

Nutritional supplements available over- the- counter.

Nutritional supplements can be used when you find that taking regular nutritious meals, snacks and drinks are not resulting in weight gain. Try to include 1 or 2 of these daily. The supplements listed below are available online, from supermarkets, convenience stores and cash and carries nationwide.

Product name	Manufacturer and website	Presentation	Flavours available*
AYMES retail	AYMES (www.AYMESretail.com)	38g powder sachets – 4 sachets in a box	Banana Chocolate Strawberry Vanilla
Complan retail	Nutricia (www.complan.com)	425 g tub 55 g powder sachet – 4 in a box	Original Delicious Banana Rich Chocolate Summer Strawberry Velvety Vanilla Tasty Chicken flavoured soup
Meritene Energis Shake	Nestle Health Science (nestlehealthscience.co.uk)	30 g sachets	Chocolate Strawberry Vanilla
Meritene Energis Soup	Nestle Health Science (nestlehealthscience.co.uk)	50 g sachets	Chicken soup Vegetable soup
Meritene Strength and Vitality Shake ready to drink ONLY 1 bottle/day	Nestle Health Science (nestlehealthscience.co.uk)	200 ml	Chocolate Strawberry
Nurishment Original ONLY 1 can/day	Grace Foods UK (www.nurishment.co.uk)	370 ml / 400g can, ready to drink	Banana Chocolate Mango Peanut Raspberry Strawberry Vanilla

Please note: All of the above was correct at the time of production

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