

Prescribed Minimum Benefit Adult Nutritional Formulary

Who we are

LA Health Medical Scheme (referred to as 'the Scheme'), registration number 1145, is a not-for-profit organisation, registered with the Council for Medical Schemes.

Discovery Health (Pty) Ltd (referred to as 'the Administrator'), is a separate company and an authorised financial services provider (registration number 1997/013480/07). We take care of the administration of your membership of the Scheme.

Contact us

You can call us on **0860 103 933** or visit www.lahealth.co.za for more information.

Important information you need to know

We may change the information contained in this document from time to time. We will communicate any changes to the way we pay for medicine when we make these changes.

The Out-of-Hospital Prescribed Minimum Benefit (OHPMB) and the use of the benefits and programmes associated with this benefit is subject to specific conditions and rules. You must make sure that you know these rules and conditions.

Any instructions or advice on the management of your condition are intended to add to, and not replace, the knowledge, expertise, skill and judgement of your doctor, pharmacist, or other healthcare professional.

You receive full cover for approved medicine that is on our medicine list (formulary). Medicine that is not on our medicine list will be funded up to the Reference Price for that medicine category. You might have a co-payment for medicine that is not on our medicine list.

LA Health Medical Scheme and Discovery Health (Pty) Ltd reserve the right to change the benefit at any time.

Explanation of terms

Active ingredient

This is the main substance in a medicine that is responsible for the clinical action on the human body.

Benefit year

A benefit year refers to the benefits a member is entitled to during a calendar year that is 01 January to 31 December. This medicine list (formulary) is applicable for 2026 only.

Medicine class

This describes medicines that have similar chemical structures or similar therapeutic effects.

Prescribed Minimum Benefit conditions (PMB conditions)

These are conditions which all medical schemes are required to cover in any setting, according to clinical guidelines.

Reference Price

The Reference Price is a set monthly amount we pay up to for a medicine category. This applies to medicines that are not listed on the medicine list (formulary).

Ready-to-hang (RTH)

A feed that comes in a sterile, pre-filled formula container (typically 1 liter) that is spiked by the feeding tube and then fed to the patient via a feeding pump.

Ready-to-hang (RTH) products

STANDARD ENTERAL PRODUCTS			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutrison	840165	1000ml	Nutricia
Nutrison Multifibre	839817	1000ml	Nutricia
Nutrison Protein Plus Multifibre	708786	1000ml	Nutricia
Novasource GI Forte	723012	500ml	Nestle Health Science
Fresubin Energy Fibre	897864	500ml	Fresenius Kabi
Nutrison Energy	803200	500ml	Nutricia
Nutricomp energy	3003634	500ml	BBraun
Fresubin HP Energy	894018	500ml	Fresenius Kabi
Nutricomp Energy HP	3000903	500ml	BBraun
Nutricomp Energy HP Fibre	3000902	500ml	BBraun
Fresubin 2kcal HP	719222	500ml	Fresenius Kabi
SPECIAL/NICHE ENTERAL PRODUCTS			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutrison Protein Plus Multifibre	708786	1000ml	Nutricia
Novasource GI Forte	723012	500ml	Nestle Health Science
Fresubin Energy Fibre	897864	500ml	Fresenius Kabi
Nutrison Energy	803200	1000ml	Nutricia
Nutricomp energy	3003634	500ml	BBraun
Fresubin HP Energy	894018	500ml	Fresenius Kabi
Nutricomp Energy HP	3000903	500ml	BBraun
Nutricomp Energy HP Fibre	3000902	500ml	BBraun
Fresubin 2kcal HP	719222	500ml	Fresenius Kabi
IMPAIRED DIGESTION/ABSORPTION			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutrison Advanced Peptisorb	840181	1000ml	Nutricia
Survimed OPD	3000798	500ml	Fresenius Kabi
PEPTAMEN HN Neutral Dual 12x500ml N1 ZA	3000712	500ml	Nestle Health Sciences
Survimen OPD HN	3000799	500ml	Fresenius Kabi
PEPTAMEN AF Neutral Dual 12x500ml N1 ZA	3000715	500ml	Nestle Health Sciences
STRESS/TRAUMA (IMMUNE-SUPPORTING)			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Impact advanced recovery vanilla 250ml	3004401	250ml	Nestle Health Sciences
Fresubin Intensive	722453	500ml	Fresenius Kabi
Supportan	3000802	500ml	Fresenius Kabi

STRESS/TRAUMA (IMMUNE-SUPPORTING)			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutricomp Glutamine Plus	3000900	500ml	BBraun
RENAL IMPAIRMENT/ELECTROLYTE DISTURBANCES			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutrison Low Sodium	708784	1000ml	Nutricia
DIABETES/GLUCOSE INTOLERANCE			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutrison Advanced Dison Energy HP	723393	1000ml	Nutricia
LIVER DYSFUNCTION/FAILURE			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutricomp Hepa	3000901	500ml	BBraun

