



K·Vita[®]

A guide for children taking K·Vita



Name:

If you have any questions or you or your child need support whilst they are taking K·Vita, please contact:

Name:

Healthcare profession or title:

Clinic/Hospital:

Telephone:

Email:



Enhancing Lives Together



Contents

1. An overview of K·Vita	2
1.1 What is K·Vita?	2
1.2 Why has my child been prescribed K·Vita?	2
2. How to introduce and take K·Vita	3
2.1 The first four weeks	4
2.2 Measuring K·Vita	5
2.3 Taking K·Vita	6
2.4 Following the four-week introduction plan	6
2.5 Finding the right amount of K·Vita for your child	7
2.6 Continuing with K·Vita at the end of the introduction plan	7
2.7 Changing from taking K·Vita four times daily to three	7
3. Side effects from K·Vita	8
3.1 What to look out for	8
3.2 What to do if side effects occur	8
4. What to give your child to eat and drink whilst taking K·Vita	9
4.1 Why avoid sugar?	9
4.2 Foods and beverages high in sugar	9
4.3 Sources of information on sugar intake	10
4.4 Further help and advice	10
5. How to store K·Vita	11
6. How to get K·Vita	11
7. K·Vita introduction plans	12
7.1 Using measuring cups	13
7.2 Using household or measuring spoons	18

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 child's 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 child's 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 has my child 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, your child has been recommended to try **K·Vita** by a doctor.

IMPORTANT

Follow the advice in this booklet about giving **K·Vita** to your child, and any additional guidance provided by their healthcare professional.

The recommended daily amount of **K·Vita** for a child is one pack (120ml). However, the amount of **K·Vita** required on an individual basis may be more or less than this, and will be determined by your child's 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 giving K·Vita to your child.

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





2.1 The first four weeks

- ▮ **K-Vita** must not be given to your child 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 children of 120ml (one pack) 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 5ml 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).

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.



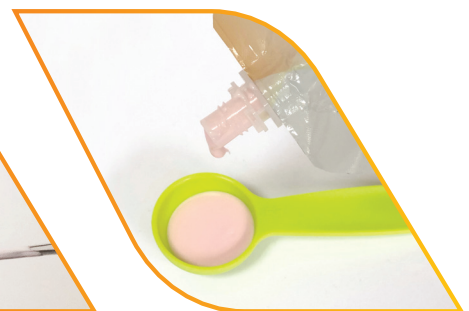
4. Replace the cap on the pack. Storage instructions are on page 11.



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.

Your child can take **K·Vita** 'as is' directly from the measuring cup or 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 give them this to drink or eat.

IMPORTANT

Ensure your child eats 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 give it to them to eat.

If K·Vita is mixed into plain milk or unsweetened yogurt, make sure they 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 giving it to your child using a measuring cup or spoons
- Give **K·Vita** regularly throughout the day, for example, every three to four hours
- Give **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. Children 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 your child

The amount of **K·Vita** required is very individual. Not every child needs to take the recommended amount of one pack 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 your child has reached the end of the four week introduction and is tolerating the recommended amount of one pack per day, it may take longer to see an improvement. Or, they may benefit from taking a larger amount of **K·Vita**, up to a maximum of two packs (240ml) of **K·Vita** per day. Any further increase will need slow, careful and measured introduction.

Your child's healthcare professional will monitor them during this time and advise you as necessary. Or contact them using the details on the front cover if you have any questions about how much **K·Vita** your child needs.

2.6 Continuing with **K·Vita**

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

If your child continues to take **K·Vita**, carry on giving them the daily amount that is right for them, in measured amounts, at regular times throughout the day, and always with food.

Your child's 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 your child taking **K·Vita**, and need more help and advice.

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

Once established on **K·Vita**, your child can continue to take it in four measured amounts each day. Or, they can take it three times daily instead. Discuss this with their healthcare professional first. Instructions for doing this are on page 17 for measuring cups and page 22 for spoons. However, if your child has any side effects (page 8) to **K·Vita** from making this change, they may need to return to taking it four times daily again.

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 every child 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, some children 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 your child has 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 your child experiences other symptoms which you think are related to **K·Vita**, contact their healthcare professional for advice, using the details on the front of this booklet.

What to give your child to eat and drink whilst they are taking K·Vita

Your child can have their usual meals and snacks but should avoid foods and beverages high in sugar.

During the introduction of **K·Vita**, and once they are taking the amount that is right for them every day, you may notice your child is eating less overall. For example, they may want smaller portions for their meals. This happens because **K·Vita** is replacing some of the food they would have eaten previously. However, some children may not naturally or noticeably reduce their food intake.

