



K·Vita®



## A guide for adults taking K·Vita

Name: \_\_\_\_\_

If you have any questions or need support with taking K·Vita, please contact:

Name: \_\_\_\_\_

Healthcare profession or title: \_\_\_\_\_

Clinic/Hospital: \_\_\_\_\_

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This guide is available as a pdf document for on-screen viewing and as a printed booklet. To request extra copies, or for help with either format, please contact your healthcare professional using the details on the front cover.

# An overview of K·Vita

## 1.1 What is K·Vita?

### K·Vita is:

- Food for Special Medical Purposes
- Only available on prescription from a doctor
- For the dietary management of drug resistant epilepsy in adults and in children from 3 years of age
- A strawberry flavour, thickened liquid containing a specific blend of fats called medium chain triglycerides (MCT). With sweetener
- Taken regularly throughout the day, always with food (preferably with meals), before, during or after eating
- Consumed as part of your usual diet, but avoiding foods and beverages high in sugar
- Measured out from the pack then taken 'as is', or after mixing into suitable foods and beverages, for example, unsweetened yogurt or plain milk

## 1.2 Why have I been prescribed K·Vita?

Medium chain triglyceride (MCT), a type of fat, has been safely used for the dietary management of drug resistant epilepsy for many years. MCT is made up of medium chain fatty acids (MCFAs) rather than the long chain fatty acids that make up the fats typically present in food. Research has shown that if MCT contains certain proportions of two specific MCFAs, octanoic acid (C8) and decanoic acid (C10) then it may be helpful for some people with epilepsy. **K·Vita** contains MCT with this MCFA content. Therefore, you, or the person you care for, has been recommended to try **K·Vita** by a doctor.

### IMPORTANT

Follow the advice in this booklet about taking K.Vita, and any additional guidance provided by your healthcare professional.

The recommended daily amount of **K·Vita** for an adult is two packs (240ml). However, the amount of K.Vita required on an individual basis may be less than this, and will be determined by your healthcare professional. **K·Vita** must be introduced slowly, over four weeks, in measured amounts and always consumed with food. During this time, **K·Vita** is taken four times each day at meals and with an evening or bedtime snack. Once established on **K·Vita**, it can be taken three times daily instead of four.

### IMPORTANT

**Please carefully follow the instructions for introducing and taking K·Vita.**

**This will help you get used to taking K·Vita and minimise any side effects.**





## 2.1 The first four weeks

- ▮ **K·Vita** must not be taken in large amounts at first as this can cause side effects (page 8)
- ▮ **K·Vita must be introduced slowly and carefully in measured amounts**
- ▮ Instructions for measuring **K·Vita** are in Section 2.2 (page 5). You can use a measuring cup, household or measuring spoons

A four-week **K·Vita** introduction plan for each type of measure is in section 7 (page 12 onwards)

- ▮ Each plan starts with small quantities of **K·Vita** which are gradually increased, in measured amounts, up to the recommended daily intake for adults of 240ml (two packs) of **K·Vita**

## 2.2 Measuring K·Vita

**K·Vita** is introduced in measured amounts.

To do this, you can use either:

### **A measuring cup marked with 10ml graduations**

Your hospital, clinic or pharmacy may be able to provide measuring cups if you ask for a supply.



OR

### **Household or measuring spoons.**

You will need a teaspoon (5ml) and a tablespoon (15ml). You may wish to use 30ml and 60ml measuring spoons too.



Measuring cups and spoons can be bought from on-line stores or shops that sell kitchenware.

1. Shake the pack a few times.
2. Unscrew the top of the **K·Vita** pack.
3. Pour **K·Vita** into the measuring cup up to the required graduation mark. If using a spoon, hold it horizontally and drip **K·Vita** into it until it is level with the sides.

**K·Vita** is quite thick so you may need to gently squeeze the pack to get it out, especially when the pack is nearly empty.



4. Replace the cap on the pack. Storage instructions are on page 11.



Into a measuring cup



Onto a spoon



Onto a measuring spoon

## 2.3 Taking K·Vita

**K·Vita** can be served at room temperature or chilled from the fridge.

Drink **K·Vita** 'as is' directly from the measuring cup or take it from the spoon.



