflavoured has more calories Sole source of nutrition or as a necessary nutritional supplement	100g powder	427-443 per 100g	12.5 per 100g	£10.77
				250ml	86 per 100ml	2.5 per 100ml	£5.52
S.O.S. Sachets (Vitaflo) powder: Neutral	SOS 10 (birth-1 yr)	For use in the dietary management of inherited metabolic disorders	Not nutritionally complete	21g x30 sachets	380 per 100g	0	£11.02
	SOS 15 (1-2yr)			31g x30 sachets			£16.28
	SOS 20 (2-10yr)			42g x30 sachets			£22.07
	SOS 25 (10+ yr)			52g x30 sachets			£27.29 /30 sachets

Vitamins and Minerals Frimley Formulary Traffic Light Coding: **AMBER**

Patients are expected to purchase vitamins and minerals OTC unless there is a diagnosed deficiency or clinical need

Prices shown per tin or per pack

Borderline Substance and available flavours		Age /Weight Range	ACBS Indication and Additional Information	Presentation	Calories kcal/100ml	Protein g/100ml	Cost per item
Vitamins & Minerals	Paediatric Seravit <i>(Nutricia) unflavoured, pineapple</i>	unflavoured	Restrictive therapeutic diets in infants and children *pineapple flavour restricted to 3+years due to sweeteners	200g tin	300 per 100g	0	£27.01
		3+ years* <i>Pineapple</i>					£28.80
	FruitiVits <i>(Vitaflo) orange flavour powder</i>	3 to 10 years	Restrictive therapeutic diets	30 x 6g sachets	40 per 100g	0	£97.04
	Phlexy-Vits <i>(Nutricia) unflavoured</i>	11+ years	PKU and similar amino acid disorders	30 x 7g sachets	15 per 100g	0	£103.50
180 tablets				59 per 100g	£119.35		

Thickeners (see NHS Frimley 'Guidance for Prescribing Thickeners') Frimley Formulary Traffic Light Coding: **AMBER**

Thickeners	Instant Carobel <i>(Cow & Gate)</i>	full-term infants, children	Purchase OTC if required to thicken feeds in the treatment of vomiting On prescription if: requested by SALT or paediatric dietitian if child has complex medical conditions and is at risk of choking or dysphagia. 1.7g scoop	135g box	5 per 1.7g scoop	0	£3.98
	Resource Thicken Up Clear <i>(Nestle)</i>	3+ years	Patients requiring thickening of liquid or food for the management of dysphagia. 1.2g scoop	127g tin	3.7 per 1.2g scoop	0	£9.02

