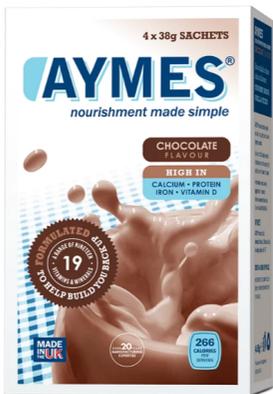


# Over The Counter Nutritional Products

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



### Aymes® Retail\*

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

#### Flavours

Chocolate, Strawberry,  
Banana, Vanilla

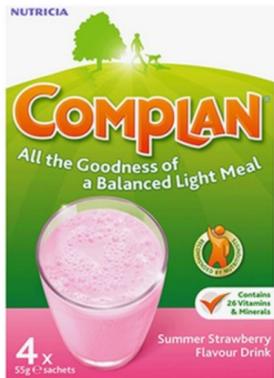


### Meritene® Energis

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

#### Flavours

Chocolate, Strawberry,  
Vanilla



### Complan®

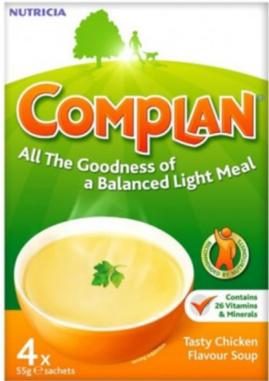
55g sachet, water or 200ml milk  
244kcal, 8.5g protein (with water), contains  
a range of vitamins and minerals

#### Flavours

Chocolate, Strawberry,  
Banana, Vanilla

\* available online or via community pharmacy only

## Soup-style products



### Complan<sup>®</sup>

55g sachet  
243kcal, 8.7g protein, contains a range of vitamins and minerals

#### Flavours

Chicken

## Ready-to-drink products



### Meritene<sup>®</sup> Strength & Vitality

200ml bottle  
250kcal, 18.8g protein, contains a range of vitamins and minerals

#### Flavours

Chocolate, Strawberry, Vanilla,



### Meritene<sup>®</sup> Energis

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

#### Flavours

Chicken, Vegetable