

## NI Formulary: Chapter 9 Nutrition

Please refer to the full version of the Formulary for further advice and information.

Therapeutic Area	Drug choice
<b>Iron deficiency anaemia - Oral Iron</b>	<p>① <b>Ferrous fumarate</b> 305mg capsules(100mg iron)</p> <p>① <b>Ferrous sulphate</b> 200mg tablets (65mg iron)</p>
<b>Drugs used in megaloblastic anaemias</b> (i) <b>Vitamin B12 Deficiency</b> (ii) <b>Folate deficiency</b>	<p>① <b>Hydroxocobalamin</b> injection 1mg/1ml</p> <p>① <b>Folic acid</b> 5mg tablets</p>
<b>Pregnancy</b> Supplementation requirements before and during pregnancy <b>Folic acid</b> for all women who could become pregnant <b>High risk of neural tube defects</b> <b>Vitamin D</b> Throughout pregnancy and whilst breastfeeding	<p>① <b>Folic acid</b> 400 microgram tablets <b>Available to purchase OTC</b></p> <p>① <b>Folic acid</b> 5mg tablets</p> <p>① <b>Vitamin D</b> 10 micrograms (400 units) <b>Available to purchase OTC</b></p>
<b>Vitamin D</b>	<p>Food supplements are available to purchase over the counter (OTC).</p> <p>Generic prescribing should be avoided to ensure a special is not dispensed. A licensed vitamin D product or a nutritional supplement should be selected.</p> <p><a href="#">See 9.6.4 for list of licensed products</a></p>
<b>Vitamin B group</b>	<p><a href="#">See chapter 4.10 for supplementation in alcohol dependence</a></p>
<b>Minerals</b>	<p>Follow specialist advice</p>
<b>Calcium supplement</b>	<p>① <b>Adcal</b> 1500mg chewable tablets (calcium carbonate 1.5g)</p>

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Calcium and vitamin D supplements	<a href="#">see 6.6.1.1</a>
Multivitamins	<ul style="list-style-type: none"> <li>1 Advise patient to purchase an OTC once-a-day multivitamin and mineral preparation</li> </ul>
<b>Oral Nutrition</b>	
<a href="#">See Oral Nutrition Guidance</a>	
<b>Milkshake Style ONS</b>	
Powdered ONS >1.5 kcal/ ml	<ul style="list-style-type: none"> <li>1 Aymes® Shake <b>*cost effective choice</b></li> <li>1 Ensure® Shake</li> <li>1 Foodlink® Complete <b>*cost effective choice</b></li> </ul>
Ready Made ONS 1.5cal/ml <b>Only if powdered ONS is not suitable</b>	<ul style="list-style-type: none"> <li>1 Altraplen® Energy <b>*cost effective choice</b></li> <li>1 Aymes® Actagain 1.5 Complete <b>*cost effective choice</b></li> <li>1 Ensure® Plus milkshake style</li> <li>1 Fortisip® Bottle</li> </ul>
<b>Juice Style &amp; Savoury ONS</b>	
Powdered ONS 1.5kcal/ml Savoury	<ul style="list-style-type: none"> <li>1 Aymes ActaSolve Savoury®</li> </ul>
Ready Made ONS 1.5kcal/ml Juice style <b>Only if powdered ONS is not suitable</b>	<ul style="list-style-type: none"> <li>1 AltraJuce®</li> <li>1 FortiJuce® <b>*cost effective choice</b></li> </ul>
<b>Compact Preparations</b>	
<a href="#">See Oral nutrition guidance for when compact preparations may be suitable</a>	
Powdered ONS 2.4Kcal/ml Compact Milkshake Style	<ul style="list-style-type: none"> <li>1 Aymes® Shake Compact</li> <li>1 Foodlink® Complete Compact</li> </ul>
Ready Made ONS 2.4Kcal/ml Compact Milkshake Style <b>Only if powdered ONS is not suitable</b>	<ul style="list-style-type: none"> <li>1 Altraplen® Compact</li> <li>1 Ensure® Compact</li> <li>1 Fortisip® Compact</li> </ul>
<b>Dietician Led Products</b>	
Should only be prescribed under the recommendation of a dietician, or a healthcare professional with expertise in this area.	
<a href="#">See oral nutritional supplements</a>	
<b>Fibre containing ONS</b>	
Powdered ONS 1.5kcal/ml with Fibre	<ul style="list-style-type: none"> <li>1 Foodlink® complete with fibre</li> </ul>
Ready Made ONS 1.5Kcal/ml Milkshake Style with Fibre <b>Only if powdered ONS is not suitable</b>	<ul style="list-style-type: none"> <li>1 Ensure® Plus Fibre</li> </ul>
Ready Made ONS 2.4kcal/ml Compact Milkshake Style with Fibre <b>Only if powdered ONS is not suitable</b>	<ul style="list-style-type: none"> <li>1 Fortisip® Compact Fibre</li> </ul>
<b>High Protein ONS</b>	

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Ready Made ONS Milkshake Style High Protein	<ul style="list-style-type: none"> <li>① Altraplen Protein®</li> <li>① AYMES ActaGain 2.4</li> <li>① Fortisip Extra <b>*cost effective choice</b></li> </ul>
Ready Made ONS Compact Milkshake Style High Protein	<ul style="list-style-type: none"> <li>① Fortisip Compact Protein®</li> <li>① Fresubin® PRO compact- <b>*cost effective choice</b></li> </ul>
<b>Dessert Style ONS</b>	
Powdered ONS Dessert Style (>200kcal and >10g protein per portion)	<ul style="list-style-type: none"> <li>① AYMES ActaSolve Delight®</li> </ul>
Ready Made ONS Dessert style (>200kcal and >10g protein per portion) <b>Only if powdered ONS is not suitable</b>	<ul style="list-style-type: none"> <li>① Fresubin® 2kcal crème- <b>*cost effective choice</b></li> <li>① Nutricrem®</li> </ul>
<b>Modular Supplements</b>	Should only be prescribed on the request of a dietitian (or a health care professional with expertise in this area) with clinical justification.