

Over the Counter Nutritional Supplements

Information for service users and carers

The following items are high calorie/protein drinks which can be purchased over the counter to help improve your nutritional status. Products marked with an asterisk* are the most readily available in large supermarkets and chemists; however others can be found online.

These can be used instead of or in conjunction with homemade high calorie/protein drinks. A usual dose to improve nutritional status would be twice daily unless advised otherwise by your healthcare professional. They also contain a wide range of vitamin and minerals.

Powder based supplements

Product name	Presentation	Flavours	Nutritional content (per serving and made as directed)
Complan*	Sachets, 55g	Banana, chocolate, strawberry, vanilla	244 calories, 8.5g protein
Complan Original	Box, 425g	Neutral	244 calories, 8.5g protein
Aymes shake	Sachets, 57g	Banana, chocolate, vanilla, strawberry	383 calories, 19 protein
Meritine Energis (made with 200ml whole milk)	Sachets, 30g	Chocolate, vanilla, strawberry	237 calories, 16.1g protein

Juice based supplements

Product name	Presentation	Flavours	Nutritional content
Lucozade energy drink*	380ml bottle	Various	139 calories, 0g protein
Innocent Energise Super Smoothie	750ml Bottle	Mixed fruit and vegetable	390kcal, 6g protein

Soup supplements

Product name	Presentation	Flavours	Nutritional content (per serving and made as directed)
Complan*	Sachets, 55g	Chicken	243 calories, 8.7g protein
Aymes savoury	Sachets, 57g	Chicken	247-251 calories, 9.2g protein
Meritine Energis	Sachets, 50g	Chicken	207 calories, 7g protein

Premade supplements

Product name	Presentation	Flavours	Nutritional content
Nurishment Original	400g tin	Vanilla, banana, strawberry, chocolate	424 calories, 20g protein
Nurishment Extra	310ml bottle	Vanilla, strawberry, chocolate, banana	292 calories, 13g protein
Weetabix On The Go*	250ml bottle	Chocolate, strawberry, vanilla and banana	209 calories, 8.5g protein
Weetabix Protein*	275ml bottle	Strawberry and raspberry, chocolate, vanilla	222 calories, 21g protein
Huel	500ml bottle	Berry, chocolate	400kcal, 20g protein
Mars Milkshake Drink	400ml bottle	Chocolate	236kcal, 12.7g protein
UP&GO Breakfast drink	330ml pack	Banana and honey, chocolate, strawberry	229kcal, 12g protein
ASDA Breakfast Drink	250ml bottle	Banana, strawberry, chocolate	205kcal, 9g protein
Muller Frijji Milkshake	400ml bottle	Strawberry, banana, chocolate fudge brownie, cookie dough	304kcal, 15.2g protein
Quaker Breakfast Drink	300ml bottle	Vanilla, red berries	231kcal, 11.1g protein
Arla Protein Milkshake	225ml bottle	Raspberry, strawberry, chocolate	173kcal, 21g protein

Contact details for more information:

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