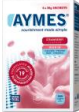





OVER THE COUNTER (OTC) NOURISHING DRINKS

OTC nutritional drinks are available from most supermarkets and some pharmacies. These drinks can support intake if someone is struggling with eating and drinking. They can also be used for patients who do not meet the criteria for prescribing nutritional supplements but would like to try something similar. For further advice please discuss with a health care professional.

Product Name	Presentation & Flavours	Flavours	Nutritional Information Summary	Availability & Approximate Cost
P O W D E R E D				
Aymes Retail® 	Box (38g sachets x 4)	Vanilla, Strawberry, Chocolate & Banana	265kcal 15g protein (made up with 200ml full cream milk) Added vitamins & minerals	Select pharmacies, online £3 per box (80p per sachet)
Complan® 	Box (55g sachets x 4)	Vanilla, Strawberry, Chocolate & Banana	244kcal, 9g protein Added vitamins & minerals	Select supermarkets and pharmacies £3 - £4 (75p- £1 per sachet)
Complan Original® 	Box (425g- 7-8 servings/ pack)	Neutral	244kcal 8.5g protein Added vitamins & minerals	Select supermarkets and pharmacies £4.50 - £4.85 (65p-70p/ serving)
Meritene Energis Shakes® 	Box (30g sachets x 7)	Vanilla, strawberry and chocolate	107kcal 9.3g protein Added vitamins & minerals	Select pharmacies, online £6.99 (£1/ sachets)

OVER THE COUNTER (OTC) NOURISHING DRINKS

Product Name	Presentation	Flavours	Nutritional Information	Availability & Approximate Cost
SOUPS				
Complan Soup® 	Powder (55g sachets x 4)	Chicken and Vegetables	243kcal 8.7g protein Added vitamins & minerals	Select pharmacies, some supermarkets, online £3 - £4 (75p- £1 per sachet)
Meritene Energis Soups® 	50g sachets x 10	Chicken & vegetable	207kcal 7g protein	Select pharmacies, online £14.99 (£1.50 per sachet)
READY MADE DRINKS				
Meritene Strength & Vitality® 	Ready to drink bottle	Chocolate & strawberry	250kcal, 18.8g protein Added vitamins & minerals	Select pharmacies, online £1.70 - £3
Original Nurishment 	Ready to drink can	Banana, Chocolate, Strawberry, Vanilla	424kcal 20g protein	Select supermarkets £1.40



Produced by NHS Fife Nutrition and Clinical Dietetic Department.
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December 2021

Review December 2024