

A Quick Guide to Starting Elemental & Keto-Elemental Nutrition

1. What to expect before and during the elemental diet (ED) regime:

- Despite the high success rate of eradicating SIBO (80-84%), **elemental diet is NOT for everybody.**
- **Palatability** is one of the main obstacles.
- **The mundane nature** of the treatment.
- **Weight loss** may happen if daily caloric requirement (i.e. 1800-2000 kcal) is not met
- **Herxheimer reaction (aka 'die-off' reaction)** may occur during the treatment. Common symptoms may include headache, chill, fatigue, muscle ache, low-grade fever, hypotension, and anxiety.
- **Decrease in stool volume/frequency** due to the low-residue nature (i.e. no fiber) of ED.

2. Helpful Tips to Support Patients while on Elemental/Keto-Elemental Nutrition:

- **Prepare the patients with realistic expectation of the taste.** Never expect them to be delicious. Ask the patients to determine if the flavor is acceptable or not.
- **Cold/iced water** may improve the palatability for the sweet flavors while **warm/hot water** may help with the savory flavors.
- **Sip the ED slowly over 30-45 minutes**, especially the regular Elemental Nutrition, to help minimize the symptoms associated with blood sugar spikes (e.g. nausea, headache, fatigue, thirst, irritability).
- **Daily supplementation of Sodium should be considered** (1,200 to 2,300 mg of sodium per day i.e. a half to 1 teaspoon of table salt).
- **ED can be accompanied by intermittent fasting** (e.g. 16-8 restricted feeding); this may help with the compliance and provide the added benefit of promoting the migrating motor complex (MCC) in SIBO cases.
- Help patients see ED as a **break for their body** (i.e. less digestive load, reduced inflammation) **and mind** (i.e. less anxiety associated with symptoms or food triggers).
- **Gather support from family and friends.** Let them know this is what you are doing to get better and their continued encouragement is appreciated.
- **Antioxidants/anti-inflammatories and liver support**, starting 2-3 days prior to and continuing throughout the ED treatment, may help prevent or reduce the severity and duration of the 'die-off' symptoms.
- **Magnesium oxide/citrate (e.g. Mg-Lax)** may help if constipation is an issue.
- **Transition patients into ED** by utilizing low FODMAP food guide for one meal for the first 1-2 days, if necessary.

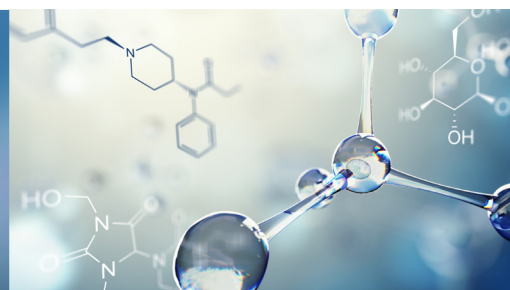
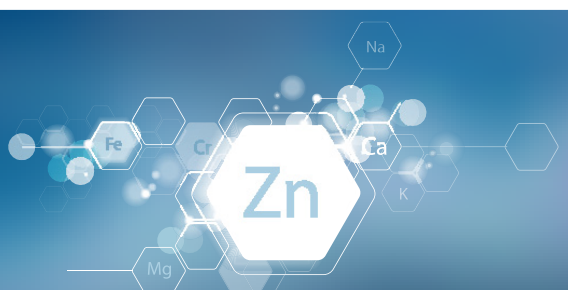
3. Always try the sample packs first. Pick one or more flavors that are acceptable to the patients. Picking more than one flavor can help provide a sense of variety during the treatment. Practitioners are also encouraged to try the samples before prescribing.

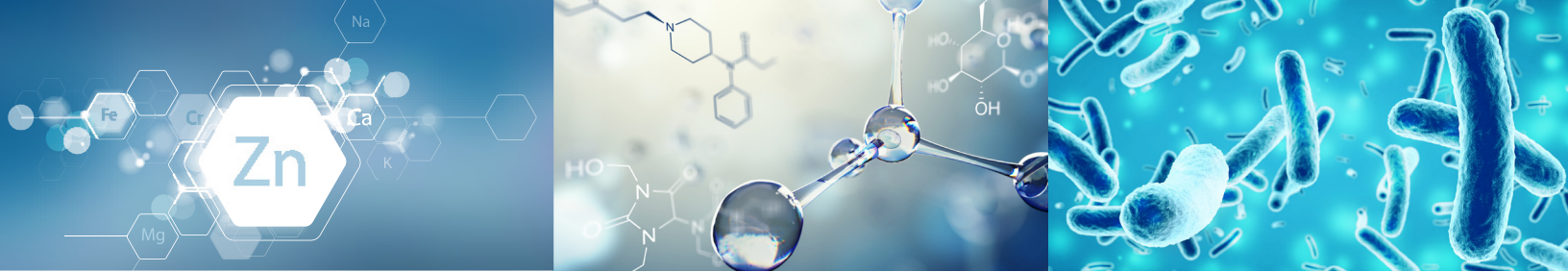
4. Vita Aid will provide clinics with FREE samples* upon request.

