

# Enteral nutrition products and food supplements

Effective from July 2024

## Preparations included in the List of Approved Medicines (LAM)

For use in Queensland Health public hospitals and institutions, as endorsed by QHMAC, following advice from the Nutrition SubCommittee (NUSCO) of the Dietitian Nutritionist Strategic Coalition.

NOTE: A new standing offer arrangement (SOA) commenced on 1 July 2024. To allow outgoing stock to be consumed, the SOA brand names below include the names of new SOA products (in **bold**), existing SOA products (standard font) — and those which have been removed from the SOA (*italicised*).

^^ Categories updated in July 2024

\* Clinicians are reminded to adhere to LAM restrictions where they have been applied and to check PBS requirements/ criteria before prescribing products listed

Preparations ( <b>bolded</b> items show July 2024 amendments)	PBS listed*	LAM restriction* Existing SOA products & New SOA products (in bold)	Products removed from SOA
<b>ADULT LISTINGS</b>			
Standard Energy, Standard and Moderately High Protein			
Ready-to-Hang	No No No No	NUTRISON 1000mL OpTri Pack NUTRISON MULTI FIBRE 1000mL OpTri Pack <b>FRESUBIN ORIGINAL 1000mL EASYBAG</b> <b>FRESUBIN ORIGINAL FIBRE 1000mL EASYBAG</b>	<i>NUTRISON 500mL OpTri Pack</i> <i>NUTRISON MULTI FIBRE 500mL OpTri Pack</i> <i>OSMOLITE 1000mL</i>
Oral/ Bolus			<i>ENSURE POWDER 850g can</i> <i>FRESUBIN Original 200mL bottle</i>

<b>Preparations</b> ( <b>bolded</b> items show July 2024 amendments)	<b>PBS listed*</b>	<b>LAM restriction*</b> <b>Existing SOA products &amp; New SOA products (in bold)</b>	<b>Products removed from SOA</b>
Standard Energy, High Protein		Inpatient use only**	
Ready-to-Hang	No	NUTRISON PROTEIN PLUS 1000mL OpTri Pack	
	No	NUTRISON PROTEIN PLUS MULTI FIBRE 1000mL OpTri Pack	
	No	<b>NUTRISON PROTEIN INTENSE 500mL OpTri Pack**</b>	
Moderately High Energy, Standard and Moderately High Protein			
Ready-to-Hang	No	<b>FRESUBIN ENERGY 1000mL EasyBag</b>	<i>JEVITY HICAL 1000mL</i>
	No	<b>FRESUBIN ENERGY FIBRE 1000mL EasyBag</b>	<i>ENSURE PLUS HN 1000mL</i>
Oral/ Bolus	No	RESOURCE® PLUS 237mL tetra	<i>ENSURE PLUS 200mL tetrapak</i>
	No	FRESUBIN ENERGY FIBRE DRINK 200mL bottle	<i>ENSURE PLUS HN 250mL can</i>
	No	<b>FORTISIP 200mL bottle</b>	<i>JEVITY HICAL 250mL can</i>
Moderately High Energy, High Protein			
Ready-to-Hang	No	NOVASOURCE® GI FORTE 1000mL Smartflex®	<i>ISOSOURCE® ENERGY FIBRE 1000mL Smartflex®</i>
	No	NUTRISON ENERGY MULTI FIBRE 1000mL OpTri Pack	<i>NUTRISON ENERGY MULTI FIBRE 500mL OpTri Pack</i>
	No	NUTRISON ENERGY 1000mL OpTri Pack	<i>NUTRISON ENERGY 500mL OpTri Pack</i>
Oral/ Bolus	No	FORTISIP MULTI FIBRE 200mL bottle	
High Energy, Standard and High Protein			
Ready-to-Hang	No	NUTRISON CONCENTRATED 500mL OpTri Pack	
	No	ISOSOURCE® 2.0 1000mL	
Oral/ Bolus	No	RESOURCE® 2.0 237mL tetra	

