

# The use of ‘Over the Counter’ products

In addition to fortifying foods and drinks, there is the option of purchasing “over the counter” supplements such as:

- **Complan (Nutricia) milkshake or soup powders from supermarkets/pharmacies**
- **Nurishment and Nurishment Extra (Dunn’s River) from supermarkets/pharmacies.**
- **AYMES retail range (AYMES) milkshake powder from pharmacies**
- **Meritene Energis (Nestle) milkshake or soup powders from pharmacies**

