NI Formulary: Chapter 9 Nutrition

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

Therapeutic Area	Drug choice
Iron deficiency anaemia - Oral Iron	1 **Ferrous fumarate** 305mg capsules(100mg iron) 1 **Ferrous sulphate** 200mg tablets (65mg iron)
Drugs used in megaloblastic anaemias **(i) Vitamin B12 Deficiency**	1 **Hydroxocobalamin** injection 1mg/1ml 1 **Folic acid** 5mg tablets
Pregnancy Supplementation requirements **Folic acid** for all women who could become pregnant **High risk of neural tube defects** **Vitamin D** Throughout pregnancy and whilst	 1 **Folic acid** 400 microgram tablets **Available to purchase OTC** 1 **Folic acid** 5mg tablets 1 **Vitamin D** 10 micrograms (400 units) **Available to purchase OTC**
Vitamin D	**Food supplements are available to purchase over the counter (OTC).** **Generic prescribing should be avoided to ensure a special is** See 9.6.4 for list of licensed products
Vitamin B group	See chapter 4.10 for supplementation in alcohol dependance
Minerals	Follow specialist advice
Calcium supplement	1 **Adcal** 1500mg chewable tablets (calcium carbonate 1.5g)

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Therapeutic Area	Drug choice
Calcium and vitamin D supplements	see 6.6.1.1
Multivitamins	1 Advise patient to purchase an OTC once-a-day multivitamin and mineral preparation
Oral Nutrition	See Oral Nutrition Guidance
Milkshake Style ONS	
Powdered ONS >1.5 kcal/ ml	1 Aymes® Shake ***cost effective choice** 1 Ensure® Shake
Ready Made ONS 1.5cal/ml **Only if powdered ONS is not suitable**	1 Altraplen® Energy ***cost effective choice** 1 Aymes® Actagain 1.5 Complete ***cost effective choice** 1 Ensure® Plus milkshake style
Alternatives to Milk Based ONS-juice, savoury and smoothie style	
Powdered ONS 1.25kcal/ml Savoury	1 Aymes ActaSolve Savoury®
Ready Made ONS 1.9kcal/ml Smoothie style **Only if powdered ONS is not suitable**	1 Foodlink Smoothie powder®
Ready Made ONS 1.5kcal/ml Juice style	1 AltraJuce® 1 FortiJuce® *cost effective choice
Compact Preparations See Oral nutrition guidance for when compact preparations may be suitable	
Powdered ONS 2.4Kcal/ml Compact Milkshake Style	1 Aymes® Shake Compact 1 Foodlink® Complete Compact
Ready Made ONS 2.4Kcal/ml Compact Milkshake Style	1 Altraplen® Compact 1 Ensure® Compact
Dietician Led Products Should only be prescribed under the recommendation of a dietician, or a healthcare professional with See oral nutritional supplements	
Fibre containing ONS	
Powdered ONS 1.5kcal/ml with Fibre	1 Foodlink® complete with fibre
Ready Made ONS 1.5Kcal/ml Milkshake Style with Fibre	1 Ensure® Plus Fibre
Ready Made ONS 2.4kcal/ml Compact Milkshake Style with Fibre	1 Fortisip® Compact Fibre

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Therapeutic Area	Drug choice
High Protein ONS	
Ready Made ONS Milkshake Style High Protein	1 Altraplen Protein® ***cost effective choice** 1 AYMES ActaGain 2.4
Ready Made ONS Compact Milkshake Style High Protein	1 Fortisip Compact Protein® 1 Fresubin® PRO compact- ***cost effective choice**
Dessert Style ONS	
Powdered ONS Dessert Style (>200kcal and >10g protein per	1 AYMES ActaSolve Delight®
Ready Made ONS Dessert style (>200kcal and >10g	1 Fresubin® 2kcal crème- ***cost effective choice** 1 Nutricrem®
Modular Supplements	Should only be prescribed on the request of a dietitian (or a health care professional with expertise in this area) with