Powdered enteral products

STANDARD PRODUCTS			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Ensure	709677	400g	Abbott
Ensure strawberry	709665	400g	Abbott
Ensure chocolate	709666	400g	Abbott
Ensure gold vanilla	3002902	400g	Abbott
Fortimel Powder	722947	335g	Nutricia
Fresubin Powder Fibre Vanilla	3000301	900g	Fresenius Kabi
IMPAIRED DIGESTION/ABSORPTION			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Modulen IBD	709621	400g	Nestle Health Sciences
DIABETES/GLUCOSE INTOLERANCE			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Deo Volente DM Vanilla	722606	420g	RESAF
Deo Volente DM Strawberry	722607	420g	RESAF
RENAL IMPAIRMENT/ELECTROLYTE DISTURBANCES			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Penta sure renal vanilla 21g	3002334	6	Adcock Ingram - Critical Care Ltd
Penta sure dls vanilla 42g	3002335	6	Adcock Ingram - Critical Care Ltd

Ready to drink (RTD) products

STANDARD ORAL SUPPLEMENTS			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Fresubin Original Drink Vanilla	3000800	200ml	Fresenius Kabi
Fresubin energy drink vanil+ rstraw 200ml ese30021v	893770	200ml	Fresenius Kabi
Fresubin energy drink strwb +rstraw 200ml ese30021s	893773	200ml	Fresenius Kabi
Fortisip Multifibre Drink Vanilla	708904	200ml	Nutricia
Fortisip Multifibre Drink Strawberry	710699	200ml	Nutricia
Fresubin Protein Energy Drink Strawberry	3000811	200ml	Fresenius Kabi
Fresubin Protein Energy Drink Vanilla	3000814	200ml	Fresenius Kabi
Fresubin Energy Fibre Banana	893803	200ml	Fresenius Kabi
Fresubin Energy Fibre Strawberry	710398	200ml	Fresenius Kabi
Fresubin Energy Fibre Chocolate	893781	200ml	Fresenius Kabi
Delical hp hc effimax 20 drink vanilla 200ml	3002548	200ml	Adcock Ingram - Critical Care Ltd
Delical hp hc effimax 20 fibre drink caramel 200ml	3002549	200ml	Adcock Ingram - Critical Care Ltd
Delical energy drink 200ml vanilla	3002547	200ml	Adcock Ingram - Critical Care Ltd
Fresubin Thickened	3000820	200ml	Fresenius Kabi
Fresubin 2kcal Drink Vanilla	3000805	200ml	Fresenius Kabi
Fresubin 2kcal Drink with Fibre Chocolate	3000806	200ml	Fresenius Kabi
Fortisip Compact Protein vanilla	720919	125ml	Nutricia
Fortisip Compact Protein strawberry	720920	125ml	Nutricia
Fortisip Compact Protein mocha	720921	125ml	Nutricia
Delical fruit drink mixed fruit	3002546	200ml	Adcock Ingram - Critical Care Ltd
Fortijuice Drink Forest Fruit	710722	200ml	Nutricia
Ensure Ready to drink	3006393	220ml	Abbott
Ensure Plus Advanced	3008616	220ml	Abbott
SPECIAL/NICHE ENTERAL PRODUCTS			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Fortisip Multifibre Drink Vanilla	708904	200ml	Nutricia
Fortisip Multifibre Drink Strawberry	710699	200ml	Nutricia
Fresubin Protein Energy Drink Strawberry	3000811	200ml	Fresenius Kabi
SPECIAL/NICHE ENTERAL PRODUCTS			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Fresubin Protein Energy Drink	3000814	200ml	Fresenius Kabi

