



What is K.Flo™?

K.Flo™ is a palatable nutritionally complete feed in a 4:1 ratio of fat to carbohydrate and protein with a vanilla flavour for the dietary management of epilepsy, neurometabolic disorders or other conditions requiring a ketogenic diet.

K.Flo is ready to use, each 250ml bottle contains:



K.Flo is...

- for use from 3 years of age onwards.
- suitable for use as a sole source of nutrition or to supplement dietary intake.

How much K.Flo should you take?

Your dietitian or ketogenic team will advise on what foods are suitable for you and how much K.Flo to take and when.

Amount of K.Flo to take at:

Breakfast:mls Lunch:mls
Dinner:mls Snacks:mls

Dietitian name & contact details:

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K.Flo is a Food for Special Medical Purposes and must be used under medical supervision.

Allergens: Contains **milk**.

Turn overleaf for some tasty ideas on how to use K.Flo

K.Flo is easy to use!

- Best served chilled.
- Gently shake the bottle.
- Unscrew the lid and peel the foil top off the bottle.
- Drink from the bottle or pour out the amount you require and drink!

If you have any **K.Flo** unused, tightly reseal the bottle with the lid, or cover over if poured out. Store in the fridge for up to 24 hours or 6 hours at room temperature.

K.Flo can be used to make tasty drinks:

With just a handful of ingredients you can enjoy fruity smoothies!
Add the ingredients into the blender and blend until smooth.

Strawberry Smoothie

- K.Flo
- Double cream
- Fresh strawberries



Pineapple & Coconut Yoghurt Smoothie

- K.Flo
- Greek yoghurt
- Fresh pineapple chunks
- Coconut milk



K.Flo can be used to make a comforting drink at bedtime or on those chilly days:

Hot Chocolate

- K.Flo
- Double cream
- Low sugar drinking chocolate powder
- Spray cream



Mix **K.Flo**, cream and chocolate powder in a microwave safe mug.

- Heat in the microwave, on high heat for 30 seconds, stir and heat for a further 30 seconds
- Top with spray cream before serving!

Check the recipe card for more details and always check with your dietitian what is suitable for you.

Please visit www.myketogenicdiet.co.uk where you will find all recipes using **K.Flo** including more delicious drinks, breakfast ideas, ice cream and desserts!

Great for use in the Classical and Modified Ketogenic Diets – try our handy cookbooks.

Request a copy from your dietitian or ketogenic team who will advise which cookbook and recipes are suitable for you.



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