



K·Vita[®]

A guide for adults
and children
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: _____

Telephone: _____

Email: _____



Enhancing Lives Together



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IMPORTANT

Carefully follow the advice in this booklet about introducing and taking **K·Vita** and any additional instructions and guidance provided by your healthcare professional. This is to help build up tolerance to **K·Vita** to minimise any side effects.

1

What is K·Vita?

K·Vita is:

- Food for Special Medical Purposes
- Only available on prescription from a healthcare professional
- For the dietary management of drug-resistant epilepsy in adults and in children from 3 years of age
- A thickened liquid containing a specific blend of fats called medium chain triglycerides (MCT)
- Ready to use, straight from the pack or mixed into suitable foods or beverages, for example, unsweetened yogurt or plain milk
- Taken as part of your usual diet every day, always with food and in measured amounts, preferably at mealtimes

2

Why has K·Vita been prescribed?

MCT, a special 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, octanoic acid (C8) and decanoic acid (C10). This means that MCT is different from the fat naturally present in food, which consists of long chain fatty acids.

Research has shown that MCT containing a certain proportion of C8 and C10 can be helpful for some people with epilepsy. **K·Vita** contains this specific MCT. Therefore, it has been recommended to find out if **K·Vita** will be beneficial for the dietary management of this condition.

3

Starting K·Vita

Taking **K·Vita** in large amounts may cause side effects at first (**Section 8**). This is because MCT is digested differently from the fat in food. However, carefully following the introduction plan provided by your healthcare professional* and always taking **K·Vita** with food will help you get used to having it every day (**Section 4**).

* 'Healthcare professional' refers to the person or team advising on the use of **K·Vita**.

4.1 Your individual daily amount of K·Vita

Your healthcare professional will work out a daily amount of **K·Vita** for you to reach at the end of your introduction plan. This amount will be based on your age and nutritional requirements. For example, an adult may be advised to introduce two packs (240ml) daily, and a child, one pack (120ml) daily.

4.2 Your introduction plan

1. You will be given a plan to follow to introduce **K·Vita**. The plan will show how much to take, and when, so that by the end of the plan, you will have reached your individual daily amount.
2. The introduction of **K·Vita** is best done slowly and over at least four weeks. However, it can take longer, for example, six or eight weeks.
3. Your plan will start with small quantities of **K·Vita** (for example, 5ml or 10ml) taken three or four times each day.
4. As you follow the plan, the quantity of **K·Vita** you take gradually increases, day by day, week by week.
5. Once you have reached the end of your introduction plan, continue taking your individual daily amount of **K·Vita**.
6. Carefully follow the plan provided by your healthcare professional. Keep to the measured quantities they have advised as this will minimise side effects (**Section 8**).
7. Your introduction plan is flexible and can be adjusted. For example, if any side effects occur after you have started introducing **K·Vita**, it may be helpful to make smaller increases over a longer duration. If necessary, your healthcare professional will provide a new plan for you to follow. Let them know if you think your plan needs amending and/or ask for help with managing any symptoms that may be due to taking **K·Vita** (**Sections 8 and 9**).

4.3 Practical Points

- Always measure **K·Vita** before taking it (**Section 6**).
- Always take **K·Vita** with food, preferably at mealtimes, before, during or after eating (**Section 7**).
- Tick the box on your introduction plan each time you take **K·Vita** to keep track of your progress.
- Keep a note of any side effects to **K·Vita**, and when they occur, and let your healthcare professional know if you need support (**Sections 8 and 9**).

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 introduction plan provided by your healthcare professional is definitely worthwhile.

Adults and children can be very sensitive to **K·Vita**, especially at first, and most people need time to get used to having it.

Please contact your healthcare professional if you have any questions or concerns about introducing **K·Vita** and following your introduction plan.

5

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

The daily amount of **K·Vita** required for the dietary management of epilepsy is very individual.

You may not need as much **K·Vita** every day as your healthcare professional originally advised, or you may need to take more.

- Let your healthcare professional know if you think you are experiencing any benefits or improvements before reaching the end of your introduction plan. A lower daily amount may be right for you.
- If you have successfully introduced your individual daily amount of **K·Vita** but are not finding any benefit, your healthcare professional may advise you to:
 - Continue to take this daily amount for longer, for example, six months, to see if any improvement happens with time
 - And/or
 - Increase the amount of **K·Vita** you are taking, up to the maximum recommended daily amount for adults and children of 2 packs (240ml) daily. They will provide you with a plan for gradually introducing extra **K·Vita**

Questions about how much **K·Vita** to take? Please contact your healthcare professional

6

Measuring and taking K·Vita

K·Vita needs to be measured accurately by using:

A measuring cup marked with 5ml or 10ml graduations

OR

Household spoons (tea (5ml), dessert (10ml), table (15ml))

OR

Measuring spoons (5ml, 10ml, 15ml, 20ml, 30ml, 60ml)

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



1. Shake the pack well before use.
2. **K·Vita** is best served at room temperature but this is personal preference as it can also be consumed chilled or frozen.
3. Unscrew the cap. Pour **K·Vita** into the measuring cup up to the required graduation mark. If using a spoon, hold it horizontally and drip it on slowly until the **K·Vita** is level with the sides.

The pack may need to be gently squeezed to get the **K·Vita** out, especially when it is nearly empty.