Vanilla			
Fresubin Energy Fibre Banana	893803	200ml	Fresenius Kabi
Fresubin Energy Fibre Strawberry	710398	200ml	Fresenius Kabi
Fresubin Energy Fibre Chocolate	893781	200ml	Fresenius Kabi
Fresubin Thickened	3000820	200ml	Fresenius Kabi
Fresubin 2kCal	3000805	200ml	Fresenius Kabi
Fresubin 2kCal Fibre	3000806	200ml	Fresenius Kabi
Fortisip Compact Protein vanilla	720919	125ml	Nutricia
Fortisip Compact Protein strawberry	720920	125ml	Nutricia
Fortisip Compact Protein mocha	720921	125ml	Nutricia
Fortijuice Drink Forest Fruit	710722	200ml	Nutricia
Fresubin 2kcal Crème 125g	722800	225g	Fresenius Kabi
IMPAIRED DIGESTION/ABSORPTION			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Peptamen Prebio Drink Vanilla	716848	250ml	Nestle Health Science
Modulen IBD	709621	400g	Nestle Health Science
Fresubin Jucy - Apple	3008493	200ml	Fresenius Kabi
Fortijuice Drink Forest Fruit	710722	200ml	Nutricia
STRESS/TRAUMA (IMMUNE-SUPPORTING)			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Impact Advanced Recovery	3004401	178ml	Nestle Health Sciences
Impact advanced recovery vanilla 250ml	3004401	250ml	Nestle Health Sciences
Supportan Drink Cappuccino	3000817	200ml	Fresenius Kabi
Supportan Drink Pineapple-coconut	3000818	200ml	Fresenius Kabi
Argument AT Orange crème	3004127	42.75g	Medtrition
Vitament Orange	3004125	7g	Medtrition
Es-Fortitude Recover	3010184	125ml	Esperer
Es-Fortitude Invigour	3010185	125ml	Esperer
RENAL IMPAIRMENT/ELECTROLYTE DISTURBANCES			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Renilon 7,5	709234	125ml	Nutricia
Novasource Renal	3003639	200ml	Nestle Health Sciences
Nutricomp Drink Renal vanilla	3000893	200ml	BBraun
DIABETES/GLUCOSE INTOLERANCE			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Diasip Vanilla	710703	200ml	Nutricia
Diasip Strawberry 200ml	707523	200ml	Nutricia
Diben Drink Forest Berries	3000804	200ml	Fresenius Kabi
Delical hp hc sweetened drink 200ml vanilla sugar free	3002550	200ml	Adcock Ingram - Critical Care Ltd

LIVER DYSFUNCTION/FAILURE			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutricomp Hepa	3000901	500ml	BBraun

Powdered oral supplements

STANDARD PRODUCTS			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Ensure	709677	400g	Abbott
Ensure strawberry	709665	400g	Abbott
Ensure chocolate	709666	400g	Abbott
Ensure gold vanilla	3002902	400g	Abbott
Ensure gold strawberry	3006376	850	Abbott
Fortimel Powder	722947	335g	Nutricia
Fresubin Powder Fibre	3000301	500g	Fresenius Kabi
Deo-volente plus ng nutrition supplement feed vanilla	721990	425g	Resaf
Deo-volente plus ng nutrition supplement feed strawberry	721991	425g	Resaf
IMPAIRED DIGESTION/ABSORPTION			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Modulen IBD	709621	400g	Nestle Health Science
STRESS/TRAUMA (IMMUNE-SUPPORTING)			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Glutamed Original	714959	15g	Azela Trading
Glutamed Oro	3004535	15g	Azela Trading
Glutamed ZS naartjie	3000583	15g	Azela Trading
Es-Fortitude Recover	3010184	125ml	Esperer
Es-Fortitude Invigour	3010185	125ml	Esperer
DIABETES/GLUCOSE INTOLERANCE			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Glucerna Triple Care	709664	400g	Abbott
DIABETES/GLUCOSE INTOLERANCE			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Deo Volente DM Vanilla	722606	420g	RESAF
Deo Volente DM Strawberry	722607	420g	RESAF

Modular products

PROTEIN POWDER			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Protifar	709488	225g	Nutricia
ProSource TF free	3004128	45ml	Medtrition

ProSource No Carb Berry punch	3004121	30ml	Medtrition
Resource Whey protein	3001813	264g	Nestle Health Science
CARBOHYDRATE POWDER			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Fantomalt	709477	400g	Nutricia
HIGH ENERGY AND FAT POWDER			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Duocal	709472	400g	Nutricia
HIGH LCT PRODUCT			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Calogen	3001179	200ml	Nutricia
MCT EMULSION			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Liquigen	3001199	250ml	Nutricia
MCT OIL PRODUCT			
PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
MCT oil	3001181	500ml	Nutricia

Food thickeners

PRODUCT NAME	NAPPI CODE	UNIT SIZE	MANUFACTURER
Nutlis	708459	300g	Nutricia

Complaints process

You may lodge a complaint or query with LA Health Medical Scheme directly on **0860 103 933** or address a complaint in writing to the Principal Officer at the Scheme's registered address. Should your complaint remain unresolved, you may lodge a formal dispute by following the LA Health Medical Scheme internal disputes process.

You may, as a last resort, approach the Council for Medical Schemes for assistance.

Council for Medical Schemes Complaints Unit, Block A, Eco Glades 2 Office Park, 420 Witch-Hazel Avenue, Eco Park, Centurion, 0157 / **0861 123 267** / complaints@medicalschemes.co.za / www.medicalschemes.co.za