**OR**

Transfer all the **K·Vita** out of the measuring cup or from the spoon into a small mug or bowl. Add some plain milk or unsweetened yogurt, mix well and drink or eat.

### IMPORTANT

**Ensure you eat all of the measured amounts of K·Vita. If using a measuring cup, use a small spoon to scrape off and remove any that sticks to the sides and eat it.**

**If K·Vita is mixed into plain milk or unsweetened yogurt, make sure you finish the whole portion.**

## 2.4 Following the K·Vita four-week introduction plan

**Introduction plans for using measuring cups or spoons, and more advice on taking K·Vita are in section 7 (page 12 onwards).**

Always:

- Measure **K·Vita** before taking it, using a measuring cup or spoons
- Take **K·Vita** regularly throughout the day, for example, every four to five hours
- Have **K·Vita** with food, ideally with meals and snacks – before, during or after eating

It may seem that it will take a long time to introduce **K·Vita**. However, starting with small quantities and building up the amounts gradually by following the four-week plan is definitely worthwhile. People can be very sensitive to **K·Vita**, especially at first, and most need time to get used to having it.

## 2.5 Finding the right amount of **K·Vita** for you

The amount of **K·Vita** required is very individual. Not everyone needs to take the recommended amount of two packs per day. When using **K·Vita** for the dietary management of drug resistant epilepsy, you may notice an improvement before the end of the four-week introduction period.

Alternatively, once you have reached the end of the four-week introduction and are tolerating the recommended amount of two packs per day, it may take a bit longer to see an improvement.

Your healthcare professional will be monitoring you during this time and will advise you as necessary. Or contact them using the details on the front cover if you have any questions about how much **K·Vita** you need.

## 2.6 Continuing with **K·Vita**

At the end of the introduction of **K·Vita** you will be reviewed by your healthcare professional. They will ask how you are getting on with **K·Vita**, how much you are taking every day and if it is helpful for your epilepsy.

If you continue to take **K·Vita**, carry on having the daily amount that is right for you, in measured amounts, at regular times throughout the day, and always with food.

Your progress on **K·Vita** will be monitored at future clinic appointments. However, please contact the healthcare professional using the details on the front of this booklet if you have any concerns or questions about taking **K·Vita** and need more help and advice.

## 2.7 Changing from taking **K·Vita** four times daily to three

You can continue to take **K·Vita** in four measured amounts each day. Or, you can take it three times daily instead. Discuss this with your healthcare professional first. Instructions for doing this are on page 17 for measuring cups and page 22 for spoons.

However, if you have any side effects (page 8) to **K·Vita** from making this change you may need to return to taking it four times daily again.



## Side-effects from K·Vita

### 3.1 What to look out for

MCT, the fat in **K·Vita**, is digested differently from the fat present in food. Although this process may cause certain side-effects, not everyone who takes **K·Vita** will be affected. Following the introduction plan carefully and always giving **K·Vita** with food can help with getting used to MCT and to minimise side-effects. However, you may experience one or more of the following when taking **K·Vita**:

- Vomiting
- Nausea (feeling sick)
- Tummy pain/discomfort
- Bloating
- Feeling full
- Excessive burping
- Excessive flatulence (wind)
- Diarrhoea
- Constipation



### 3.2 What to do if you get side-effects to K·Vita

**Side effects are usually mild and disappear over time.**

**If they do occur, try one or more of the following:**

- If you are in week one of the introduction plan, take a one or two-day break, then restart from the beginning
- Reduce the amount of **K·Vita** taken. Go back a day or two in the introduction plan (or to when you first noticed side effects). Stay on that amount until things improve. Then, start increasing **K·Vita** again, according to the plan
- Make increases of **K·Vita** more slowly, for example, every two or three days instead of every day

If side effects continue after trying these suggestions, or you experience other symptoms which you think are related to **K·Vita**, contact your healthcare professional for advice, using the details on the front of this booklet.

## What to eat and drink whilst you are taking K·Vita

**You can have your usual meals and snacks but avoid foods and beverages high in sugar.**

During the introduction of **K·Vita**, and once you are taking the amount that is right for you every day, you may notice you are eating less overall. For example, you may want smaller portions at your meals. This happens because **K·Vita** is replacing some of the food that you previously ate. However, you may find you continue to eat the same amount as before.

