

# Elemental Nutrition & Keto-Elemental Nutrition

## Elemental Medical Foods for Gastrointestinal Dysfunction

**Elemental Nutrition** consists of only pre-digested/elemental nutrients (ie. amino acids, simple carbohydrates, medium chain triglycerides), and essential vitamins and minerals.

It's intended as a nutritional support for individuals with compromised digestive and absorptive capabilities.

Under the supervision of a health care practitioner, it can be used as the sole source of nutrition for a limited period of time in place of antimicrobials in the Eradication Phase to significantly decrease the bacterial overgrowth.

Clinical evidence had demonstrated that a **two-week, as well as a three-week**, exclusive elemental diet was able to **normalize the lactulose breath test (LBT) results in 80% and 85% of SIBO-positive patients, respectively.**<sup>[1]</sup>

It can also be used in Crohn's disease patients whose ability to digest and absorb is compromised.

For patients with duodenal overgrowth or co-existing fungal overgrowth, even simple carbohydrates like maltodextrin can potentially be utilized by the bacteria/fungi before they can be absorbed by the body.

By incorporating ketogenesis in Elemental Nutrition, **Keto-Elemental Nutrition** can further limit the food sources of the **bacterial overgrowth**, as well as providing a better sense of satiety. It is also the **better option for patients with diabetes/hyperglycemia** compared to the conventional elemental diet.

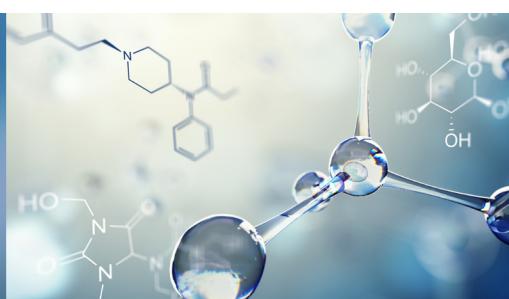
### Key Features:

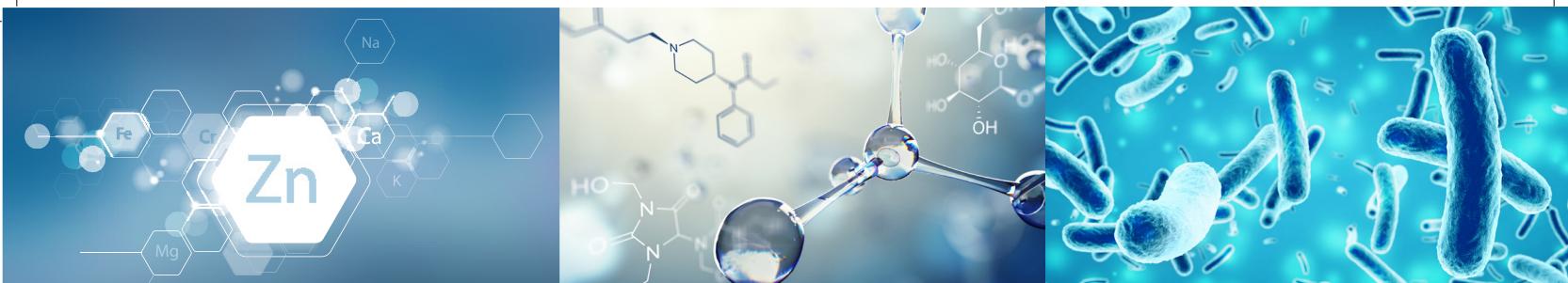
- Contains **B-Vitamins in Active Forms** (ie. 5-methylfolate, pyridoxal-5'-phosphate, riboflavin-5'-phosphate)
- Supplies **free amino acids** (complete profile meeting the RDA), hydrolyzed carbohydrates, and easy-to-utilize **medium chain triglycerides from coconut** to support the absorption of macronutrients.
- Available with **Ketogenic Option**
- Fiber-Free & Hypoallergenic Formula.** Free from any potential allergenic peptides or food sources such as gluten, soy, FODMAP's, and dairy.
- Utilizes highly bioavailable amino-acid-chelate minerals from Albion® Laboratories.
- Helps to maintain nutritional adequacy as a sole source of nutrition for up to four weeks.

### Indications:

- Small intestinal bacterial overgrowth (SIBO)
- Crohn's Disease
- Additional nutritional support for the malnourished

<sup>[1]</sup> Pimentel M et al. A 14-day elemental diet is highly effective in normalizing the lactulose breath test. Dig Dis Sci. 2004; 49(1): 73-7.





## NUTRITION INFORMATION

Servings Size 2 Scoops  
9 or 27 servings per container

| Amount Per Serving                                | Amount            | DV*  |
|---|-------------------|------|
| <b>Elemental Nutrition</b>                        |                   |      |
| Total Calories                                    | 200 kcal          | 10%  |
| Protein   | 10 g (40 kcal)    | **   |
| Total Carbohydrates                               | 25 g (100 kcal)   | **   |
| Sugar 20 g  |                   | 40%  |
| Fats  | 6.7 g (60 kcal)   | **   |
| <b>Keto-Elemental Nutrition</b>                   |                   |      |
| Total Calories                                    | 200 kcal          | 10%  |
| Protein   | 7.5 g (30 kcal)   | **   |
| Total Carbohydrates                               | 7.5 g (30 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

## ELEMENTAL NUTRITION

1,250 g (44.092 oz) 27 SERVINGS - coming soon  
415 g (14.634 oz) 9 SERVINGS

## KETO-ELEMENTAL NUTRITION

945 g (33.334 oz) 27 SERVINGS - coming soon  
315 g (11.111 oz) 9 SERVINGS

## Dosing Calculator

Determine The Daily Serving Size of  
Elemental Nutrition for Your Patient



For Education Purpose Only: The entire contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this presentation. All statements in this article have not been evaluated by the Food and Drug Administration and are not intended to be used to diagnose, treat, or prevent any diseases.

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