*A limit of 3 packs per flavor with each request (quantities exceeding the limit can be arranged with your regional sales manager). Free shipping if the samples are accompanied by a paid order; otherwise, a \$12.50 flat-rate shipping fee will apply.

5. May consider supplying patients with 1-week of Elemental/Keto-Elemental Nutrition at a time in case the patient needs to switch flavor or treatment.

6. Please contact your regional sales manager if you need to make a return or an exchange for a different flavor. Regular return policy applies.





NUTRITION INFORMATION

Servings Size 2 Scoops
9 or 27 servings per container

Amount Per Serving	Amount	DV*
Elemental Nutrition		
Total Calories	200 kcal	10%
Protein	10 g (40 kcal)	**
Total Carbohydrates	25 g (100 kcal)	**
Added Sugar 20 g		40%
Fats	6.7 g (60 kcal)	**
Keto-Elemental Nutrition		
Total Calories	204 kcal	10%
Protein	7.5 g (30 kcal)	**
Total Carbohydrates	8.5 g (34 kcal)	**
Sugar 0 g		0%
Fats	15.6 g (140 kcal)	**
Vitamin A (from vitamin A palmitate) (850 IU)	255 mcg RAE	28%
Vitamin C (ascorbic acid)	20 mg	22%
Vitamin D3 (cholecalciferol) (100 IU)	2.5 mcg	13%
Vitamin E (d-alpha tocopheryl acetate) (10 IU)	6.7 mg AT	45%
Vitamin K2 (menaquinone-7)	10 mcg	8%
Vitamin B1 (from thiamine hydrochloride)	0.5 mg	42%
Vitamin B2 (from riboflavin 5'-phosphate, sodium)	0.5 mg	38%
Vitamin B3 (niacinamide)	4 mg	25%
Vitamin B6 (from pyridoxal 5'-phosphate, calcium)	1 mg	59%
Folate (from L-5-MTHF, calcium)	60 mcg	15%
Vitamin B12 (methylcobalamin)	1.5 mcg	63%
Biotin	50 mcg	167%
Vitamin B5 (from calcium d-pantothenate)	4 mg	80%
Calcium (from calcium bisglycinate)	85 mg	7%
Iron (from iron (II) bisglycinate)	2 mg	11%
Phosphorus (from potassium phosphate)	85 mg	7%
Iodine (from potassium iodide)	20 mcg	13%
Magnesium (from magnesium bisglycinate)	40 mg	10%
Zinc (from zinc gluconate)	2.5 mg	23%
Selenium (from selenium glycinate)	25 mcg	45%
Copper (from copper (II) bisglycinate)	150 mcg	17%
Manganese (from manganese (II) bisglycinate)	200 mcg	9%
Chromium (from chromium nicotinate glycinate)	15 mcg	43%
Molybdenum (from molybdenum (VI) bisglycinate)	10 mcg	22%
Choline (from choline bitartrate)	35 mg	**
L-Serine	200 mg	**

*% Daily Values (DV) are based on Reference Daily Intake (RDI) and 2,000 kcal

** Daily value not established

MEDICAL FOOD INTENDED FOR USE UNDER MEDICAL SUPERVISION. Not intended for use in children.

SUGGESTED USE

Thoroughly mix 2 scoopful (46 g of Elemental Nutrition; 35 g of Keto-Elemental Nutrition) in 6-8 oz. (178-236 mL) room temperature water. Additional water may be added to the mixture as desired. Once mixed, any product that is not consumed within 60 minutes should be refrigerated for a maximum of 24 hours, then shaken or stirred prior to consumption.

Contains no yeast, wheat, gluten, soy, dairy products, fructose, sucrose, lactose, artificial colors and flavors, or preservatives.

OTHER INGREDIENTS

Medium chain triglycerides (from coconut), glucose, tapioca maltodextrin, natural chocolate/vanilla flavours, natural herbal flavours*, sodium chloride*, sodium copper chlorophyllin*, lutein*, glycine, taurine, L-alanine, L-arginine, L-cysteine, L-glutamine, L-histidine, L-leucine, L-lysine, L-methionine, L-proline, L-threonine, L-tryptophan, L-tyrosine, L-valine, L-aspartic acid, L-isoleucine, L-phenylalanine, L-carnitine

* in Keto-Elemental Nutrition Only

Dosing Calculator

Determine The Daily Serving Size of Elemental Nutrition for Your Patient



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