<b>Preparations</b> ( <b>bolded</b> items show July 2024 amendments)	<b>PBS listed*</b>	<b>LAM restriction*</b> <b>Existing SOA products &amp; New SOA products (in bold)</b>	<b>Products removed from SOA</b>
	No	RESOURCE® 2.0 FIBRE 200mL bottle	
Low Energy, High Protein		For use in adults with reduced energy expenditure but high protein requirement.	
Ready-to-Hang	No	NUTRISON 800 COMPLETE MULTI FIBRE 1000mL OpTri Pack	
Oral/ Bolus			RESOURCE PROTEIN 200mL bottle
Dairy Free		For use in patients with documented dairy or fish protein allergies.	
Ready-to-Hang	No	ISOSOURCE® SOY ENERGY FIBRE 1000mL Smartflex®	NUTRISON ADVANCED DIASON 1000mL RTH
Suitable for Vegetarian/ Vegan			
Oral/ Bolus	No	<b>FORTISIP PLANTBASED 200mL bottle</b>	
Low Electrolyte		Inpatient use only unless approval from local Dietetic Director**	
Ready-to-Hang	No	NEPRO HIGH PROTEIN 500mL**	
Oral/ Bolus	No	NOVASOURCE® RENAL 200mL tetra	NEPRO HP 220mL bottle
Elemental and Semi-elemental		Inpatient use only**	
Ready-to-Hang	No	NUTRISON ADVANCED PEPTISORB 500mL OpTri Pack**	NUTRISON ADVANCED PEPTISORB 1000mL OpTri Pack
	No	<b>SURVIMED OPD 500mL EASYBAG</b>	
Oral/ Bolus	No	VIVONEX® T.E.N. 80g Sachet	
	No	<b>ELEMENTAL 028 EXTRA 250mL bottle</b>	
Oral Supplements, Moderately High Protein and Contains Vitamin and Minerals		For hypermetabolic patients and those with fluid restrictions*  Inpatient use only**	
Oral/bolus	No	ADVITAL NUTRITIONAL COMPLETE 500g can	
	No	SCANDISHAKE MIX 85g Sachet*	

Preparations ( <b>bolded</b> items show July 2024 amendments)	PBS listed*	LAM restriction* Existing SOA products & New SOA products (in bold)	Products removed from SOA
	No	FORTISIP COMPACT PROTEIN 125mL bottle*	
	No	SUSTAGEN HOSPITAL FORMULA ACTIVE 840g can**	
Clear Fluids, Standard Protein and Contains Vitamins and Minerals			
Oral/ Bolus	No	Resource® Fruit Flavoured Beverage 237mL tetra	
	No	<b>FORTIJUICE 200mL bottle</b>	
Very Low Calorie Diet (VLCD), Suitable for Sole Source of Nutrition		For inpatient use for morbid obesity, or for treatment-resistant obesity. Caution should be used in growing patients.	
Oral/ Bolus	No	OPTIFAST VLCD 53g sachet	

Preparations ( <b>bolded</b> items show July 2024 amendments)	PBS listed*	LAM restriction Existing SOA products New SOA product (in bold)	SOA products removed from SOA ( <i>italicised</i> )
<b>PAEDIATRIC LISTINGS</b>			
Standard Energy, Low and Standard Protein		Inpatient use only unless approval from local Dietetic Director**	
Ready-to-Hang	No No	NUTRINI 500mL OpTri Pack; 200mL bottle  NUTRINI MULTI FIBRE OpTri Pack 500mL OpTri Pack; Nutrini Multifibre 200mL bottle	
Oral/ Bolus	No Yes No No	PEDIASURE 200mL bottle** PEPTAMEN® JUNIOR 400g can <b>KID ESSENTIALS® NUTRITIONALLY COMPLETE 800g can</b> <b>NUTRINI DRINK 400g can</b>	<i>PEDIASURE POWDER 850g can</i>
Moderately High Energy, Standard Protein		For hypermetabolic patients and those with fluid restrictions.  Inpatient use only unless approval from local Dietetic Director**	
Ready-to-Hang	No No No No	PEDIASURE PLUS 500mL**  NUTRINI ENERGY MULTI FIBRE 500mL OpTri Pack; 200mL bottle  NUTRINI ENERGY 500mL OpTri Pack; 200mL bottle  TENTRINI ENERGY MULTI FIBRE 500mL	<i>FREBINI ENERGY FIBRE 500mL Easybag</i>
Oral/ Bolus	No No	<b>FORTINI MULTI FIBRE 200mL bottle</b> <b>FREBINI ENERGY FIBRE 200mL Bottle</b>	<i>PEDIASURE FIBRE 220mL Resealable Plastic Bottle</i>
Low Energy, Low and Standard Protein		For use in children with severe disability and low energy requirements.	
Ready-to-Hang	No	NUTRINI LOW ENERGY MULTI FIBRE 500mL OpTri Pack	
Amino Acid Formula, Standard Energy		Inpatient use only	

