

NUTRITIONAL COMPARISON

Oral Nutrition Supplements

January 2019. All values are per 100ml serving



Brand and name	Available flavours*	Serving size	Energy (kj)	Protein (g)	% energy from protein	Sodium (mg)	Potassium (mg)	Fibre (g)	Low FODMAP [†]	Made in
Nestlé Health Science										
RESOURCE [®] 2.0 ¹	VAN, COF	237ml	836**	8.3**	17	69**	200**	0	Certified	Australia
RESOURCE [®] 2.0 + FIBRE ¹	COF, VAN, NEU, STR, APR	200ml	840**	9**	18	100**	210**	2.5**		France
RESOURCE [®] PLUS ¹	VAN, CHOC, STR	237ml	644**	5.5**	15	101**	150**	0		Australia
RESOURCE [®] PROTEIN ¹	VAN, CHOC, FF, COF	200ml	527**	9.4**	30	80**	165**	0		France
RESOURCE [®] FRUIT FLAVOURED BEVERAGE ¹	ORA, PEA, WB	237ml	441**	3.8**	15	32**	0	0	Certified	Australia
SUSTAGEN [®] hospital formula Active ²	CHOC, COF, VAN, NEU	60g made w/ 200ml water	390	5.8	25	68	275	NA		Germany
SUSTAGEN [®] hospital formula Active Plus Fibre – Vanilla ²	CHOC, VAN	60g made w/ 200ml water	390	5.8	25	68	275	1.7		Germany
SUSTAGEN [®] Ready To Drink ²	Dutch CHOC, VAN	250ml	420	5	20	75	240	NA		Australia



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Abbott										
ENSURE ^{® 3}	CHOC, VAN	250ml	448	3.7	14**	84	156	0		Netherlands
ENSURE ^{® PLUS TETRAPAK} ³	BAN, CHOC, VAN, FF	200ml	632	6.3	17**	92	160	0		Netherlands
ENSURE ^{® PLUS CAN} ³	VAN	237ml	627	5.5	15**	101	186	0		USA
ENSURE ^{® PLUS JUCE} ³	STR, APP, ORA	220ml	638	4.8	13**	7	19	0		Netherlands
ENSURE ^{® POWDER} ³	VAN, CHOC	53.8g made w/ 195ml water	420	3.7	15**	84	157	1		Netherlands
ENSURE ^{® TWOCAL HN} ³	VAN, STRAW	200ml	837	8.4	17**	80	175	1		Netherlands
Flavour Creations										
ADVITAL ^{™ 4}	NEU	35g made w/ 200ml water	287**	7.5**	44**	34**	80**	0		Australia
Fresenius Kabi										
FRESUBIN ^{® ORIGINAL} ⁵	VAN, CHOC	200ml	420**	3.8	15	75	125	0-0.35		Germany
FRESUBIN ^{® ENERGY} ⁵	VAN, CHOC, CAP	200ml	630**	5.6	15	80-85	135-140	0-0.5		Germany
FRESUBIN ^{® ENERGY FIBRE} ⁵	VAN, CHOC, wild STR	200ml	630**	5.6	15	80-85	140	2		Germany
FRESUBIN ^{® JUCY} ⁵	APP, PIN	200ml	630**	4	11	6	7	0		Germany
FRESUBIN ^{® PROTEIN ENERGY} ⁵	VAN, CHOC, CAP	200ml	630**	10	27	50-60	130-135	0-0.5		Germany
FRESUBIN ^{® 2 KCAL} ⁵	VAN, CAP, APR-PEA, TOF	200ml	840**	10	20	60	160	0		Germany
FRESUBIN ^{® 2 KCAL FIBRE} ⁵	VAN, CHOC, LEM, NEU	200ml	840**	10	20	60	160	1.5-1.6		Germany

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Nutricia Advanced Medical Nutrition										
FORTISIP® 6	CHOC, VAN, STR, BAN	200ml	630	6.0	16	90	159	0-0.3		Netherlands
FORTISIP® COMPACT PROTEIN 6	VAN, MOC, STR	125ml	1010	14.4	24	40	105	0		Netherlands
FORTISIP® MULTI FIBRE 6	VAN, CHOC, STR	200ml	650	6.	16	89	159	2.3		Netherlands
FORTISIP® POWDER 6	VAN, NEU	45.6g made w/ 170ml water	420	5	20	72	159	0.6		Germany
FORTIJUICE 6	FF, TROP, APP	200ml	640	4	11	9.7	9.3	0		Netherlands

* Nutritional profile may vary slightly between flavours

** Values have been manually calculated from information available from company:

$$\frac{\text{protein (g)} \times 17 \text{ (kj)}}{\text{total energy (kj)}} \times 100$$

Flavours VAN = vanilla, COF = coffee, NEU = neutral, STR = strawberry, APR = apricot, CHOC = chocolate, FF = forest fruits, ORA = orange, PEA = peach, WB = wild berry, BAN = banana, APP = apple, PIN = pineapple, CAP = cappuccino, TOF = toffee, LEM = lemon, CAR = caramel, MAN = mango, MOC = mocha, TROP = tropical, MAN = mango



NA Denotes no value indicated on product nutritional panel

- <https://www.ncare.net.au/nutrition-products/oral-supplements-1> (accessed Jan 2019)
- <https://www.ncare.net.au/nutrition-products/sustagen> (accessed Jan 2019)
- <https://nutrition.abbott/au/nutritional-drinks> (accessed Jan 2019)
- <https://www.advital.com.au/about/ingredients-nutinfo> (accessed Jan 2019)
- Fresenius Kabi, Enteral Nutrition Product Overview Pamphlet (updated Jan 2018)
- <http://nutricimedical.com.au/products/> (accessed Jan 2019)

Additional information kept on file and provided by companies