### 4.1 Why avoid sugar?

Foods and beverages high in sugar, such as sweets, biscuits and fizzy drinks are generally low in nutrients and high in calories (energy). Reducing your intake of these items (especially if you have them regularly, for example, every day) can help ensure your diet is as nutritious as possible whilst taking **K·Vita**.

**Note:** **K·Vita** does not contain sugar. The sweet taste is from sweetener (sucralose).

### 4.2 Foods and beverages high in sugar

This table lists foods and beverages high in sugar and suggestions for alternatives:

| High in sugar   | Have these instead   |
|---|--|
| Fizzy drinks, juice drinks, energy drinks                                       | Water. Diet, sugar-free or no-added sugar drinks   |
| Flavoured and sweetened milk drinks (for example, milkshakes, hot chocolate)    | Milk - plain, or flavour with sugar-free milk flavourings  |
| Buns, cakes, pastries, biscuits<br>Sweets and chocolate                         | Malt loaf, fruited teacake, scone, scotch pancakes, oat cakes, crackers, plain rice cakes, bread or toast, bagel, bread roll - spread with butter, margarine, cheese, hummus, nut butter. Chopped vegetables with hummus. Plain popcorn. Fresh or tinned fruit (in juice, not syrup) |
| Ice cream. 'Corner' (split pot) yogurt.<br>Puddings                             | Plain yogurt or fromage frais - add fresh or tinned fruit (in juice, not syrup). Sugar-free jelly  |
| Breakfast cereals such as frosted flakes, honey crunch cereal, chocolate cereal | Porridge. Wheat or oat breakfast biscuits. 'no added sugar' muesli. Shredded wholegrain  |

- To help identify packaged products high in sugar, look out for the 'front of pack nutrition label' on. If the item has a high sugar content per serving, the sugars section will be coloured red

| per 30g cereal:   |                                  |                                 |                                       |                                     |                                  |
|---|----------------------------------|---------------------------------|---------------------------------------|-------------------------------------|----------------------------------|
| <b>16</b><br>SERVINGS   | ENERGY<br>460kJ<br>110kcal<br>6% | FAT<br><b>0.7g</b><br>LOW<br>2% | SATURATES<br><b>0.1g</b><br>LOW<br>1% | SUGARS<br><b>5.1g</b><br>HIGH<br>6% | SALT<br><b>0.2g</b><br>MED<br>4% |
| <small>% of an adult's reference intake.<br/>Typical values per 100g: Energy 1530kJ/360kcal</small> |                                  |                                 |                                       |                                     |                                  |

- Some foods that naturally contain sugar – plain milk, yogurt and fromage frais, and fruits and vegetables - are good sources of nutrients such as vitamins, minerals, protein, and fibre. You can still eat these. However, fruit juices, vegetable juices and smoothies are sugary. Limit to 150ml maximum per day

It can be easier make a few changes at first, for example:

- Avoid adding extra sugar (or honey or syrup) to foods and beverages such as breakfast cereal or hot drinks
- Change sweetened fizzy drinks or squashes/cordials to the sugar-free or diet varieties
- Dilute pure fruit juices at least by a half (for example, to 100ml fruit juice add at least 100ml of water)
- Have smaller portions of sweet foods then swap to a lower sugar alternative

### 4.3 Sources of information on sugar intake

For more advice on sugar you may find these websites helpful:

- The Eatwell Guide: [www.nhs.uk/live-well/eat-well/how-to-cut-down-on-sugar-in-your-diet/](http://www.nhs.uk/live-well/eat-well/how-to-cut-down-on-sugar-in-your-diet/)
- NHS UK Healthier Families: [www.nhs.uk/healthier-families/food-facts/sugar/](http://www.nhs.uk/healthier-families/food-facts/sugar/)
- British Dietetic Association: [www.bda.uk.com/resource/sugar.html](http://www.bda.uk.com/resource/sugar.html)

### 4.4 Further help and advice

If you are not sure what to eat and drink, or have concerns about any changes to your body weight whilst taking **K·Vita**, please contact the healthcare professional on the front of this booklet.

