

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	<p>① Ferrous fumarate 305mg capsules(100mg iron)</p> <p>① Ferrous sulphate 200mg tablets (65mg iron)</p>
Drugs used in megaloblastic anaemias (i) Vitamin B₁₂ Deficiency (ii) Folate deficiency	<p>① Hydroxocobalamin 1mg/1ml solution for injection ampoules</p> <p>① Folic acid 5mg tablets</p>
Pregnancy Supplementation requirements before and during pregnancy Folic acid for all women who could become pregnant High risk of neural tube defects Vitamin D Throughout pregnancy and whilst breastfeeding	<p>① Folic acid 400 microgram tablets Available to purchase OTC</p> <p>① Folic acid 5mg tablets</p> <p>① Vitamin D 10 micrograms (400 units) Available to purchase OTC</p>
Vitamin D	<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>See 9.6.4 for list of licensed products</p>
Vitamin B group	See chapter 4.10 for supplementation in alcohol dependance
Minerals	Follow specialist advice
Calcium supplement	① Adcal chewable tablets, calcium carbonate 1.5g (Calcium 600mg or Ca ²⁺ 15mmol)

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

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Ready Made ONS Milkshake Style High Protein	<ul style="list-style-type: none"> ① Altraplen Protein® ① AYMES ActaGain 2.4 Complete Maxi®* <p>*cost effective choice</p>
Ready Made ONS Compact Milkshake Style High Protein	<ul style="list-style-type: none"> ① Fortisip Compact Protein®
Dessert Style ONS	
Powdered ONS Dessert Style (>200kcal and >10g protein per portion)	<ul style="list-style-type: none"> ① AYMES ActaSolve Delight®
Ready Made ONS Dessert style (>200kcal and >10g protein per portion) Only if powdered ONS is not suitable	<ul style="list-style-type: none"> 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 clinical justification.