

# ST. MARY'S HOSPITAL MEDICAL NUTRITION FORMULARY

## I. ORAL SUPPLEMENTS: \* *Lactose Free*

**\*ENSURE PLUS** - House Supplement / 1.5 cal / ml  
355 cal & 13 gm protein/ 8 fl. Oz.  
50 gm carbohydrate / No fiber

**\*BOOST PUDDING** - Non Liquid Supplement  
240 cal & 7 gm protein/5 Oz. can  
33 gm carbohydrate / No fiber

**\*ENLIVE** - Fruit Flavored Supplement  
300 kcal & 10 gm protein/ 8.1 fl. Oz.  
65 gm carbohydrate / No fiber / 0 fat

**MIGHTY SHAKE** - House shake / milk based  
200 cal & 6 gm protein/4 fl. Oz.  
29 gm carbohydrate / No fiber

**NO SUGAR CARNATION INSTANT BREAKFAST** -  
1 Pack prepared with fat-free milk  
160 cal & 13 gm protein/Serving

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## II. ENTERAL FORMULAS / MODULAR FEEDING: *All Enteral Formulas are Lactose Free*

**OSMOLITE 1.2** - Tube Feeding / No Fiber  
Low residue/Isotonic/High protein  
1 Liter Ready-To-Hang [RTH]  
1200 cal/liter [1.2 cal/ml]  
55.5 gm protein/liter  
Osmolality 360 mOsm/kg H<sub>2</sub>O  
1000 ml provides 100% RDI's

**JEVITY 1.5** - Tube Feeding / 22 gm Fiber/liter  
Fiber fortified/High protein  
1 Liter Ready-To-Hang [RTH]  
1500 cal/liter [1.5 cal/ml]  
63.8 gm protein/liter  
Osmolality 525 mOsm/kg H<sub>2</sub>O  
1000 ml provides 100% RDI's

**PROSOURCE** - Protein module/Unflavored powder  
**POWDER**  
6.0 gm whey protein  
30 cal/pack; No carbohydrate  
Add to food or oral supplement  
Low Lactose 0.3 gm/6 gm protein

**OPTISOURCE** - *Bariatric oral protein module flavored*  
*(not nutritionally complete)*  
200 cal & 24 gm protein/240 ml  
Osmolality 150 mOsm/kg H<sub>2</sub>O

**PROSOURCE** - Protein module/Unflavored liquid  
**LIQUID**  
15 gm collagen & casein protein  
60 cal/pack; No carbohydrate  
Add to tube feeding

**TWOCAL HN** - Oral or Tube; 2.0 cal / ml  
High calorie / High protein  
475 cal & 19.9 gm protein / 240 ml  
Low residue / Flavored vanilla  
Osmolality 725 mOsm/kg H<sub>2</sub>O

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## IV. ELEMENTAL / CRITICAL CARE: *All Elemental & Critical Care Formulas are Lactose Free*

**OXEPA** - Modulates inflammation  
1500 cal/liter [1.5 cal/ml]  
63 gm protein/liter [16.7% protein]  
Osmolality 535 mOsm/kg H<sub>2</sub>O  
4.6 gm/L EPA and 4 gm/L GLA  
946 ml provides 100% RDIs  
Inherent Arginine & Glutamine

**PEPTAMEN 1.5** - Peptide-based/70% MCT  
1500 cal/liter [1.5 cal/ml]  
67.6 gm protein/liter [18% protein]  
Osmolality 550 mOsm/kg H<sub>2</sub>O  
n6:n3 ratio = 7.4:1  
1000 ml provides 100% RDIs  
Arginine 1.8 gm/L; Glutamine 5 gm/L

**PERATIVE** - Partially Hydrolyzed Protein/40% MCT  
1300 cal/liter [1.3 cal/ml]  
66.7 gm protein/liter [20.5% protein]  
Osmolality 460 mOsm/kg H<sub>2</sub>O  
n6:n3 ratio = 4.8:1  
1155 ml provides 100% RDIs  
Arginine 8.1 gm/L; Inherent Glutamine

**III. DISEASE SPECIFIC: All Disease Specific Formulas are Lactose Free**

**BOOST DIABETIC - SMH Bariatric lactose free formula**

High protein / Low carbohydrate  
250 cal & 14 gm protein/240 ml  
3.5 gm fiber/240 ml  
Osmolality 400 mOsm/kg H<sub>2</sub>O  
1180 ml provides 100% RDIs

**GLUCERNA SHAKE - House Diabetic Oral Shake**

Contains SIōCarb™ & 5.7 gm Maltitol  
220 cal & 10 gm protein/240 ml  
2.8 gm fiber/240 ml  
240 ml = 2 Carbohydrate Choices

**MODULEN IBD – Complete or supplement feeding for IBD**

Contains Transforming Growth Factor β-2  
250 cal/250 ml (50 gm powder + 210 ml H<sub>2</sub>O)  
9 gm protein/250 ml  
Osmolality 370 mOsm/kg H<sub>2</sub>O  
2000 ml provides 100% RDIs

**GLUCERNA SELECT - Tube High Protein/Low Carb**

1 liter Ready-To-Hang [RTH]  
Contains SIōCarb™ & 4.5 gm Maltitol  
1000 cal/liter & 50 gm protein/liter  
21 gm fiber/liter  
Osmolality 470 mOsm/kg H<sub>2</sub>O  
1420 ml provides 100% RDIs

**NEPRO -**

Oral or Tube: Dialysis  
475 cal/240 ml [2 cal/ml]  
16.7 gm protein/240 ml  
Osmolality 665 mOsm/kg H<sub>2</sub>O  
947 ml provides 100% RDIs

**SUPLENA -**

Oral or Tube: Predialysis  
475 cal/240 ml [2 cal/ml]  
7.1 gm protein/240 ml  
Osmolality 600 mOsm/kg H<sub>2</sub>O  
947 ml provides 100% RDIs

**PULMOCARE – Oral or tube: Pulmonary**

High-calorie, low-carbohydrate  
1500 cal/liter [1.5 cal/ml]  
62.6 gm protein/liter [16.7% protein]  
Osmolarity 475 mOsm/kg H<sub>2</sub>O

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**V. PEDIATRIC: All Pediatric Formulas are Lactose Free, but contain Milk Protein**

**PEDIASURE - Oral or Tube for Children Age 1-13**

237 cal/240 ml [1.0 cal/ml]  
7.1 gm protein/240 ml  
Osmolality 335 mOsm/ kg water  
Renal Solute Load 198 mOsm/L

1000 ml provides 100% DRIs [Age 1-8]  
1500 ml provides 100% DRIs [Age 9-13]

**PEDIASURE with FIBER – Tube Feeding Age 1-13**

237 cal/240 ml [1.0 cal/ml]  
7.1 gm protein/240 ml  
1.9 gm Dietary Fiber  
Osmolality 345 mOsm/kg water  
Renal Solute Load 198 mOsm/L

1000 ml provides 100% DRIs [Age 1-8]  
1500 ml provides 100% DRIs [Age 9-13]

**PEPTAMEN JR. - Isotonic/Peptide-based/Elemental**

250 cal/250 ml [1.0 cal/ml]; 60% MCT  
7.5 gm protein/250 ml  
Osmolality 260 mOsm/kg water  
Renal Solute Load 205 mOsm/L  
1000 ml Meets 100% RNI [Age 1-10]