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## How to store K·Vita

**Unopened:** Store in a cool, dry place.

**Once opened:** Recap unused portion, refrigerate and use within 48 hours or within 6 hours at room temperature.



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## How to get K·Vita

**K·Vita is available on prescription.**

A supply will be arranged through your GP or the '**Vitaflo to You**' prescription home delivery service.





## K·Vita introduction plans

1. Decide if you will measure out **K·Vita** by using a measuring cup or household or measuring spoons. Then follow the appropriate plan:
  - ▮ Measuring cup: pages 13 - 17
  - ▮ Household or measuring spoons: pages 18 - 22
2. Tick off each time you take **K·Vita** so you can see where you are up to.  
If you prefer, each page in this section can be torn out and put up somewhere visible, for example, on a notice board or on the fridge door
3. The introduction plan starts with taking **K·Vita** three times daily, then increases to four times daily after two days
4. The quantity of **K·Vita** increases by 10ml per day (or every other day) over each of the four weeks
5. The recommended daily amount of two packs (240ml) of **K·Vita** is reached at the end of week four (60ml four times per day)
6. You will not use all of the **K·Vita** you are given for the four-week introduction. This is because the amounts you take will be small at first, especially during weeks one and two
7. Please use a new pack of **K·Vita** each day. Follow the storage instructions on page 11 and do not use any **K·Vita** from an opened pack after 48 hours.

You will be reviewed during and/or at the end of the four-week introduction of **K·Vita**. However, please contact your healthcare professional using the contact details on the front of this booklet if you have any concerns about introducing **K·Vita**, or if you:

- ▮ Have a lot of side effects from taking **K·Vita**, which do not improve after you have tried the suggestions on page 8
- ▮ Are struggling to introduce **K·Vita**
- ▮ Notice an improvement before you have reached the end of the four-week introduction

### IMPORTANT

**If you are given an individualised K·Vita introduction plan by your healthcare professional, please follow their instructions carefully. Do not use any of the plans in this guide.**

# K·Vita introduction plan – Week One

Follow this introduction plan if you are using a measuring cup.

Use measuring cups marked with 10ml graduations. Ask your healthcare professional or pharmacist for a supply, or purchase from an on-line or kitchenware shop.

Write in the dates and tick the boxes to keep a record of when and how much **K·Vita** you have taken.

|     |      | Breakfast |   | Lunch |   | Dinner |   | Evening or bedtime snack |   | Total per day |   |
|-----|------|-----------|---|-------|---|--------|---|--------------------------|---|---------------|---|
| Day | Date | ml        | ✓ | ml    | ✓ | ml     | ✓ | ml                       | ✓ | ml            | ✓ |
| 1   |      | 10        |   | 10    |   | 10     |   | x                        | x | 30            |   |
| 2   |      | 10        |   | 10    |   | 10     |   | x                        | x | 30            |   |
| 3   |      | 10        |   | 10    |   | 10     |   | 10                       |   | 40            |   |
| 4   |      | 10        |   | 10    |   | 10     |   | 10                       |   | 40            |   |
| 5   |      | 20        |   | 10    |   | 10     |   | 10                       |   | 50            |   |
| 6   |      | 20        |   | 10    |   | 10     |   | 10                       |   | 50            |   |
| 7   |      | 20        |   | 20    |   | 10     |   | 10                       |   | 60            |   |

Measuring cups containing 10ml and 20ml of **K·Vita**



10ml



20ml



# K·Vita introduction plan – Week Two

|     |      | Breakfast |   | Lunch |   | Dinner |   | Evening or bedtime snack |   | Total per day |   |
|-----|------|-----------|---|-------|---|--------|---|--------------------------|---|---------------|---|
| Day | Date | ml        | ✓ | ml    | ✓ | ml     | ✓ | ml                       | ✓ | ml            | ✓ |
| 1   |      | 20        |   | 20    |   | 10     |   | 10                       |   | 60            |   |
| 2   |      | 20        |   | 20    |   | 20     |   | 10                       |   | 70            |   |
| 3   |      | 20        |   | 20    |   | 20     |   | 20                       |   | 80            |   |
| 4   |      | 30        |   | 20    |   | 20     |   | 20                       |   | 90            |   |
| 5   |      | 30        |   | 30    |   | 20     |   | 20                       |   | 100           |   |
| 6   |      | 30        |   | 30    |   | 30     |   | 20                       |   | 110           |   |
| 7   |      | 30        |   | 30    |   | 30     |   | 30                       |   | 120*          |   |

Measuring cups containing 10ml, 20ml and 30ml of K·Vita



10ml



20ml



30ml



1 pack  
of K·Vita

\*On this day you will be taking one whole pack (120ml) of K·Vita

# K·Vita introduction plan – Week Three

During this part of the introduction, you will take one whole pack of **K·Vita** each day, plus extra from a second pack.

|     |      | Breakfast |   | Lunch |   | Dinner |   | Evening or bedtime snack |   | Total per day |   |
|-----|------|-----------|---|-------|---|--------|---|--------------------------|---|---------------|---|
| Day | Date | ml        | ✓ | ml    | ✓ | ml     | ✓ | ml                       | ✓ | ml            | ✓ |
| 1   |      | 30        |   | 30    |   | 30     |   | 30                       |   | 120           |   |
| 2   |      | 40        |   | 30    |   | 30     |   | 30                       |   | 130           |   |
| 3   |      | 40        |   | 40    |   | 30     |   | 30                       |   | 140           |   |
| 4   |      | 40        |   | 40    |   | 40     |   | 30                       |   | 150           |   |
| 5   |      | 40        |   | 40    |   | 40     |   | 40                       |   | 160           |   |
| 6   |      | 50        |   | 40    |   | 40     |   | 40                       |   | 170           |   |
| 7   |      | 50        |   | 50    |   | 40     |   | 40                       |   | 180           |   |

Measuring cups containing 30ml, 40ml and 50ml of **K·Vita**



30ml



40ml



50ml





## K·Vita introduction plan – Week Four

During this part of the introduction you will take one whole pack of **K·Vita** each day, plus extra from a second pack. On the last day, you will take two whole packs of **K·Vita**.

|     |      | Breakfast |   | Lunch |   | Dinner |   | Evening or bedtime snack |   | Total per day |   |
|-----|------|-----------|---|-------|---|--------|---|--------------------------|---|---------------|---|
| Day | Date | ml        | ✓ | ml    | ✓ | ml     | ✓ | ml                       | ✓ | ml            | ✓ |
| 1   |      | 50        |   | 50    |   | 40     |   | 40                       |   | 180           |   |
| 2   |      | 50        |   | 50    |   | 50     |   | 40                       |   | 190           |   |
| 3   |      | 50        |   | 50    |   | 50     |   | 50                       |   | 200           |   |
| 4   |      | 60        |   | 50    |   | 50     |   | 50                       |   | 210           |   |
| 5   |      | 60        |   | 60    |   | 50     |   | 50                       |   | 220           |   |
| 6   |      | 60        |   | 60    |   | 60     |   | 50                       |   | 230           |   |
| 7   |      | 60        |   | 60    |   | 60     |   | 60                       |   | 240           |   |

Measuring cups containing 40ml, 50ml and 60ml of **K·Vita**



40ml



50ml



60ml



2 packs  
of **K·Vita**

When you have reached the end of the introduction plan, continue taking 60ml **K·Vita** four times each day (240ml, two packs in total) with food. You will be reviewed by your healthcare professional at this time.

## How to change from giving K·Vita four times daily to three

Once you have reached the end of the introduction plan and are tolerating two packs of **K·Vita** as 60ml four times daily, you may prefer to take it three times daily instead (80ml three times each day). Before making any changes, discuss this with your healthcare professional. If they agree, follow the plan below. However, if you experience any side effects to **K·Vita** from making this change, you may need to return to taking it four times each day again.

|                |      | Breakfast |   | Lunch |   | Dinner |   | Evening or bedtime snack |   | Total per day |   |
|----------------|------|-----------|---|-------|---|--------|---|--------------------------|---|---------------|---|
| Day            | Date | ml        | ✓ | ml    | ✓ | ml     | ✓ | ml                       | ✓ | ml            | ✓ |
| 1              |      | 70        |   | 60    |   | 60     |   | 50                       |   | 240           |   |
| 2              |      | 70        |   | 70    |   | 60     |   | 40                       |   | 240           |   |
| 3              |      | 70        |   | 70    |   | 70     |   | 30                       |   | 240           |   |
| 4              |      | 80        |   | 70    |   | 70     |   | 20                       |   | 240           |   |
| 5              |      | 80        |   | 80    |   | 70     |   | 10                       |   | 240           |   |
| 6 and continue |      | 80        |   | 80    |   | 80     |   | 0                        | ✗ | 240           |   |

Measuring cup containing 60ml of **K·Vita**. Also shown is the use of two cups to measure out 70 and 80ml of **K·Vita**.



