



ROGEL CANCER CENTER
MICHIGAN MEDICINE

Nutrition Supplements: How to Order Them

What are oral nutrition supplements?

Nutrition supplements can be added to increase the calories and protein in your diet. Most are lactose-free; so, you can still use them if you have lactose intolerance. Some contain milk protein, but most **do not** contain lactose.

Where can I buy oral nutrition supplements?

Many may be purchased in grocery, drug, or retail stores. You can also call the manufacturer or purchase many oral nutrition supplements online. In addition to the manufacturers' websites listed, be sure to check Amazon.com or other online stores for the best prices. You may also check with Gordon Food Service (GFS) stores to ask if supplements can be ordered. Rarely, insurance may cover nutrition supplements if a doctor prescribes them.

For those in financial need, ask the company if they have a patient assistance program. You may also contact the **Rogel Cancer Center's Practical Assistance Center** at 1-877-907-0859 for more information.

Nutrition Supplements – Product Information

Product Name	Product Description	How to Order/Purchase
<input type="checkbox"/> Scandishake®	Scandishake®- A very high-calorie powder supplement; can be mixed with milk; Provides 580 calories, 12 grams protein per 8-ounce serving when mixed with whole milk.	Aptalis Pharma US, Inc. Order: call 844-754-9039 or http://store.foundcare.com/aptalisis

<input type="checkbox"/> Benecalorie® <input type="checkbox"/> Beneprotein®	<p>Benecalorie® - 330 calories, 7 grams protein per 1.5 ounces of liquid.</p> <p>Beneprotein® - Powdered protein that can be added to foods and beverages. Provides 6 grams protein, 25 calories/scoop.</p>	<p>Nestlé HealthCare Nutrition Call 1-888-240-2713 or www.NestleNutritionStore.com</p>
<input type="checkbox"/> Benefiber®	<p>Benefiber® -3 grams of soluble dietary fiber per 2 teaspoons.</p>	<p>Available at your local grocery store and pharmacy</p>
<input type="checkbox"/> Boost® VHC (Very High Calorie) <input type="checkbox"/> Boost Breeze®	<p>Boost VHC® - 530 calories, 22 grams protein per 8-ounce serving.</p> <p>Boost Breeze® - Clear liquid, fruit-flavored drink; 250 calories, 9 grams protein per 8-ounce serving.</p>	<p>Boost VHC and Boost Breeze are sold at the Cancer Center Outpatient Pharmacy located on Level B1</p>

<input type="checkbox"/> Boost Plus[®] <input type="checkbox"/> Boost Compact[®] <input type="checkbox"/> Boost Glucose Control[®] <input type="checkbox"/> Boost[®] Nutritional Pudding	<p>Boost Plus[®] - Contains 360 calories, 14 grams protein per 8-ounce serving.</p> <p>Boost Compact[®] - Half the size of an 8-ounce full nutritional drink; 240 calories, 10 grams of protein per 4-ounce serving.</p> <p>Boost Glucose Control[®] - 190 calories, 16 grams protein, 16 grams carbohydrate, 3 grams fiber per 8-ounce serving; designed for people with diabetes.</p> <p>Boost[®] Nutritional Pudding - 240 calories, 7 grams protein per 5-ounce serving.</p>	<p>Available at your local grocery store and pharmacy</p> <p>Available at your local grocery store and pharmacy</p> <p>Available at your local grocery store and pharmacy</p> <p>Nestlé HealthCare Nutrition Call 1-888-240-2713 or www.NestleNutritionStore.com</p>
<input type="checkbox"/> Carnation[®] Breakfast Essentials[™]	<p>Carnation[®] Breakfast Essentials[™] - Each packet of powder provides 130 calories, 5 grams protein; can be added to milk.</p>	<p>Available at your local grocery store and pharmacy</p>

<p><input type="checkbox"/> Carnation® Breakfast Essentials Ready- to-Drink Bottle</p>	<p>Carnation Breakfast Essentials Ready-to-Drink Bottle® - 240 calories, 10 grams protein per 8-ounce serving</p>	
<p><input type="checkbox"/> Ensure™ Active Clear Protein Drink</p> <p><input type="checkbox"/> Ensure® Pudding</p> <p><input type="checkbox"/> Ensure Complete® & Ensure Plus®</p> <p><input type="checkbox"/> Glucerna® Shake</p>	<p>Ensure™ Active Clear Protein Drink - Clear liquid, fruit-flavored drink; 180 calories, 9 grams protein per 10-ounce serving.</p> <p>Ensure Pudding® - 170 calories, 4 grams protein per 4-ounce serving.</p> <p>Ensure Complete® & Ensure Plus® - Contains 350 calories, 13 grams protein per 8-ounce serving.</p> <p>Glucerna Shake® - 200 calories, 10 grams protein, 26 grams carbohydrate, 3 grams dietary fiber; designed for people with diabetes.</p>	<p>Call 1-800-258-7677 or www.Abbottstore.com to order.</p> <p>Available at your local grocery store and pharmacy.</p> <p>Ensure Plus® is available at the Veterans Affairs (VA) Hospital for a reduced price; 24 cans per case. Call 734-845-3778</p> <p>Purchase at your local store or pharmacy or at www.glucerna.com</p>

<input type="checkbox"/> ENU Nutritional Shake™	<p>ENU Nutritional Shake™ - 490 calories, 25 gms protein per 11-ounce serving</p>	<p>Trovita Health Science Purchase at your local pharmacy or www.drinkenu.com</p>
<input type="checkbox"/> Glutasolve®	<p>Powdered glutamine supplement that helps protect and promote healing of the mouth and digestive tract. Each packet provides 15 grams protein and 90 calories.</p>	<p>Nestle Health Care Nutrition Call 1-888-240-2713 or www.NestleNutritionStore.com or www.Amazon.com to order</p>
<input type="checkbox"/> Juven®	<p>80 calories, 14 grams protein; low sugar; helps build and maintain lean body mass.</p>	<p>Call 1-888-240-2713 or 1-800-258-7677 or www.Abbottstore.com or Rite-Aid or Walgreens</p>
<input type="checkbox"/> Liquid Hope®	<p>450 calories, 23 grams protein per 12-ounce serving; nutritionally complete, organic, real food, whole foods enteral formula and oral med replacement; plant based, dairy free, gluten free, soy free, corn free, non-GMO</p>	<p>Call: 937-433-HOPE (4673) to order</p>

<input type="checkbox"/> Pro-Stat Sugar Free®	Pro-Stat Sugar Free – ready to drink medical food that provides 15 grams of enzyme-hydrolyzed complete protein and 100 calories per 1-fluid ounce	Nutricia Advanced Medical Nutrition Call 1-800-365-7354 or http://www.nutricia.com.au/clinical/ to order
<input type="checkbox"/> Nutrisource® Fiber	3 grams of soluble dietary fiber per 1 tablespoon	Call 1-800-258-7677 or www.Abbottstore.com to order
<input type="checkbox"/> Orgain™	Organic nutritional shake; 255 calories, 16 grams protein per 11 ounce serving; Organic High Protein Shakes; 150 calories, 25 grams protein per 11-ounce serving, vegan product available as well	Call 1-866-972-6879 or www.shoporgain.com to order
<input type="checkbox"/> ProMod®	Liquid Protein – 100 calories, 10 grams protein per ounce.	Call 1-800-258-7677 or www.Abbottstore.com to order

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