

Oral Supplements

Oral supplements can help you to maintain or gain weight by adding extra calories and protein to your daily intake.

	Flavors	Availability	Calorie and Protein
Boost	Chocolate, strawberry, and vanilla	Grocery store	240calories + 10g protein
Boost Plus	Chocolate, strawberry, and vanilla	Grocery store	350 calories + 14g protein
Boost High Protein	Chocolate, strawberry, and vanilla	Grocery store	240 calories + 15g protein
Resource Boost Breeze Non-Milky juice beverage	Wild Berry, Orange, and Peach	Online or Colorado Pharmacy	250 calories + 9 g protein
Ensure	Chocolate, strawberry, and vanilla	Grocery store	250 calories + 9 g protein
Ensure Plus	Chocolate, strawberry, vanilla, butter pecan, coffee	Grocery store	350 calories + 13g protein
Enlive Non-milky juice beverage	Apple or berry	Online or Colorado Pharmacy	300 calories + 10 g protein
Boost Glucose Control- Diabetic	Chocolate, strawberry, and vanilla	Grocery store	250 calories + 14 g protein
Glucerna Shake- Diabetic	Chocolate, strawberry, and vanilla	Grocery store	220 calories + 10 g protein
Carnation Instant Breakfast-Powder- need to add milk	Chocolate, vanilla, strawberry	Grocery store	130 calories + 5g protein (250 + 13g with 2% milk)
Carnation Instant Breakfast-Ready to Drink	Chocolate, vanilla, strawberry	Grocery store	260 calories + 14g protein
Carnation Instant Breakfast Plus	Chocolate and vanilla	Online or Colorado Pharmacy	375 calories + 13 g protein
Carnation Instant Breakfast VHC	Vanilla	Online or Colorado Pharmacy	560calories + 22.5g protein
Two Cal HN	Vanilla, Butter Pecan	Online or Colorado Pharmacy	475 calories +19.9g protein
Scandishakes Powder-need to add liquid	Chocolate, vanilla, strawberry	Online or Colorado Pharmacy	440calories + 6g protein (560 + 14g with 2% milk)
Isopure Plus	Alpine Punch, Grape Frost	Online or Select GNC and Rite Aid Stores	190 calories + 15g protein
Odwalla Protein	Strawberry, Chocolate, Vanilla, Super Chocolate	Grocery Store	160-220 calories + 10-18g protein (per 8oz)
Mix 1	Mix-berry, Blueberry-vanilla, Mango, Tangerine, Lime	Natural Grocery Store	200 calories + 15g protein
Naked Juice Protein	Protein Zone, Double Berry, Mango	Grocery Store	220 calories + 16g protein (per 8oz)
Orgain- Organic supplement	Chocolate, Vanilla	Natural Grocery Store	255 Calories + 15g protein

Additions

Benecalorie – protein/calorie liquid	No flavor, mix into shakes, foods	Online or Colorado Pharmacy	330 calories+7g protein
Beneprotein - protein powder	No flavor, mix into shakes, foods	Online or Colorado Pharmacy	25cal + 6g protein/scoop
Glutasolve - Glutamine powder	Cherry	Online or Colorado Pharmacy	90 calories + 15g protein
Prostat 64 - Liquid protein	Sugar free wild cherry and natural	Online or Colorado Pharmacy	60calories + 15g protein /oz
Prostat 101 - Liquid protein	Wild cherry, butter pecan and natural	Online or Colorado Pharmacy	101cal + 15g protein /oz
Unjury – Protein powder	Vanilla, chocolate, strawberry, chicken broth, or unflavored	Online or Colorado Pharmacy	100 calories + 20g protein
Juven - Powder	Orange, grape, or unflavored	Online or Colorado Pharmacy or Rite Aid (select locations)	78 calories + 14g protein

Pudding

Boost Pudding	Chocolate or vanilla	Grocery store	240 calories + 7g protein
Ensure pudding	Chocolate or vanilla	Grocery store	170 calories + 4g protein

Where to Purchase:

Retail:

Grocery Stores- Safeway, King Soopers, Albertsons, Sams Club, Costco, etc.

Colorado Pharmacy- 1245 East Colfax Ave, # 102, Denver, CO (303) 863-7644 or 1-800-792-3784

Drug Stores- Rite Aid, Walgreens, GNC, etc.

Natural Grocery Store- Vitamin Cottage, Whole Foods, Sunflower Market, etc.

Online: (Numerous online stores; compare prices by using google to locate products)

Nestlenutritionstore.com; Boost, Resource, Bene-, Carnation Instant breakfast, Glutasolve

Walgreens.com; most products considered medical nutrition therapy are not available in the store, online only

Drugstore.com

Allergromedical.com

Amazon.com

If you have questions regarding oral supplements or nutrition call:

Katie Harper MS RD CSO at (720) 848-0466 or Colleen Gill MS RD CSO at (720) 848-0464

University of Colorado Hospital. Created by Katie Harper MS RD CSO on 7/29/2010