Powder	Yes No Yes	NEOCATE JUNIOR VANILLA 400g CAN NEOCATE JUNIOR UNFLAVOURED 400g CAN ALFAMINO JUNIOR 400G CAN	
Enriched with Branched Chain Amino Acids, Supplemented with MCT, Low Sodium			
Powder	No	HEPARON JUNIOR 400g can	
Extensively Hydrolysed Formula		For use in children greater than one year of age with malabsorption due to short bowel syndrome, chemotherapy, or cholestasis.	
Ready-to-Hang	Yes Yes	NUTRINI PEPTISORB 500mL OpTri Pack NUTRINI PEPTISORB ENERGY 500mL OpTri Pack	
Ketogenic Diet Formula, Low and Standard Protein, 4:1 and 3:1 ratio long chain fat to carbohydrate plus protein		For intractable epilepsy as part of a trial of ketogenic diet. To be stopped if no improvement after eight weeks.	
Powder or Liquid	Yes Yes Yes Yes Yes	KETOCAL 4:1 Unflavoured 300g can KETOCAL 4:1 Vanilla 300g can KETOCAL 3:1 Unflavoured 300g can <b>KETOCAL 4:1 LQ Multifibre Unflavoured 200ml bottle</b> <b>KETOCAL 4:1 LQ Multifibre Vanilla 200ml bottle</b>	
<b>FOOD SUPPLEMENTS</b>			
Protein Powder, Glucose Polymer Powder, Fat and Protein Free, Low Electrolyte		For patients requiring supplemental feeding who cannot tolerate other simpler protein supplements.	
Powder	No	<b>BENEPROTEIN 227g can</b>	
Glucose Polymer Powder, Fat and Protein Free, Low Electrolyte			
Powder	No	POLY-JOULE 400g can	

Long Chain Triglyceride Oil, Emulsion		For use in patients who have disease related malnutrition, in malabsorption states, and other conditions requiring fluid restriction, or who have cystic fibrosis.	
Liquid	No No No	CALOGEN EXTRA 200mL bottle <b>CALOGEN 200mL bottle</b> <b>CALOGEN 500mL bottle</b>	
Medium Chain Triglyceride Oil		For inpatient use for patients with chylothorax and similar states, certain fatty acid oxidation disorders or malabsorption states such that nutrition cannot otherwise be adequately maintained.	
Oral/ Bolus	Yes	MCT OIL 500mL bottle	
	Yes	LIQUIGEN 250mL bottle	
Carbohydrate and Fat Powder, Protein Free		For inpatient use for patients with proven inborn errors of protein metabolism who are unable to meet their energy requirements with permitted food and formulae.	
Powder	Yes	ENERGIVIT 400g Can	
	Yes	SUPER SOLUBLE DUOCAL 400g Can	
Carbohydrate Free, Low Protein, Contains Micronutrients		For inpatient use for patients with intractable seizures requiring treatment with a ketogenic diet; Glucose transport protein defects; Pyruvate dehydrogenase deficiency.  For infants and young children with glucose-galactose intolerance and multiple monosaccharide intolerance.	
Powder or Liquid	Yes	CARBOHYDRATE FREE MIXTURE Tin 225g	ROSS CARBOHYDRATE FREE Can 384mL
Milk Fortifier, Suitable to be Added to Human Breast Milk, Use in Pre-Term and Low Birth Weight Infants, Powder ^^		For inpatient use in pre-term and low birthweight infants requiring extra calorie and/or protein intake.	

