

# Oral Nutritional Supplement (ONS) formulary flowchart

Prior to prescribing ONS, please follow the **'6 steps to appropriate prescribing of ONS'** to confirm patient requires ONS, and confirm they meet ACBS indications

Please see the [Cornwall Joint Formulary](#) for further guidance and Food First resources

Can the patient tolerate milky drinks? If no, see alternative second line ONS below

Yes ↓

Can the patient or carer prepare a powdered ONS?  
(always yes if patient is a care home resident, however care homes should be encouraged to follow a food-based approach – see [malnutrition care pathway](#) for care homes)

Yes ↓

Can the patient take  
2 x 200ml ONS/day?

Yes ↓

**Foodlink Complete  
Powder**

57g sachet made with  
200ml full fat milk  
383 kcal, 19g protein

No ↓

**Foodlink Complete  
Compact  
Powder**

57g sachet made with  
100ml full fat milk  
318 kcal, 15g protein

No ↓

Can the patient take  
2 x 200 ml ONS/day?

Yes ↓

**Altraplen Energy  
Liquid**

2 x 200ml cartons  
Per carton:  
300 kcal, 12g protein

No ↓

**Altraplen  
Compact Daily#  
Liquid**

1 x 250ml carton  
Per carton:  
600 kcal, 24g protein

# 1 x 250ml carton of Altraplen Compact Daily contains the same nutrition as 2 x 125ml compact ONS

## Alternative second line ONS

Patient cannot tolerate milky drinks and can make up a powdered ONS	<b>Aymes ActaSolve Smoothie</b> 66g sachet made with 150ml water, 298kcal, 11g protein Suitable for vegan diets
Patient cannot tolerate milky drinks and cannot make up a powdered ONS	<b>Aymes Actagain Juice</b> 200ml carton, juice style, 300kcal, 10g protein <b>Not</b> suitable for vegan diets
For lactose intolerance, Altraplen Energy and Altraplen Compact Daily are clinically lactose free	

Consider prescribing starter packs initially to establish tolerance and flavour preference. Please do not prescribe starter packs long-term. Prescribe no more than 3 different flavours.

Please set a date to review ONS. ONS are not intended for long term use in most cases.

ONS other than those above may be prescribed on dietetic recommendation but should not routinely be initiated in primary care.