



	Gluten Free	Milk Free	Egg Free	Soya Free	Wheat Free	Nut Free	Fish Free	Vegetarian	Vegan	Kosher diet	Halal diet	Lactose Free [^]	Mustard free	Celery free	Sesame free	Molluscs/ Crustaceans free
SMA Althéra	Yes	No*	Yes	Yes	Yes	Yes	Yes	Yes ¹	No ²	Not certified [†]	Yes (certified)	No	Yes	Yes	Yes	Yes
SMA Alfamino	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No ²	Not certified [†]	Yes (certified)	Yes	Yes	Yes	Yes	Yes
Resource [®] Energy (Chocolate, Vanilla, Banana)	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Not certified [†]	Not certified [†]	No	Yes	Yes	Yes	Yes
Resource [®] Energy (Strawberry-Raspberry)	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Not certified [†]	Not certified [†]	No	Yes	Yes	Yes	Yes
Resource [®] 2.0 Fibre (Vanilla, Coffee, Apricot, Neutral)	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	No	Yes	Yes	Yes	Yes
Resource [®] 2.0 Fibre (Strawberry, Summer Fruits)	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes
Resource [®] Junior	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes
Resource [®] ThickenUp [®] Clear	Yes	No ⁵	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No ⁵	Yes	Yes	Yes	Yes
Resource [®] ThickenUp [®]	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes (certified)	No	Yes	Yes	Yes	Yes
Resource [®] Thickened Drinks	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes ⁷	No	Not certified [†]	Not certified [†]	Yes	Yes	Yes	Yes	Yes
Optifibre [®]	Yes	No ⁵	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No ⁵	Yes	Yes	Yes	Yes
Modulen [®] IBD	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	Not certified [†]	Yes (certified)	No	Yes	Yes	Yes	Yes
Peptamen [®] HN	Yes	No	Yes	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] Unflavoured	Yes	No	Yes	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] Vanilla Bottle	No	No	Yes	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] Junior Powder	Yes	No	Yes	No	Yes	Yes	Yes	No	No	Not certified [†]	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] Junior Liquid	Yes	No	Yes	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] Junior Advance	Yes	No	Yes	No	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] Junior 0.6	Yes	No	Yes	No	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] Junior 1.5	Yes	No	Yes	No	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Peptamen [®] AF	Yes	No	Yes	No	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Isosource Junior Mix	Yes	No	Yes	No	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes
Oral IMPACT [®]	Yes	No	Yes	No	Yes	Yes	No ⁴	No ⁴	No	No	Yes	No	Yes	Yes	Yes	Yes
OPTIFAST [®] Shakes, Soup and Dessert ⁶	Yes ¹⁰	No	Yes	No ¹¹	Yes	Yes	See Note 4	See Note 4	No	No	Yes (certified)	No	Yes	Yes	Yes	Yes
OPTIFAST [®] Meal Bars ⁹	No	No	Yes ⁸	No	No	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Meritene Energis Shakes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Meritene Energis Soup	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes ³	No	No	Yes	No	Yes	Yes	Yes	Yes

* Althéra contains milk from Enzymatically Hydrolysed Whey Protein.

[†]Although it is not certified Halal or Kosher, the ingredients used are not contra-indicated for patients following a Halal or Kosher diet.

[^]products that are lactose free are not suitable for galactosaemia

1. Yes because Althéra is now manufactured using a non-porcine enzyme in the protein hydrolysis process.

2. The source of vitamin D in Althéra & Alfamino is lanolin which comes from the wool of sheep.

3. Except for chicken flavour soup

4. Contains Fish Oils, **EXCEPT Banana and Caramel flavour OPTIFAST Shakes- these do not contain fish and are suitable for vegetarians. (Recipe codes AAWBP320 and AAWBP321).**

5. Optifibre and Resource Thicken Up Clear tins may contain milk, and therefore lactose (does not apply to sachets).

6. Optifast 2.1 recipe codes: ACB310, ACB311, ACB312, ACB313, ACB314, ACB315, ACB316, ACB317, ACB318, AAWBP320 and AAWBP321

7. Confirmed by the factory that thickened drinks are suitable for vegetarians

8. **EXCEPT Cappuccino flavour meal bars.**

9. Optifast meal bars recipe codes: ACCW050 (cappuccino), ACCW051 (berry), ACCW052 (chocolate), ACCW054-1 (cereal)

10. EXCEPT Tomato flavour soup.

11. Except OPTIFAST caramel and banana flavour shakes which are soya free.

NB: vegan definition comes from Food Standards Agency Guidance 2006

For healthcare professionals only . Please note that recipes and ingredients may change- always check the product label for up to date allergen information.

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