Powder	No No No	PRENAN HMF 1g sachet NUTRICIA HMF 1g sachet <b>ALULA GOLD HMF 1g sachet</b>	<i>S-26 GOLD ALULA HUMAN MILK FORTIFIER (HMF) 1g sachet</i>
<b>INFANT FEEDS</b>			
Infant Formula, For Use From Birth, Low Energy, Low Protein, Whey Predominant		For inpatient use only.	
Liquid	No No No No No	APTAMIL GOLD RTF 90mL bottle S26 GOLD ALULA 90mL RTF <b>NAN OPTIPRO 90mL RTF</b> <b>NAN SUPREMEPRO 90mL RTF</b> <b>ALULA GOLD NEWBORN 70mL RTF</b>	<i>NAN PRO GOLD RTF</i>
Powder	No No No No No No No	APTAMIL GOLD PLUS 1 900g Can S26 ORIGINAL NEWBORN 900g Can NAN OPTIPRO GOLD 1 800g Can <b>ALULA ADVANCE+ STAGE 1 NEWBORN 0-6MTHS 800g Can</b> <b>ALULA ORIGINAL STAGE 1 0-6MTHS 900g Can</b> <b>ALULA GOLD STAGE 1 NEWBORN 0-6MTHS 900g Can</b> <b>ALULA GOLD STAGE 1 0-6MTHS 17g Sachet</b>	
Infant Formula, For Use From 6 months, Cows Milk Based, Low Energy, Low and Standard Protein		For inpatient use only.	
Powder	No No No No No No	APTAMIL GOLD PLUS STAGE 2 900g Can S26 ORIGINAL PROGRESS 900g Can NAN OPTIPRO GOLD 2 800g Can <b>KARICARE+ STAGE 2 900g Can</b> <b>ALULA ORIGINAL STAGE 2 6-12MTHS 900g Can</b> <b>ALULA GOLD STAGE 2 PROGRESS 900g Can</b>	



	No	<b>ALULA ADVANCE+ STAGE 2 FOLLOW-ON 6-12MTHS 800g Can</b>	
Infant Formula, Thickened Formula Use From Birth, Low Energy, Low Protein, Cows Milk Based		For inpatient use only.	
Powder	No No No	<b>NAN AR ANTI-REGURGITATION INFANT FORMULA 800g Can</b> APTAMIL GOLD+ REFLUX 900g Can ALULA GOLD REFLUX INFANT FORMULA 0-12MTHS 900g Can	
Infant Formula, Low Lactose, Low Energy, Low and Standard Protein		For inpatient use only.	
Powder	No No No	APTAMIL GOLD LACTOSE INTOLERANCE 900g Can <b>NAN LACTOSE INTOLERANCE 400g Can</b> <b>ALULA GOLD LACTOSE INTOLERANCE 0-12 MONTHS</b>	<i>S-26 ORIGINAL ALULA L.I. 900g Can</i> <i>S-26 GOLD ALULA L.I. 900g Can</i> <i>NAN LR LI Gold 400g Can</i>
Infant Formula, For Use From Birth, Cow's Milk Free, Low Energy, Low Protein, Plant Based, Powder		For inpatient use only.	
	No No No	KARICARE SOY 900g Can <b>ALULA GOLD ALLERGY STAGE 0-12 MTHS 800g Can</b> <b>ALULA GOLD SOY 900g Can</b>	<i>S26 SOY 900g Can</i>
Infant Formula, Preterm and Low Birthweight Infants, Low Energy, Low and Standard Protein, Whey Predominant, No fibre		For inpatient use in pre-term and low birthweight infants requiring extra calorie and/or protein intake.	
Liquid RTF	No No No	PRENAN RTF 90mL bottle APTAMIL GOLD + PRE-TERM RTF 70mL bottle <b>ALULA GOLD LBW 70mL RTF</b>	<i>S-26 GOLD ALULA LOW BIRTHWEIGHT RTF 70mL bottle</i>
Powder			<i>S-26 GOLD ALULA PREMGRO 400g Can</i>