4. **K·Vita** can be taken directly from the spoon or cup used to measure it out.
5. Alternatively, after measuring:

Transfer into another vessel and consume directly from this

OR

Mix into a suitable food (such as yogurt, breakfast cereal or porridge), or beverage (for example, milk or a fruit smoothie).

6. Replace the cap on the pack and store as recommended (**Section 11**)
7. If **K•Vita** thickens, the following advice may help:
 - ▮ Boil water in a kettle and leave it to cool for 30 minutes
 - ▮ Pour the warm water into a cup or jug
 - ▮ Immerse the pack of **K•Vita** into the cup or jug for 10 minutes
 - ▮ Then, follow the directions for measuring and serving in points **3** to **6**

IMPORTANT

Ensure you take all of the measured amounts of **K•Vita** every day, and always with food.

If you are using a measuring cup, use a small spoon to scrape off and remove any **K•Vita** that sticks to the sides and eat it.

If mixing **K•Vita** into a food or drink make sure you consume the whole portion.

If you miss taking any of your **K•Vita** during the day, try and have it later on so that you always take your full daily amount.





Eating and drinking whilst on K·Vita

K·Vita can be taken as part of your usual diet.

If you are following a ketogenic diet or other special diet your healthcare professional will provide you with specific guidance and advice.

1. During the introduction of **K·Vita**, and once you are taking your individual amount every day, your appetite may decrease. You may find you want to eat less food overall, for example, to have smaller portions at meals. This is because **K·Vita** will replace some of the food you ate previously. If this happens, it is important to choose nutritious foods and beverages to eat and drink. Try to reduce or avoid items that are high in sugar and low in nutrients, such as sweets, biscuits and fizzy drinks, especially if you had these regularly before starting **K·Vita**, for example, every day.
2. Or, you may find you are eating the same amount of food as you did before starting **K·Vita**. To help avoid unwanted weight gain, try reducing or avoiding foods and beverages high in sugar as this may help to prevent this.
3. Although some foods naturally contain sugar – dairy (plain milk, yogurt and fromage frais), and fruits and vegetables – these are good sources of nutrients such as vitamins, minerals, protein, and fibre and can be included as part of your daily diet.
4. **Note: K·Vita** does not contain sugar. The sweet taste is from sweetener (sucralose).
5. If you have any concerns about what to eat and drink, or find you are gaining or losing weight, please contact your healthcare professional for advice.

Sources of information on diet

These websites have guidance on choosing a nutritious diet and on reducing sugar intake, and may be useful::

The Eatwell Guide: <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

NHS Healthier Families: www.nhs.uk/healthier-families/food-facts/sugar/



Side effects to K·Vita

8.1 What to look out for

Side effects to the MCT in **K·Vita** include symptoms such as:

- ▶ Vomiting
- ▶ Nausea (feeling sick)
- ▶ Tummy pain/discomfort
- ▶ Bloating
- ▶ Feeling full
- ▶ Excessive burping
- ▶ Excessive flatulence (wind)
- ▶ Diarrhoea
- ▶ Constipation
- ▶ Burning sensation or irritation in the mouth and/or throat
- ▶ Coughing

The most likely time for side effects to occur is during the introduction of **K·Vita**. However, not everyone will experience them. Following the introduction plan carefully and always taking **K·Vita** with food helps with getting used to MCT and minimising symptoms.

8.2 What to do if side effects occur

Any side effects are usually mild and disappear over time. If they do occur, one or more of the following may help with tolerating K·Vita

- ▶ If you are early on in the **K·Vita** introduction plan, for example, the first few days or week, take a one or two-day break, then restart from the beginning
- ▶ Go back a day or two in the introduction plan (or to when you first noticed symptoms). Stay on that amount until things improve. Then, start increasing again, according to the plan
- ▶ Try making 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 if you have symptoms other than those listed above that seem to be related to **K·Vita**, contact your healthcare professional for advice

9

Illness or surgery whilst taking K·Vita

During periods of illness, for example, those causing vomiting and diarrhoea, or before surgery, it may be best for **K·Vita** to be stopped. This is especially important when you are not eating any food or are nil-by-mouth. Ask for advice from your healthcare professional about on what to do during these times, and about restarting **K·Vita**.



10

Discontinuing K·Vita

If it is decided that you should stop taking **K·Vita**, for example, if it is not helpful for the dietary management of epilepsy or you have a lot of side effects that don't resolve, the healthcare professional will advise on the best way to do this. It will depend on the reason for it being discontinued, how much is being taken, and how long it has been taken for. The advice will be to either stop taking **K·Vita** straight away or to follow a plan to reduce it gradually, for example, over a few days or a week .

11

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.

12

How to access K·Vita

K·Vita is available on prescription.

A supply will be arranged through your general practitioner (GP) or the 'Vitaflo to You' prescription home delivery service.

K·Vita is a Food for Special Medical Purposes with sweetener
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 who cannot metabolise the medium chain
fatty acids (C8 and/or C10 fatty acids), for example those with
medium chain acyl-CoA dehydrogenase deficiency (MCADD), multiple acyl-CoA
dehydrogenase deficiency (MADD) or carnitine cycle defects.

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 **Nutritional Helpdesk +44 (0)151 702 4937**
or visit our website www.vitafloweb.com



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