

# KetoCal 4:1

A nutritionally complete, powdered feed, very high in fat and low in carbohydrate, enriched with fibre and LCPs

## Features

- 1kcal/ml (14.2% w/v concentration)
- Classical 4:1 ketogenic ratio (4g fat to 1g of protein and carbohydrate)
- 5.3g Fibre per 100g, of Multi Fibre 6 (MF6) to significantly help in alleviating constipation
- Contains supplemental amino acids, 1.1g per 100g, to ensure adequate intake of essential amino acids
- Can be used orally as a drink or meal replacement, or tube feeding
- Can be combined with regular food as an ingredient in cooking

## Indications

- For the dietary management of drug-resistant epilepsy and other conditions where the ketogenic diet is indicated, such as:
  - Some inborn errors of metabolism, such as Pyruvate Dehydrogenase Deficiency and Glucose Transporter type 1 Deficiency
  - Can be used to administer the classical long-chain triglyceride (LCT) ketogenic diet (4:1)

## Precautions

- Patients should be monitored for hypoglycaemia, renal stones, adequate growth and hyperlipidaemia
- Use under strict medical supervision

## Contraindications

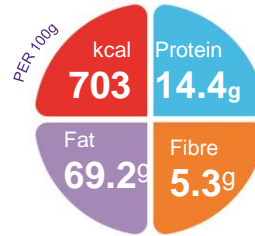
- Not for intravenous use

## Age restrictions

- Not suitable for infants under 1 year of age
- Can be used as a sole source of nutrition from 1-10 years of age and as a supplementary feed for children over the age of 10 years

## Important Notice

- For tube feeding, flush tube with lukewarm water (approximately 37°C or 99°F) between each feed to avoid blockage.
- If given orally, KetoCal is best served chilled



## Ordering Information

KetoCal	Presentation	Code	Units per carton
Unflavoured	300 gr tin	706119001	6

## Directions for Use

- The quantity of feed should be determined by a clinician or dietitian only and is dependent on the age, bodyweight and medical condition of the patient
- The recommended feed dilution is 14.2% w/v i.e. 14.2g KetoCal and 86ml of water to give 100ml final volume. A lower concentration may initially be required until recommended concentration is tolerated
- KetoCal 4:1 must be made up with hot water to fully dissolve (45-50°C). Measure the temperature using a thermometer or mix freshly boiled water and cold tap water in a 1:1 ratio to achieve this temperature.
- Measure the required amount of hot water into a screw top container.
- Weigh out the required amount of KetoCal powder and add to the hot water. Shake vigorously until the powder dissolves. Remove the lid carefully. Chill in the refrigerator if desired and use within 24 hours of preparation.
- A more concentrated dilution may be medically prescribed based on medical requirements.

## Storage

- Store can in a cool, dry place
- Always replace the container lid after use
- Once can is opened, use within one month
- Unopened shelf life is 18 months

A food for special medical purposes; to be used under strict medical supervision.

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For more information call the  
Nutricia Customer Care Line 087 350 2310



# KetoCal 4:1

Nutrition Information		Per 100g	Per 100ml* 14.2g powder
Energy	kcal	703	100
	kJ	2897	411
Protein	g	14.4 (8.2%)	2.0
Carbohydrate	g	2.9 (1.7%)	0.41
Sugars	g	1.0	0.14
as Lactose	g	0.38	0.05
Fat	g	69.2 (88.6%)	9.8
Saturates	g	26.7	3.8
Monounsaturates	g	22.8	3.2
Polyunsaturates	g	19.7	2.8
ω6 / ω3 ratio		9:4:1	
Fibre	g	5.3 (1.5%)	0.75
Soluble	g	3.2	0.46
Insoluble	g	2.1	0.30

Minerals		Per 100g	Per 100ml*
Sodium	mg	529	75.2
	mmol	23.0	3.3
Potassium	mg	848	120
	mmol	21.7	3.1
Calcium	mg	770	109
Phosphorus	mg	462	65.7
Magnesium	mg	107	15.2
Chloride	mg	799	113
Ca:P ratio		1.7:1	

Vitamins		Per 100g	Per 100ml*
Vitamin A	µg RE	370	52.6
Vitamin D	µg	10.5	1.5
Vitamin E	mg α-TE	10.7	1.5
Vitamin K	µg	31.0	4.4
Vitamin C	mg	40.0	5.7
Thiamin	mg	0.70	0.10
Riboflavin	mg	0.70	0.10
Niacin	mg NE	10.6	1.5
Vitamin B6	mg	0.70	0.10
Vitamin B12	µg	1.3	0.18
Folic Acid	µg	116	16.5
Pantothenic Acid	mg	2.9	0.41
Biotin	µg	19.1	2.7

Trace Elements		Per 100g	Per 100ml*
Iron	mg	8.0	1.1
Zinc	mg	4.0	0.57
Manganese	mg	0.91	0.13
Copper	µg	550	80
Iodine	µg	86.2	12.2
Molybdenum	µg	31.7	4.5
Selenium	µg	30.0	4.3
Chromium	µg	16.3	2.3

Other		Per 100g	Per 100ml*
Choline	mg	320	45.5
Inositol	mg	19.1	2.7
Osmolality	mOsmol/kg H <sub>2</sub> O		170
Osmolarity	mOsmol/l		150

\*Prepared per 100ml: 14.2g powder + 86ml water  
(Dilution: 14.2% w/v)

## Ingredients

**Ketocal 4:1 Unflavoured:** refined Refined Vegetable Oils (Palm, Soy, Sunflower), Milk Protein (Casein, Whey), soy lecithin, Dietary Fibres (Cellulose, Inulin, Oligofructose, Arabic Gum, Resistant Starch, Soy Polysaccharides), dried glucose syrup, Anti-caking Agent (E551), potassium chloride, calcium phosphate tribasic, magnesium acetate, L-Arginine, tripotassium citrate, sodium chloride, L-cystine, L-isoleucine, L-threonine, choline bitartrate, High Arachidonic Acid Single Cell Vegetable Oil, High Docosahexaenoic Acid Single Cell Vegetable Oil, L-tryptophan, Maltodextrin, Sodium Caseinate (from cow's milk), Sodium Ascorbate, L-Phenylalanine, L-Valine, L-ascorbic acid, L-carnitine, taurine, ferrous sulphate, M-inositol, zinc sulphate, DL-alpha tocopheryl acetate, nicotinamide, calcium-D-pantothenate, manganese sulphate, copper sulphate, thiamin hydrochloride, pyridoxine hydrochloride, riboflavin, vitamin A acetate, Antioxidants (E304, E306)potassium iodide, folic acid, chromium chloride, sodium molybdate, sodium selenite, vitamin K<sub>1</sub>, D-biotin, vitamin D<sub>3</sub>, cyanocobalamin