60ml



70ml



80ml



2 packs of **K·Vita**

If you are taking less than 240ml (two packs) of **K·Vita** per day, ask your healthcare professional for an individual plan to reduce the number of times you take it from four to three each day.

# K·Vita introduction plan – Week One

Follow this introduction plan if you are using household or measuring spoons. All spoon measures of K·Vita are level.

Write in the dates and tick the boxes to keep a record of when and how much K·Vita you take.



### Household spoons:

Teaspoon (TS): 5ml

Tablespoon (TBS): 15ml



### Measuring spoons:

Teaspoon (TS): 5ml

Tablespoon (TBS): 15ml

|     |      | Breakfast    |   | Lunch        |   | Dinner |   | Evening or bedtime snack |   | Total per day |   |
|-----|------|--------------|---|--------------|---|--------|---|--------------------------|---|---------------|---|
| Day | Date | spoons       | ✓ | spoons       | ✓ | spoons | ✓ | spoons                   | ✓ | ml            | ✓ |
| 1   |      | 2 TS         |   | 2 TS         |   | 2 TS   |   | ✗                        | ✗ | 30            |   |
| 2   |      | 2 TS         |   | 2 TS         |   | 2 TS   |   | ✗                        | ✗ | 30            |   |
| 3   |      | 2 TS         |   | 2 TS         |   | 2 TS   |   | 2 TS                     |   | 40            |   |
| 4   |      | 2 TS         |   | 2 TS         |   | 2 TS   |   | 2 TS                     |   | 40            |   |
| 5   |      | 1 TBS & 1 TS |   | 2 TS         |   | 2 TS   |   | 2 TS                     |   | 50            |   |
| 6   |      | 1 TBS & 1 TS |   | 2 TS         |   | 2 TS   |   | 2 TS                     |   | 50            |   |
| 7   |      | 1 TBS & 1 TS |   | 1 TBS & 1 TS |   | 2 TS   |   | 2 TS                     |   | 60            |   |



One teaspoon (1 TS)



One tablespoon (1 TBS)



One tablespoon (1 TBS) and one teaspoon (1TS) = 20ml

# K·Vita introduction plan – Week Two



All spoon measures of K·Vita are level.

|     |      | Breakfast                |   | Lunch        |   | Dinner       |   | Evening or bedtime snack |   | Total per day   |   |
|-----|------|--------------------------|---|--------------|---|--------------|---|--------------------------|---|-----------------|---|
| Day | Date | spoons                   | ✓ | spoons       | ✓ | spoons       | ✓ | spoons                   | ✓ | ml              | ✓ |
| 1   |      | <b>1 TBS &amp; 1 TS*</b> |   | 1 TBS & 1 TS |   | 2 TS         |   | 2 TS                     |   | 60              |   |
| 2   |      | 1 TBS & 1 TS             |   | 1 TBS & 1 TS |   | 1 TBS & 1 TS |   | 2 TS                     |   | 70              |   |
| 3   |      | 1 TBS & 1 TS             |   | 1 TBS & 1 TS |   | 1 TBS & 1 TS |   | 1 TBS & 1 TS             |   | 80              |   |
| 4   |      | <b>2 TBS**</b>           |   | 1 TBS & 1 TS |   | 1 TBS & 1 TS |   | 1 TBS & 1 TS             |   | 90              |   |
| 5   |      | 2 TBS                    |   | 2 TBS        |   | 1 TBS & 1 TS |   | 1 TBS & 1 TS             |   | 100             |   |
| 6   |      | 2 TBS                    |   | 2 TBS        |   | 2 TBS        |   | 1 TBS & 1 TS             |   | 110             |   |
| 7   |      | 2 TBS                    |   | 2 TBS        |   | 2 TBS        |   | 2 TBS                    |   | 120* (one pack) |   |