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 child's intake of these items (especially if they have them regularly, for example, every day) can help ensure their 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	Offer 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 flavoured with sugar-free milk flavourings
Buns, cakes, pastries, biscuits 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. 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'. If the item has a high sugar content per serving, the sugars section will be coloured red

per 30g cereal:					
16	ENERGY 460kJ 110kcal	FAT 0.7g	SATURATES 0.1g	SUGARS 5.1g	SALT 0.2g
SERVINGS	6%	LOW 2%	LOW 1%	HIGH 6%	MED 4%
<small>% of an adult's reference intake. 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 and can be given to your child. However, fruit juices, vegetable juices and smoothies are sugary, and the advice is to limit these to a maximum of 150ml per day (see section 4.3 below)

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 milky 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)
- Give smaller portions of sweet foods then swap over to lower sugar alternatives

4.3 Sources of information on sugar intake

For more advice on avoiding 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/
- NHS UK Healthier Families: www.nhs.uk/healthier-families/food-facts/sugar/
- British Dietetic Association: www.bda.uk.com/resource/sugar.html

4.4 Further help and advice

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



5

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.



6

How to get K·Vita

K·Vita is available on prescription.

A supply will be arranged through your child's 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 your child takes **K·Vita** so you can see where they 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 5ml per day (or every other day) over each of the four weeks
5. The recommended daily amount of one pack (120ml) of **K·Vita** is reached at the end of week four (30ml four times per day)
6. Your child will not use all of the **K·Vita** you are given for the four-week introduction. This is because the amounts they take will be very 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.

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

- Have a lot of side effects from taking **K·Vita** which don't get better after trying the suggestions on page 8
- Are struggling to take **K·Vita**
- Seem to have an improvement before the end of the **K·Vita** four-week introduction

IMPORTANT

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

K·Vita introduction plan – Week One

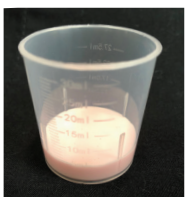
Follow this introduction plan if you are using a measuring cup.

Use measuring cups marked with 5ml graduations. Ask your healthcare professional or pharmacist for a supply, or purchase from an on-line or kitchenware shop.

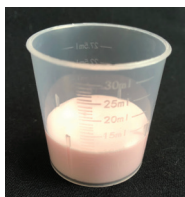
Write in the dates and tick the boxes to keep a record of when and how much K·Vita your child takes.

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		5		5		5		0	✗	15	
2		5		5		5		0	✗	15	
3		5		5		5		5		20	
4		5		5		5		5		20	
5		10		5		5		5		25	
6		10		5		5		5		25	
7		10		10		5		5		30	

Measuring cups containing 5ml and 10ml of K·Vita



5ml



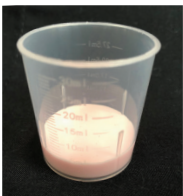
10ml



K·Vita introduction plan – Week Two

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		10		10		5		5		30	
2		10		10		10		5		35	
3		10		10		10		10		40	
4		15		10		10		10		45	
5		15		15		10		10		50	
6		15		15		15		10		55	
7		15		15		15		15		60	

Measuring cups containing 5ml, 10ml and 15ml of K·Vita



5ml



10ml



15ml

K·Vita introduction plan – Week Three



		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		15		15		15		15		60	
2		20		15		15		15		65	
3		20		20		15		15		70	
4		20		20		20		15		75	
5		20		20		20		20		80	
6		25		20		20		20		85	
7		25		25		20		20		90	

Measuring cups containing 15ml, 20ml and 25ml of **K·Vita**



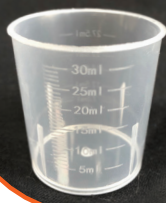
15ml



20ml



25ml



K·Vita introduction plan – Week Four

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		25		25		20		20		90	
2		25		25		25		20		95	
3		25		25		25		25		100	
4		30		25		25		25		105	
5		30		30		25		25		110	
6		30		30		30		25		115	
7		30		30		30		30		120*	

Measuring cups containing 20ml, 25ml and 30ml of K·Vita



20ml



25ml



30ml



* 1 pack per day

When your child has reached the end of the introduction plan, continue giving them 30ml of K·Vita four times each day (120ml, one pack in total) with food. They will be reviewed by your healthcare professional at this time.



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

Changing over from giving K·Vita four times daily to three using a measuring cup

Once your child has reached the end of the introduction plan and is tolerating 30mls of **K·Vita** four times daily (120ml, one pack), you may prefer to give it three times daily. Before making any changes, discuss this with their healthcare professional. If they agree, follow the plan below. However, if your child experiences any side effects to **K·Vita** from making this change, you may need to return to giving it four times each day again.

		Breakfast		Lunch		Dinner		Evening or bedtime snack		Total per day	
Day	Date	ml	✓	ml	✓	ml	✓	ml	✓	ml	✓
1		35		30		30		25		120	
2		35		35		30		20		120	
3		35		35		35		15		120	
4		40		35		35		10		120	
5		40		40		35		5		120	
6 and continue		40		40		40		0	✗	120	

Measuring cups containing 30ml, 35ml and 40ml of **K·Vita**.

You may need to use a bigger cup when measuring out larger amounts.



