



## Ensure® Plus Advance Position Statement

**Ensure® Plus Advance (EPA), manufactured by Abbott Nutrition, is not recommended for prescribing in North Central London (NCL) for any condition.**

### EPA formulation

- 220ml ready-to-drink oral nutritional supplement (ONS) for older adults (>65 years) who have, or are at risk of, malnutrition.
- Each bottle provides 330kcal, 20g protein plus vitamins & minerals.
- Some ONS products are marketed as being nutritionally beneficial as a result of containing specific nutrients. An example of such a product is EPA, which contains hydroxymethylbutyrate (HMB).

### Formulary review

- The NCL JFC considered the evidence for EPA in [November 2020](#), and concluded that results do not support any claim that EPA is a superior product versus placebo, and by extension, to alternative recommendations for ONS products.

### Cost-effectiveness

- EPA is premium priced compared to other ONS products which contain equivalent energy, protein and micronutrients (without HMB)
- The calories & protein provided by EPA can be obtained by food fortification (or, if an ONS is clinically indicated, a powdered shake or standard ready-to-drink ONS).
- As the evidence to support the clinical benefits of HMB is insufficient, alternative cost effective and clinically appropriate ONS products should be used instead of EPA in malnourished patients who meet the criteria for prescribing in the community.

### ONS alternatives available

EPA can be substituted with the following alternatives:

	Energy (per serving)	Protein (per serving)	Cost per day (2 servings)	Cost per month (28 days)
Ensure® Plus Advance	330kcal	20g	£4.40	£123.20
Fortified Horlicks *	319kcal	19g	£0.96p *	£26.88*
Aymes® Shake	383kcal	19g	£0.98p	£27.44
Altraplen® Protein	300kcal	20g	£3.39	£94.92

\*Homemade supplement using full fat milk, skimmed milk powder & Horlicks

**There are no exclusions to this Position Statement.**

## References

1. Deutz NE, Matheson EM, Matarese LE, Luo M, Baggs GE, Nelson JL, Hegazi RA, Tappenden KA, Ziegler TR; Nourish Study Group. Readmission and mortality in malnourished hospitalised adults treated with a specialised oral nutritional supplement: A randomised clinical trial. Clin Nutr, 2016 Feb; 35 (1): 18-26. Available at <https://www.sciencedirect.com/science/article/pii/S0261561415003489>.

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