\*One tablespoon (1 TBS) and one teaspoon (1TS) = 20ml



\*\*Two tablespoons (2 TBS) = 30ml



\*\*If you are using a set of measuring spoons, the one marked '30ml' can be used to measure out two tablespoons (2 TBS)



\*On this day you will be taking one whole pack (120ml) of K·Vita

# K·Vita introduction plan – Week Three



During this part of the introduction, you will take one whole pack of **K·Vita** each day, plus extra from a second pack. All spoon measures of **K·Vita** are level.

|     |      | Breakfast                   |   | Lunch        |   | Dinner       |   | Evening or bedtime snack |   | Total per day |   |
|-----|------|-----------------------------|---|--------------|---|--------------|---|--------------------------|---|---------------|---|
| Day | Date | spoons                      | ✓ | spoons       | ✓ | spoons       | ✓ | spoons                   | ✓ | ml            | ✓ |
| 1   |      | <b>2 TBS*</b>               |   | 2 TBS        |   | 2 TBS        |   | 2 TBS                    |   | 120           |   |
| 2   |      | <b>2TBS &amp; 2 TS**</b>    |   | 2 TBS        |   | 2 TBS        |   | 2 TBS                    |   | 130           |   |
| 3   |      | 2 TBS & 2 TS                |   | 2 TBS & 2 TS |   | 2 TBS        |   | 2 TBS                    |   | 140           |   |
| 4   |      | 2 TBS & 2 TS                |   | 2 TBS & 2 TS |   | 2 TBS & 2 TS |   | 2 TBS                    |   | 150           |   |
| 5   |      | 2 TBS & 2 TS                |   | 2 TBS & 2 TS |   | 2 TBS & 2 TS |   | 2 TBS & 2 TS             |   | 160           |   |
| 6   |      | <b>3 TBS &amp; 1 TS ***</b> |   | 2 TBS & 2 TS |   | 2 TBS & 2 TS |   | 2 TBS & 2 TS             |   | 170           |   |
| 7   |      | 3 TBS & 1 TS                |   | 3 TBS & 1 TS |   | 2 TBS & 2 TS |   | 2 TBS & 2 TS             |   | 180           |   |



\*Two tablespoons (2 TBS) = 30ml

\*If you are using a set of measuring spoons, the one marked '30ml' can be used to measure out two tablespoons (2 TBS)

\*\*Two tablespoons (2 TBS) and two teaspoons (2 TSP) = 40ml

\*\*\*Three tablespoons (3 TBS) and one teaspoon (1 TSP) = 50ml

# K·Vita introduction plan – Week Four



During this part of the introduction you will take one whole pack of **K·Vita** each day, plus extra from a second pack. On the last day, you will take two whole packs of **K·Vita**.

|     |      | Breakfast     |   | Lunch        |   | Dinner       |   | Evening or bedtime snack |   | Total per day   |   |
|-----|------|---------------|---|--------------|---|--------------|---|--------------------------|---|-----------------|---|
| Day | Date | spoons        | ✓ | spoons       | ✓ | spoons       | ✓ | spoons                   | ✓ | ml              | ✓ |
| 1   |      | 3 TBS & 1 TS  |   | 3 TBS & 1 TS |   | 2 TBS & 2 TS |   | 2 TBS & 2 TS             |   | 180             |   |
| 2   |      | 3 TBS & 1 TS  |   | 3 TBS & 1 TS |   | 3 TBS & 1 TS |   | 2 TBS & 2 TS             |   | 190             |   |
| 3   |      | 3 TBS & 1 TS  |   | 3 TBS & 1 TS |   | 3 TBS & 1 TS |   | 3 TBS & 1 TS             |   | 200             |   |
| 4   |      | <b>4 TBS*</b> |   | 3 TBS & 1 TS |   | 3 TBS & 1 TS |   | 3 TBS & 1 TS             |   | 210             |   |
| 5   |      | 4 TBS         |   | 4 TBS        |   | 3 TBS & 1 TS |   | 3 TBS & 1 TS             |   | 220             |   |
| 6   |      | 4 TBS         |   | 4 TBS        |   | 4 TBS        |   | 3 TBS & 1 TS             |   | 230             |   |
| 7   |      | 4 TBS         |   | 4 TBS        |   | 4 TBS        |   | 4 TBS                    |   | 240 (two packs) |   |



