

A GUIDE TO NUTRITIONAL SUPPLEMENTS AND THEIR USES

Supplement Style	Examples	Presentation	Flavour	Indicators	Serving Suggestions	Prescribability
Nutritionally complete 1. Milk based	Fortisip	200ml bottles	Sweet & Neutral (Fortisip)	Patients with increased protein and energy requirements e.g. those with infections, pressure sores, cancer, undernourished patients, those who cannot manage a large volume.	<ul style="list-style-type: none"> • best served chilled • mix with ice-cream to make milkshake • use Vanilla or Neutral Fortisip in place of milk to make hot drinks • add to cereal/porridge • freeze to make lollies • make up as jelly/sorbet/blancmange • add a Forticreme dessert if thicker consistency needed. 	Yes
	Fortisip Multifibre	200ml cartons	“			
	Fortifresh	200ml cartons	Tangy yoghurt style			
2. Dessert type	Forticreme Complete	Tub	Sweet	Semi solid therefore ideal for patients with chewing or swallowing difficulties e.g. those with paralysis, poor dentition, stroke patients. Useful in transition from tube to a conventional diet.	<ul style="list-style-type: none"> • serve straight from fridge turned out on a plate • serve at room temperature for a creamy dessert • mid meal snack • serve with cream or ice-cream, warm if softer consistency required • add to milk based supplement drink if thicker consistency needed. 	Yes
Not nutritionally complete 1. “Juice” type	Fortijuice	200ml bottles	Sweet	Patients with increased protein and energy requirements, especially those who dislike milk.	<ul style="list-style-type: none"> • served chilled as a drink • mix with fruit juice/lemonade/water if patient finds it too sweet • freeze to form ice-cubes or lollies • pour over fruit, ice-cream or puddings. 	Yes
2. Milk based	Build Up	Sachet	Sweet, Savoury and Original	Use as indicated by MUST Care plans. Available from stores . Various flavours and pack sizes (<i>See over for details</i>).	Encourage savoury varieties mid meals, if sweet flavours disliked. Add ice-cream to sweet flavours to make milkshake.	No

BUILD UP - VARIOUS FLAVOURS AND PACK SIZES AVAILABLE

Type	Flavour	Quantity	Code
Build Up Instant Shake	Banana Chocolate Strawberry Vanilla	4 x 38g sachets per pack 4 x 38g sachets per pack 4 x 38g sachets per pack 4 x 38g sachets per pack	ABX064 ABX062 ABX061 ABX065
Build Up Instant Soup	Chicken Potato & Leek Tomato Vegetable	12 x 49g sachets 12 x 49g sachets 12 x 49g sachets 12 x 49g sachets	ABX100 ABX102 ABX099 ABX101
Build Up Custard	Custard	2 x 2kg tins	ABX033
Build Up Original (Food Fortifier)	Neutral	6 x 400g Sequa cans	ABX012
Hospital Packs	Banana Chocolate Lemon & Lime Strawberry Vanilla	48 x 38g sachets per pack 48 x 38g sachets per pack 48 x 38g sachets per pack 48 x 38g sachets per pack 48 x 38g sachets per pack	ABX031 ABX027 ABX026 ABX028 ABX029