One sachet provides...

1 sachet

MCTprocal™

10g MCT
2g Protein
3.3g carbohydrate
112 kcal

Pack size

30 x 16g

Sample box

12 x 16g

Vitaflo™

Enhancing Lives Together
A Nestlé Health Science Company

MCTprocal™

Easy to add into everyday life!

A neutral-tasting powder high in medium-chain triglyceride (MCT) suitable from 3 years of age.

MCTprocal™ is a Food for Special Medical Purposes and must be used under medical supervision.

Vitaflo™

Enhancing Lives Together

Introducing MCTprocal

The presentations of MCT currently available are either as an oil or emulsion. These can often be difficult to incorporate into the diet, due to leaving an oily taste and mouth feel and are difficult to cook with. These issues can mean it may be difficult to add enough MCT into the diet.

MCTprocal is a source of MCT with all these advantages:

Neutral tasting & palatable
• Can easily be disguised into the diet every day.

Simple to add a sachet of MCTprocal into everyday permitted food & drink
• With minimal effect on taste, texture and volume.

Each sachet provides 10g of MCT
• Convenient and easy to use.
• Regulated quantities can be given throughout the day.
• Easy to measure the amount of MCT your patient is receiving.

Versatile
• Can be simply added into everyday permitted food and drink.
• Can also be easily used in cooking & baking without affecting taste.

Clinical evaluation showed 88% of patients rate **MCTprocal** good/excellent.[1]

Indication

For the dietary management of: disorders of long-chain fatty acid oxidation (LCFAOD)
VLCADD / LCHADD / TFPD

Chylothorax

Fat malabsorption

Type1 Hyperlipidaemia

Other disorders where the use of MCT is indicated

VLCADD
(very long-chain acyl-CoA dehydrogenase deficiency)

LCHADD
(long-chain 3-hydroxy-acyl-CoA dehydrogenase deficiency)

TFPD
(mitochondrial tri-functional protein deficiency)

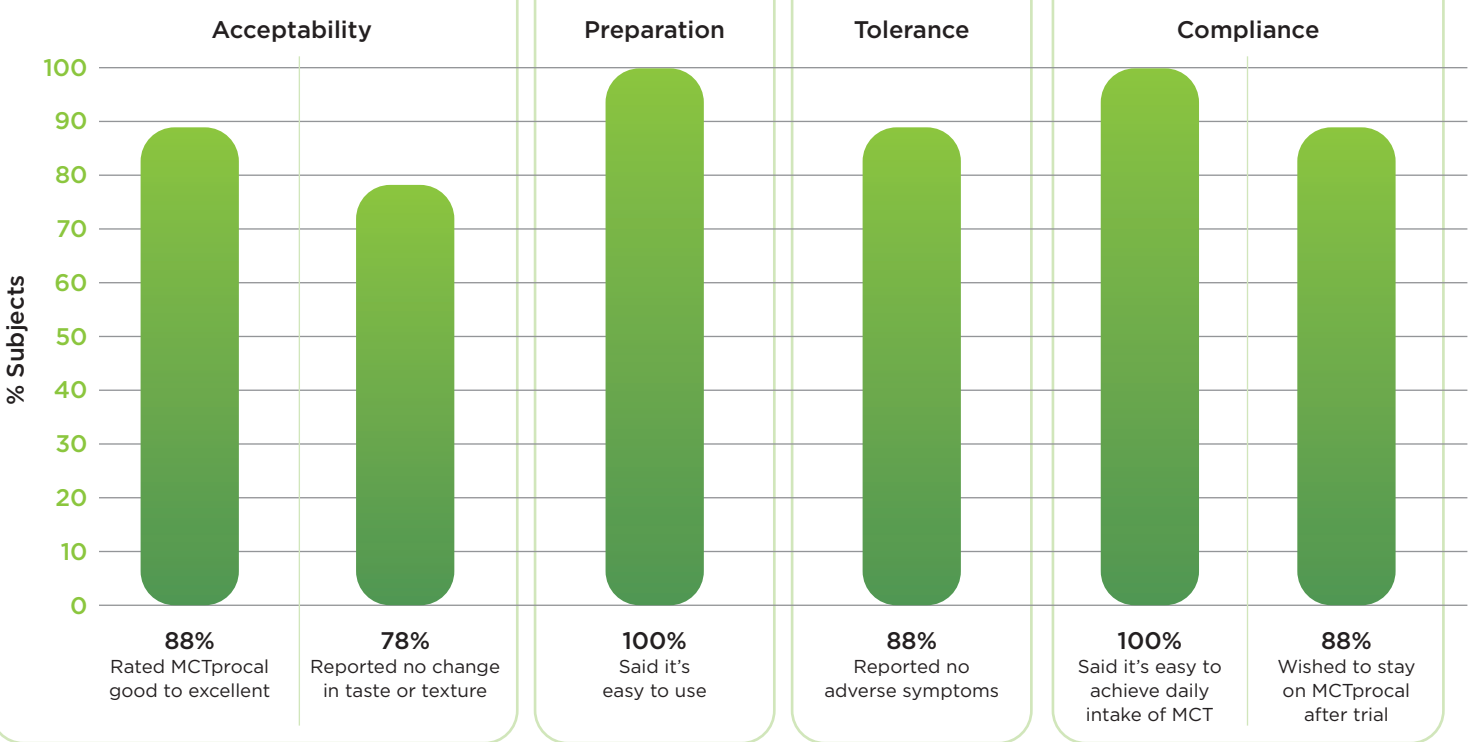## Multicentre clinical evaluation of MCTprocal[1]