\*Four tablespoons (4 TBS) = 60ml



\*If you are using a set of measuring spoons, the one marked '60ml' can be used to measure out four tablespoons (4 TBS)



2 packs of **K·Vita**

When you have reached the end of the introduction plan, continue taking 4 tablespoons (60ml) of **K·Vita** four times each day (two packs total) with food. You will be reviewed by your healthcare professional at this time.

# How to change from giving K·Vita four times daily to three



Once you have reached the end of the introduction plan and are tolerating two packs of **K·Vita** as 60ml four times daily, you may prefer to take it three times daily instead (80ml three times each day). Before making any changes, discuss this with your healthcare professional. If they agree, follow the plan below. However, if you experience any side effects to **K·Vita** from making this change, you may need to return to having it four times each day again.

|                |      | Breakfast                |   | Lunch        |   | Dinner       |   | Evening or bedtime snack |          | Total per day |   |
|----------------|------|--------------------------|---|--------------|---|--------------|---|--------------------------|----------|---------------|---|
| Day            | Date | spoons                   | ✓ | spoons       | ✓ | spoons       | ✓ | spoons                   | ✓        | ml            | ✓ |
| 1              |      | 4 TBS & 2 TS             |   | 4 TBS        |   | 4 TBS        |   | 3 TBS & 1 TS             |          | 240           |   |
| 2              |      | 4 TBS & 2 TS             |   | 4 TBS & 2 TS |   | 4 TBS        |   | 2 TBS & 2 TS             |          | 240           |   |
| 3              |      | 4 TBS & 2 TS             |   | 4 TBS & 2 TS |   | 4 TBS & 2 TS |   | 2 TBS                    |          | 240           |   |
| 4              |      | <b>5 TBS &amp; 1 TS*</b> |   | 4 TBS & 2 TS |   | 4 TBS & 2 TS |   | 4 TS                     |          | 240           |   |
| 5              |      | 5 TBS & 1 TS             |   | 5 TBS & 1 TS |   | 4 TBS & 2 TS |   | 2 TS                     |          | 240           |   |
| 6 and continue |      | 5 TBS & 1 TS             |   | 5 TBS & 1 TS |   | 5 TBS & 1 TS |   | <b>x</b>                 | <b>x</b> | 240           |   |



\*Five tablespoons (5 TBS) and one teaspoon (1 TS) = 80ml



If you are using a set of measuring spoons, the one marked '80ml' can be used to measure out five tablespoons (5 TBS) and one teaspoon (1 TS)

If you are taking less than 240ml (two packs) of **K·Vita** per day, ask your healthcare professional for an individual plan to reduce the number of times you take it from four to three each day.



**K-Vita** Food for Special Medical Purposes.  
With sweetener.  
Strawberry flavour.

**K-Vita** is a thickened liquid containing a specific blend of medium chain triglycerides (MCT).  
For the dietary management of drug resistant epilepsy in adults and in children from 3 years of age.

### **Recommended Intake and Administration**

To be determined by the clinician or dietitian as it is dependent on the age,  
body weight and medical condition of the patient.

Shake well before use.

### **Important Information**

Use under medical supervision.

Suitable from 3 years of age.

Not suitable for use as a sole source of nutrition.

Not suitable for use during pregnancy and lactation.

Not suitable for individuals unable to metabolise MCT, for example,  
those with medium chain acyl-CoA dehydrogenase deficiency (MCADD).

For enteral use only.

### **Use as directed by the clinician or dietitian**

Introduce **K-Vita** slowly and in measured amounts.

Always take with food.

Take regularly throughout the day, preferably at mealtimes.

Consume as part of your usual diet but avoid foods and beverages high in sugar.

Suitable for tube feeding.

For further product information please call our **Nutrition Service Helpline +44 (0)151 702 4937**  
or visit our website [www.vitafloweb.com](http://www.vitafloweb.com)



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