Concentrated, Standard Energy, Low and Standard Protein		For use in infants (0-12 months and <8kg) with increased energy requirements due to chronic illness, faltering growth/failure to thrive or fluid restriction.	
Ready-to-Hang	No	INFATRINI 125mL bottle	
Low and Standard Energy, Standard Protein, Phenylalanine Free, Low Calcium		For inpatient use for infants under 2 years of age suffering from hypercalcaemia, vitamin D sensitivity and similar disorders.	
Powder	Yes	LOCASOL 400g Can	
Amino Acids, Phenylalanine Free, Low Calcium		Paediatricians for inpatient use for patients with phenylketonuria.	
Powder	Yes Yes	PKU ANAMIX INFANT 400g Can <b>PKU START 400g Can</b>	
Long Chain Triglycerides, Low and Standard Energy, Low and Standard Protein, Low Lactose, High Medium Chain Triglycerides		For inpatient use for patients with chylothorax and similar states, certain fatty oxidation defects or malabsorption states such that nutrition cannot otherwise be adequately maintained.	
Powder	Yes Yes	MONOGEN 400g Can <b>LIPISTART 400g Can</b>	
Extensively Hydrolysed, Low Energy, Low and Standard Protein, Low Lactose		For inpatient use for patients with confirmed cow's milk protein allergy in infants without anaphylaxis or eosinophilic oesophagitis or malabsorption states such that nutrition cannot otherwise be adequately maintained.	
Powder	Yes	APTAMIL GOLD+ PEPTI JUNIOR 450g Can	ALFARE 400g Can
Hypoallergenic, Low Energy, Low and Standard Protein, Lactose Free		For inpatient use for treatment for combined intolerance (not infant colic) to cow's milk protein, soy protein and protein hydrolysate formulae in children up to the age of 2 years.	
Powder	Yes Yes	ALFAMINO 400g Can NEOCATE GOLD 400g Can	ELECARE LCP 400g Can – Unflavoured

	Yes	NEOCATE SYNEO 400g Can	
Low Electrolyte, Low and Standard Energy, Low Protein, Low Phosphorous, Low Potassium		For inpatient use for infants and children with chronic renal failure including those undergoing peritoneal dialysis. For inpatient use only.	
Powder	Yes	KINDERGEN 400g Can	

## Criteria for classification of enteral nutrition products

Enteral nutrition products included in the List of Approved Medicines (LAM) have been classified and listed on a functional basis.

**Adult and Paediatric Enteral Formula:** All products are suitable for sole source of nutrition when used as indicated; low lactose; low gluten; osmolality optimised; fibre containing, and low fibre options considered.

**Specialised Infant Formula:** All products are suitable for sole source of nutrition; osmolality optimised, no added fibre

**Standard Infant Formula:** All products are suitable for sole source of nutrition; low energy, low lactose; low gluten; osmolality optimised, no added fibre

Products are not suitable for sole source of nutrition

- Oral Supplements, Moderately High Protein and Contains Vitamin and Minerals
- Clear Fluids, Standard Protein and Contains Vitamins and Minerals
- Food Supplements

### A. Sub-grouping criteria

#### 1. Energy density groupings

Low	<1kcal/mL
Standard	>1-1.3kcal/mL
Moderately high	>1.4-<1.7kcal/mL
High	> 1.7 kcal/mL

#### 2. Protein

##### 2a. Protein content

Low	Provides <11% energy as protein (or <2.8g/100mL)
Standard	Provides ≥11% - ≤16% energy as protein (or 3-3.9g/100mL)
Moderately high	Provides >16% - <20% energy as protein (or 4-5g/100mL)

High Provides >20% energy as protein (or >5.1g/100mL)

### 3. Carbohydrates

#### 3a. Glucose

Glucose polymers ≥ 90% of carbohydrate is glucose polymers

#### 3b. Lactose content

Low Lactose < 0.3g/100g

Lactose free Undetectable lactose

#### 3c. Carbohydrate content

Low carbohydrate Provides < 40% energy from carbohydrate

Carbohydrate free < 0.1g/100g

### 4. Electrolytes

Low electrolytes Sodium (<50mmol/L), Potassium (<50mmol/L), Phosphorus (<800mg/L)

### 5. Fat

#### 5a. Fat composition

High Medium Chain Triglycerides > 80% of fat source is medium chain triglycerides

Supplemented with Medium Chain

Triglycerides > 35% of fat source is medium chain triglycerides

Mixed Fat A combination of medium, long and short chain fatty acids

### 6. Vitamins/ minerals and electrolytes including electrolyte replacement therapy

See main body of the List of Approved Medicines (LAM).

### 7. Route of administration

Oral/ Bolus Suitable to be taken orally or as tube feed

Ready-to-Hang Suitable as tube feed