30ml



35ml



40ml



1 pack of **K·Vita**

If your child is taking an amount of **K·Vita** that is less or more than 120ml (one pack) per day, ask their healthcare professional for an individual for a plan to reduce the number of times they take **K·Vita** from four to three times per 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		1 TS		1 TS		1 TS		✗	✗	15	
2		1 TS		1 TS		1 TS		✗	✗	15	
3		1 TS		1 TS		1 TS		1 TS		20	
4		1 TS		1 TS		1 TS		1 TS		20	
5		2 TS		1 TS		1 TS		1 TS		25	
6		2 TS		1 TS		1 TS		1 TS		25	
7		2 TS		2 TS		1 TS		1 TS		30	

Each of these teaspoons contains 5ml K·Vita.



K·Vita introduction plan – Week Two

All spoon measures of K·Vita are level.



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		1 TS		1 TS		30	
2		2 TS		2 TS		2 TS		1 TS		35	
3		2 TS		2 TS		2 TS		2 TS		40	
4		3 TS*		2 TS		2 TS		2 TS		45	
5		3 TS		3 TS		2 TS		2 TS		50	
6		3 TS		3 TS		3 TS		2 TS		55	
7		3 TS		3 TS		3 TS		3 TS		60	

* One tablespoon can be used instead of measuring out three teaspoons: 3 TS (3 x 5ml) = 1 TBS (15ml)



K·Vita introduction plan – Weeks Three

All spoon measures of **K·Vita** are level.



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		3 TS*		3 TS		3 TS		3 TS		60	
2		4 TS*		3 TS		3 TS		3 TS		65	
3		4 TS		4 TS		3 TS		3 TS		70	
4		4 TS		4 TS		4 TS		3 TS		75	
5		4 TS		4 TS		4 TS		4 TS		80	
6		5 TS*		4 TS		4 TS		4 TS		85	
7		5 TS		5 TS		4 TS		4 TS		90	

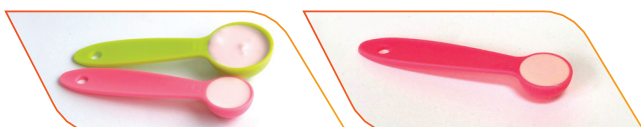
* Tablespoons can be used to measure out multiples of 3 teaspoons, or used in combination with teaspoons.



Three teaspoons (3 TS) of **K·Vita** = one tablespoon (1 TBS)



Four teaspoons (4 TS) of **K·Vita** = one tablespoon (1 TBS) and one teaspoon (1 TS)



Five teaspoons of **K·Vita** (5 TS) = one tablespoon (1 TBS) and two teaspoons (2 TS)

K·Vita introduction plan – Week Four



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		5 TS		5 TS		4 TS		4 TS		90	
2		5 TS		5 TS		5 TS		4 TS		95	
3		5 TS		5 TS		5 TS		5 TS		100	
4		6 TS*		5 TS		5 TS		5 TS		105	
5		6 TS		6 TS		5 TS		5 TS		110	
6		6 TS		6 TS		6 TS		5 TS		115	
7		6 TS		6 TS		6 TS		6 TS		120 (one pack)	

* Tablespoons can be used to measure out multiples of 3 teaspoons, or used in combination with teaspoons:



Four teaspoons (4 TS) of **K·Vita** = one tablespoon (1 TBS) and one teaspoon (1 TS)



Five teaspoons of **K·Vita** (5 TS) = one tablespoon (1 TBS) and two teaspoons (2 TS)



Six teaspoons of **K·Vita** (6 TS) = two tablespoons (2 TBS)



1 pack per day

When your child has reached the end of the introduction plan, continue giving them six teaspoons or two tablespoons (30ml) of **K·Vita** four times each day (one pack, 120ml in total) with food. They will be reviewed by your healthcare professional at this time.

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



Once your child has reached the end of the introduction plan and is tolerating 30mls of four times daily (120ml, one pack), you may prefer to give it three times daily. Before making any changes, discuss this with their healthcare professional. If they agree, follow the plan below. However, if your child experiences any side effects to **K·Vita** from making this change, you may need to return to giving it to them four times each day again.

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		7 TS*		6 TS		6 TS		5 TS		120	
2		7 TS		6 TS		6 TS		4 TS		120	
3		7 TS		7 TS		7 TS		3 TS		120	
4		8 TS*		7 TS		7 TS		2 TS		120	
5		8 TS		8 TS		7 TS		1 TS		120	
6 and onwards		8 TS		8 TS		8 TS		x	x	120	

* Tablespoons (TBS) can be used to measure out multiples of 3 teaspoons (TS), or used in combination with teaspoons:

Seven teaspoons (7 TS) of **K·Vita** = two tablespoons (2 TBS) and one teaspoon (1 TS)

Eight teaspoons of **K·Vita** (8 TS) = two tablespoons (2 TBS) and two teaspoons (2 TS)



1 pack per day

If your child is taking less, or more, than 120ml per day, ask their healthcare professional for a plan to reduce the number of times they take **K·Vita** 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



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A Nestlé Health Science Company

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