

Food First: Over the counter supplements

These drinks are available to buy at pharmacies and supermarkets. They can be used to supplement your food intake between meals and snacks. They are not prescribed on the NHS and are not suitable as a sole source of nutrition. Homemade versions are also simple to prepare. Please refer to the Homemade Supplements leaflet.

Powdered Products

- need to be mixed into a drink



| Product | Presentation | Flavours available | Nutritional content per sachet mixed with 200ml full fat milk |
|------------------------------------|---|---|---|
| Meritene Strength & Vitality Shake | 1 box of 7 x 30g sachets | Chocolate or Strawberry | 247 calories 16g protein |
| Complan Original | 1 box of 425g | Neutral | 384 calories 15.5g protein (based on 8 scoops, 55g mixed into full fat milk) |
| Complan | 1 box of 4 x 55g sachets of one flavour | Banana, Chocolate, Strawberry & Vanilla | 387 calories 15.6g protein |
| Aymes Retail | 1 box of 4 x 38g sachets | Banana, Chocolate, Strawberry & Vanilla | 388 calories 15.7g protein |

If you require further information please see resource:

- [Advice for eating well if you have lost weight or are underweight](#)

Ready to drink products



| Product | Presentation | Flavours available | Nutritional content per unit |
|---|--------------|--|-----------------------------------|
| Meritene Strength & Vitality Ready to Drink | 200ml bottle | Chocolate & strawberry | 250 calories 18g protein |
| Nurishment Extra | 310ml bottle | Vanilla, banana, strawberry & chocolate | 342 calories 15.5g protein |
| Nurishment Original No Added Sugar | 400g tin | Banana, chocolate, strawberry & vanilla | 387 calories 15.6g protein |
| Nurishment Original | 400g tin | Vanilla, banana, strawberry, raspberry, chocolate, mango & peanut butter | 380 - 424 calories 20g protein |
| Nurishment Active | 500ml bottle | Vanilla, strawberry & chocolate | 387 calories 15.6g protein |

Soups



| Product | Presentation | Flavours available | Nutritional content per sachet mixed with 200ml water |
|-----------------------------------|--------------------------|----------------------|---|
| Meritene Strength & Vitality Soup | 1 box of 4 x 50g sachets | Chicken or vegetable | 207 calories 7g protein |
| Complan Soup | 1 box of 4 x 55g sachets | Chicken | 243 calories 9g protein |

| Document Governance | |
|-------------------------------------|--|
| Document Title: | Food First: Over the counter supplements |
| Document Purpose: | A resource for patients/carers providing examples of over the counter supplements that are available to purchase to support individuals that are underweight or have lost weight. |
| Original Author(s): | Sarah Creighton, Prescribing Support Dietitian, Buckinghamshire CCG in collaboration with Dietetic Department and Jan Knight Community Nutrition Nurse Specialist Buckinghamshire Healthcare NHS Trust. Format of leaflet adapted from patient resources available in A Guide to Managing Adult Malnutrition in the Community produced by a multi-professional consensus panel. |
| Revising Author(s): | |
| Version Number: | V 1.0 |
| Version approved by: | V 1.0 - Medicines Management Approval February 2020 |
| Review information: Next review: | V 2.0 – February 2023 |
| Linked to: | Advice for eating well if you have lost weight or are underweight |