

	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
Althera	Yes	No*	Yes	Yes	Yes	Yes	Yes	Yes ¹	No ¹	No ¹	No ¹	No	Yes	Yes	Yes	Yes
Alfamino	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No ²	Not certified ¹	Not certified ¹	Yes	Yes	Yes	Yes	Yes
Resource® Energy	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes ³	No	Not certified ¹	Not certified ¹	No	Yes	Yes	Yes	Yes
Resource® Fruit	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes ³	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Resource® 2.0 Fibre	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes ³	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 ⁷	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No ⁷	Yes	Yes	Yes	Yes
Resource® ThickenUp®	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes (certified)	No	Yes	Yes	Yes	Yes
Resource® Thickened Drinks	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes ⁹	No	Not certified ¹	Not certified ¹	Yes	Yes	Yes	Yes	Yes
Optifibre®	Yes	No ⁷	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No ⁷	Yes	Yes	Yes	Yes
Modulen® IBD	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	Not certified ¹	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 ¹	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® AF	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 ⁶	No ⁶	No	No	Yes	No	Yes	Yes	Yes	Yes
OPTIFAST® Shakes & Soup ⁸	Yes	No	Yes	No	Yes	Yes	No ⁶	No ⁶	No	No	Yes (certified)	No	Yes	Yes	Yes	Yes
OPTIFAST® Meal Bars	No	No	Yes	No	Yes	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Meritene Strength & Vitality Powdered Shakes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Meritene Strength & Vitality Soup	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes ⁴	No	No	Yes	No	Yes	Yes	Yes	Yes
Meritene Strength & Vitality Ready to Drink	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes ³	No	No	Yes	No	Yes	Yes	Yes	Yes
Meritene Mobilis	Yes	No	Yes	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes

* Althera contains milk from Enzymatically Hydrolysed Whey Protein.

¹Although it is not certified Halal or Kosher, the ingredients used are not contra-indicated for patients following a Halal or Kosher diet.

1.No due to the use of a porcine enzyme, Pancreatin. The porcine enzyme is used in the manufacturing process but is not in the end product.

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

3.Cochineal used in strawberry-raspberry and strawberry flavour

4. Except for chicken flavour soup

5. May contain traces of egg due to cross contamination during manufacturing

6. Fish oils

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

8. **Optifast 1.0** recipe codes: ACB141, ACB142, ACB143, ACB146. **Optifast 2.0** recipe codes: ACB117, ACB118, ACB 119, ACB 122

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

NB: *vegan definition comes from FSA guidance 200 6*

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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