

ElementAll® Biological Diet

About ElementAll Biological Diet

- An elemental diet (ED) provides complete and balanced nutrition for people with impaired digestive function. The easily digested and hypo-allergenic form promotes healing of the gastrointestinal tract.
- ElementAll Biological Diet contains all macronutrients (proteins, carbohydrates, and fats) broken down into their basic building blocks, and all essential vitamins and minerals required to be the sole source of nutrition.
- EDs have been shown to reduce inflammation and intestinal permeability (leaky gut), favourably shift the type and amount of bacteria in the gastrointestinal tract, and provide bowel rest, giving the gut a chance to heal while avoiding allergens and correcting underlying malnutrition.
- A full ED, in which all other sources of calories are avoided for at least two weeks, has been clinically shown to improve symptoms and signs of digestive health in individuals with Crohn's disease, irritable bowel syndrome, small intestinal bacterial overgrowth, rheumatoid arthritis, and celiac disease.
- A half ED, in which half of the daily calories are supplied by wholefoods, has been shown to reduce relapse rates among individuals with Crohn's disease when used for a longer duration. Half EDs are also used to ease in and out of full EDs. The full or half ED protocol will be at the discretion of your health care practitioner.

How to Use ElementAll Biological Diet

- Mix 4 scoops (one serving) in 500 mL of water or as directed by a health care practitioner. You can adjust by adding more water if desired. To be consumed promptly. Take 3 servings per day or as directed by a health care practitioner. Three servings (12 scoops) provide 1710 or 1848 calories (vanilla coconut or chocolate flavour, respectively).
- Your dose is determined by your basal metabolic rate (determined by your height, weight, age, and gender), as well as your activity level, and should be determined by your health care practitioner. Most adults will likely need three servings per day while following a full ED.
- A full ED typically lasts two weeks but may be extended with your practitioner's recommendation. For a half ED, your daily dose of ElementAll Biological Diet is cut in half, with the other half of your caloric intake coming from low-allergenic wholefoods.

Cautions and Contraindications

- This product is a food for special dietary use and intended for use only under the direction of a qualified health care practitioner. Keep out of reach of children.
- Avoid if persistent nausea/vomiting and/or mechanical obstruction occur. Safety during pregnancy/lactation is not established, and diabetics should monitor blood sugar closely.

Drug Interactions

- May impair absorption of quinolones (e.g., ciprofloxacin).

Quick Tips for Optimal Health

- ☐ An ED can also be used as an "elimination" diet. By avoiding all allergenic foods, underlying food allergies can be unmasked as symptoms improve. After following a full ED, selectively reintroduce food back in during a "challenge" phase.
- ☐ Keep track of your weight during the ED as some weight loss may occur – be sure to communicate your progress with your health care practitioner.
- ☐ You can add ice cubes to the product and blend up for a smoothie-like texture. You can also premix and store in the refrigerator for a cool drink.
- ☐ Drinking through a lid with a straw can also be helpful for variety, especially if you are sensitive to smells.
- ☐ You may find a full serving to be too much at one time – you can half the dose and have more frequent meals. You can also add additional water to the mix.
- ☐ Take advantage of the extra time not spent in food preparation by taking a walk, reading a book, etc.
- ☐ Be sure to stay well hydrated and maintain your regular intake of water during the ED.
- ☐ When finishing a full ED, you may find it easier to transition slowly back to a healthy diet by following a partial ED. To do this, add back low-allergenic wholefoods while still supplementing with ElementAll Biological Diet for some of your nutritional needs.

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION: