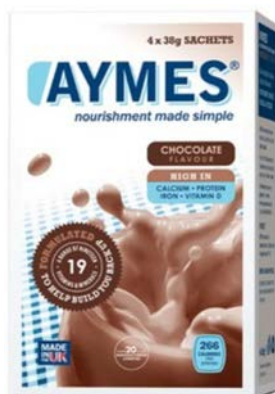


Over The Counter Nutritional Products

This list of products is used to highlight some nourishing options available to buy; it is not an exhaustive list and other suitable products may be available. These items are available for purchase at retail outlets and local pharmacies. **If you choose to purchase any of these items NHS Greater Glasgow & Clyde does not endorse any specific brand or a particular outlet.** Product details can change over time.

Powdered milkshake-style products

* available online or via community pharmacy only



Aymes® Retail*

38g sachet, 200ml whole milk 265kcal, 15g protein, contains a range of vitamins and minerals

Flavours

Chocolate, Strawberry, Banana



Meritene® Energis*

30g sachet, water or 200ml milk 107kcal, 9.3g protein (with water), contains a range of vitamins and minerals

Flavours

Chocolate, Strawberry, Vanilla



Complan®

55g sachet, water or 200ml milk 244kcal, 8.5g protein (with water), contains a range of vitamins and minerals

Flavours

Chocolate, Strawberry, Banana, Vanilla



Complan®

60g serving, water or 200ml milk 244kcal, 8.5g protein (with water), contains a range of vitamins and minerals

Flavours

Original (neutral)

Ready-to-drink products

* available online or via community pharmacy only



Dunns River Nurishment®

400g ring pull can

424kcal, 20g protein, contains a range of vitamins and minerals

Flavours

Vanilla, Banana, Strawberry and Chocolate



Dunns River Nurishment®

330ml Bottle

340kcal, 18g protein, contains a range of vitamins and minerals

Flavours

Vanilla, Banana, Strawberry and Chocolate



Complan® On the Go!

200ml Bottle

208kcal, 9.8g protein, contains a range of vitamins and minerals

Flavours

Vanilla, Strawberry and Cappuccino



Meritene® Energis*

50g sachet, 150ml water 207kcal, 7.0g protein, contains a range of vitamins and minerals

Flavours

Chicken, Vegetable

Soup-style products