



K·Vita<sup>®</sup>

# Introduction plans 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:

Telephone:

Email:



Enhancing Lives Together



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This booklet contains introduction plans and an overview of how to measure and start taking **K·Vita**. This information is from the 'Guide for adults taking **K·Vita**'. Please also refer to and follow the advice in this guide when using **K·Vita**, and any additional guidance provided by your healthcare professional.



# Notes

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# 1

## 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). 30ml and 60ml measuring spoons can also be used.

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.

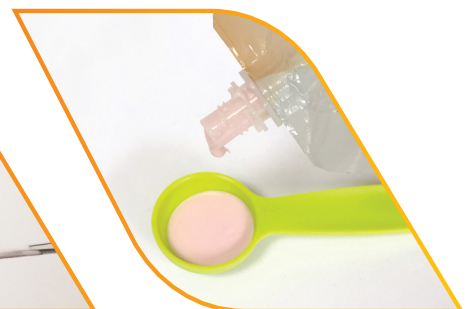
4. Replace the cap on the pack. Storage instructions are on page 11 of the 'Guide for adults taking **K·Vita**'.



Into a measuring cup



Onto a spoon



Onto a measuring spoon

## 2

## 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.**

## 3

## 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 4 (page 4 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.

## 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 5 - 9
  - Household or measuring spoons: pages 10 - 14
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 of the 'Guide for adults taking **K·Vita**' and do not use any **K·Vita** from an opened pack after 24 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 side effects from taking **K·Vita**, which do not improve after you have tried the suggestions on page 8 of the 'Guide for adults taking **K·Vita**'
- 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 these plans.**

# 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



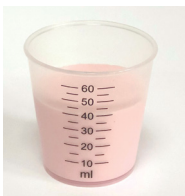


## K·Vita introduction plan – Week Four

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.



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.

Best served at room temperature.

### **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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Vitaflo International Ltd  
Suite 1.11, South Harrington Building, 182 Sefton Street, Brunswick Business Park, Liverpool, L3 4BQ, UK.  
**+44 (0)151 709 9020** [vitaflo@vitaflo.co.uk](mailto:vitaflo@vitaflo.co.uk) [www.vitafloweb.com](http://www.vitafloweb.com)

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