MCTprocal trial

• 9 subjects with LCFAOD participated in an acceptability study at 4 leading metabolic centres in the UK.
• Subjects were aged between 7-31 years.
• During the trial MCTprocal replaced their usual MCT supplement.
• Daily intake ranged from 1-5 sachets.

Administration

How was MCTprocal consumed?		%
Drinks	Milk /milkshakes / tea	89
Food	Porridge / yoghurt / egg / cereal / pasta / mousse / mashed potato	67
Gastrostomy		11

Results

Acceptability	Preparation	Tolerance	Compliance		
88% Rated MCTprocal good to excellent	**78%** Reported no change in taste or texture	**100%** Said it's easy to use	**88%** Reported no adverse symptoms	**100%** Said it's easy to achieve daily intake of MCT	**88%** Wished to stay on MCTprocal after trial

Summary

"MCTprocal offers an acceptable alternative to current MCT preparations for patients who routinely include MCT in their diet"

Some patients requested their dose to be increased due to the benefits experienced

References: 1. Data on file 2012

Wide practical application

Due to its **neutral taste** and **versatile use** MCTprocal can **easily** be disguised into **everyday** permitted foods and drinks.

MCTprocal (10g MCT) is easy to incorporate at every meal time;

Breakfast

Quick 'n' easy lunches

No-fuss main meals

Satisfying snacks and puddings

Recipes available on request

MCTprocal mixes easily into many permitted hot and cold foods and drinks.*

Mix one sachet per serving with...

Water/Skimmed milk
• Use these as a milky drink
OR
• Add to cereal, porridge, tea, coffee and hot chocolate

Porridge/Soups/Sauces/Mashed potato

Sandwich fillers

Cooking & Baking

*NB: MCTprocal is NOT suitable for addition to fruit juice.

Food & drink stays appetising after cooking!

No separation of oil

MCTprocal goes with a lot more foods!

Administration

It is recommended that **MCTprocal** is introduced into the diet gradually.

The amount of **MCTprocal** required by the patient is to be determined by the dietitian or clinician.

MCTprocal is a Food for Special Medical Purposes. It must only be used under strict medical supervision.

MCTprocal is suitable from 3 years of age and onwards.