Nutritional analysis showing key nutrients for paediatric and adult formulations

Product		Daily requirements - children aged 7-18 years ³											
Age / Sex		Calories Kcal	Protein g	Fibre g	Vitamin A mcg	Vitamin D mcg	Phosphorus mg	Iodine mcg	Iron mg	Calcium mg	Magnesium mg	Zinc mg	Carbohydrate (total sugar) g
7-10 years	Male	1817	28.3	20	500	10	450	110	8.7	550	200	7	24
	Female	1703	28.3	20									23
11-14 years	Male	2500	42.1	25	600	10	775	130	11.3	1000	280	9	33
	Female	2000	41.2	25			625		14.8	800			27
15-18 years	Male	2500	55.2	30	700	10	775	140	11.3	1000	300	9.5	33
	Female	2000	45	30	600		625		14.8	800		7	27
		Nutrition per serving ⁴											
Whole cow's milk - Bottle		130	7	0	0	Tr	198	64	0.04	247	23	1	9.5
Standard 1.0kcal/ml Milkshake - Bottle													
Paediasure (<i>Abbott</i>)		201	5.6		90	2	106	20	2.00	112	32	2	7.4
Standard Milkshake - Powder													
ActaJuni Shake (<i>Aymes</i>) + Water		288	8		334	5.6	165	37.9	4.20	168	35.6	1.9	11.7
Complan Shake (<i>Nutricia</i>) + Water		252	8.0		313	4.4	276	64.4	2.10	372	50.1	2.96	18.1
Complan Shake (<i>Nutricia</i>) + Milk		380	15.8		391	4.5	473	128	2.10	618	72.7	4	27.6
Standard 1.5kcal/ml Milkshake - Bottle													
Aymes ActaJuni (<i>Aymes</i>)		300	8		290	3.6	150	30	3.8	200	34	3	7
Altraplen Energy (<i>Nualtra</i>)		300	12.0		300	2.4	188	42	4.00	182	48	4.6	13
Compact Milkshake - Powder													
ActaJuni Shake (<i>Aymes</i>) + Water		288	8		334	5.6	165	37.9	4.20	168	35.6	1.9	11.7
Aymes Shake Compact (<i>Aymes</i>) + Water		250	12		302	5.1	270	51.6	3.87	346	50	2.73	22.4
Aymes Shake Compact (<i>Aymes</i>) + Milk		318	15		342	5	370	83.4	3.90	470	62	3.2	27.2
Compact Milkshake - Bottle													
Paediasure Compact (<i>Abbott</i>)		301	8.4		150	2.5	175	25	2.80	175	44	3	5.38
Altraplen Compact (<i>Nualtra</i>)		300	12		250	2.5	200	37.5	4.00	210	40	3.1	14.8

JUCE style - Powder												
ActaSolve Smoothie (<i>Aymes</i>)	298	10.7		350	5.8	228	39.7	6.00	117	35	2.4	17.4
Foodlink Smoothie (<i>Nualtra</i>)	287	10.0		350	5.8	94	77	6.00	117	36	2	16
	Kcal	Protein	Fibre	Vit A	Vit D	Phos.	Iodine	Iron	Calcium	Magnes.	Zinc	Carb.
JUCE style - Bottle												
Paediasure Plus Juice (<i>Abbott</i>)	300	8.4		198	0.62	19	17	3.00	38	6.2	3	20.8
ActaGain Juice (<i>Aymes</i>)	300	11.0		300	2.6	26	26	5.80	56	10.4	4.2	20.8
Standard/Low Volume + Fibre - Bottle												
Fortini 1.0 Multifibre (<i>Nutricia</i>)	200	4.8	3	82	2.6	100	20	2	126	22	2	9.4
Altrini Compact Fibre (<i>Nualtra</i>)	300	7.5										
Fortini Smoothie Multifibre (<i>Nutricia</i>)	300	6.8	2.8	122	3	150	30	2.00	168	30	2	23
Savoury ONS												
ActaSolve Savoury (<i>Aymes</i>)	250	9.1	0.6	330	5.2	151	46.2	3.90	261	53.2	2	6.8
Pudding Style ONS - Choose OTC puddings first												
Actasolve Delight (<i>Aymes</i>) + Water	251	8.7	0.5	387	5.5	247	70.7	3.87	310	44.4	2.7	21.6
Actasolve Delight (<i>Aymes</i>) + Milk	302	11.3	0.5	413	5.5	319	95	3.90	401	53	3	25
Aymes ActaCal Crème (<i>Aymes</i>)	188	9.4		188	1.4	140	31.3	2.5	175	31.3	2.0	10.4
Fortini Creamy Fruit Multifibre (<i>Nutricia</i>)	150	3.5	1.9	65	1.9	100	17	1.50	130	15	1	11.7
Fresubin 2kcal Crème (<i>Fresenius</i>)	250	12.5		213	5.0	156	47	3.13	245	20	2.5	16

References

1. Part XV – Borderline Substances, NHS Electronic Drug Tariff [accessed 11/11/2024]
2. MIMS for current prices [accessed 11/11/2024]
3. Government Dietary Recommendations, Public Health England (2016)
4. Nutritional analysis sourced from manufacturer data November 2024