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## Description

### Food for special medical purposes

K.Yo is a nutritionally complete, very high fat, low carbohydrate, ready to eat, semi-solid food with a 3:1 ratio of fat to carbohydrate and protein.

Available in vanilla, chocolate and berry flavours. With sugar and sweetener.

### Indications

K.Yo is for the dietary management of epilepsy in a ketogenic diet; glut 1 deficiency syndrome or other conditions requiring a ketogenic diet.

### Recommended intake and administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

### Preparation Guidelines

Ready to eat

Can be used in permitted recipes.

Further serving suggestions and recipes for K.Yo are available on request or by visiting [www.myketogenicdiet.com](http://www.myketogenicdiet.com)

## IMPORTANT NOTICE

Use under medical supervision.

Suitable for use as a sole source of nutrition from 3 to 10 years of age, or as a supplementary nutrition from 3 years and onwards.

Ensure an adequate intake of permitted fluids when using K.Yo as part of a ketogenic diet.

For enteral use only.

## Nutritional Information

|                    |      | Chocolate<br>Per 100g<br>(1 pot) | Vanilla<br>Per 100g<br>(1 pot) | Berry<br>Per 100g<br>(1 pot) |
|--------------------|------|----------------------------------|--------------------------------|------------------------------|
| Energy             | kJ   | 1280                             | 1272                           | 1272                         |
|                    | kcal | 310                              | 308                            | 308                          |
| Fat                | g    | 30                               | 30                             | 30                           |
| of which Saturates | g    | 2.7                              | 2.7                            | 2.7                          |
| Monounsaturates    | g    | 18                               | 18                             | 18                           |
| Polyunsaturates    | g    | 8                                | 8                              | 8                            |
| DHA                | mg   | 20                               | 20                             | 20                           |
| Carbohydrate       | g    | 2                                | 1.5                            | 1.5                          |
| of which sugars    | g    | 1.5                              | 1.5                            | 1.5                          |
| Protein            | g    | 8                                | 8                              | 8                            |
| Salt               | g    | 0.29                             | 0.29                           | 0.29                         |
| <b>Vitamins</b>    |      |                                  |                                |                              |
| Vitamin A (RE)     | µg   | 160                              | 160                            | 160                          |
| Vitamin D          | µg   | 5                                | 5                              | 5                            |
| Vitamin E (α TE)   | mg   | 4                                | 4                              | 4                            |
| Vitamin K          | µg   | 20                               | 20                             | 20                           |
| Vitamin C          | mg   | 14                               | 14                             | 14                           |
| Thiamin            | mg   | 0.25                             | 0.25                           | 0.25                         |
| Riboflavin         | mg   | 0.3                              | 0.3                            | 0.3                          |
| Niacin (Niacin Eq) | mg   | 2.9 (4.9)                        | 2.9 (4.9)                      | 2.9 (4.9)                    |
| Vitamin B6         | mg   | 0.3                              | 0.3                            | 0.3                          |
| Folic acid         | µg   | 64                               | 64                             | 64                           |
| Vitamin B12        | µg   | 0.5                              | 0.5                            | 0.5                          |
| Biotin             | µg   | 4.8                              | 4.8                            | 4.8                          |
| Pantothenic acid   | mg   | 0.9                              | 0.9                            | 0.9                          |

|                       |      | Chocolate<br>Per 100g<br>(1 pot) | Vanilla<br>Per 100g<br>(1 pot) | Berry<br>Per 100g<br>(1 pot) |
|-----------------------|------|----------------------------------|--------------------------------|------------------------------|
| <b>Minerals</b>       |      |                                  |                                |                              |
| Sodium                | mg   | 115                              | 115                            | 115                          |
|                       | mmol | 4.9                              | 4.9                            | 4.9                          |
| Potassium             | mg   | 290                              | 246                            | 246                          |
|                       | mmol | 7.3                              | 6.2                            | 6.2                          |
| Chloride              | mg   | 180                              | 180                            | 180                          |
|                       | mmol | 5                                | 5                              | 5                            |
| Calcium               | mg   | 160                              | 160                            | 160                          |
|                       | mmol | 4                                | 4                              | 4                            |
| Phosphorus            | mg   | 190                              | 190                            | 190                          |
|                       | mmol | 6.1                              | 6.1                            | 6.1                          |
| Magnesium             | mg   | 29                               | 29                             | 29                           |
|                       | mmol | 1.2                              | 1.2                            | 1.2                          |
| <b>Trace Elements</b> |      |                                  |                                |                              |
| Iron                  | mg   | 3.5                              | 3.5                            | 3.5                          |
| Zinc                  | mg   | 2.5                              | 2.5                            | 2.5                          |
| Copper                | mg   | 0.23                             | 0.23                           | 0.23                         |
| Manganese             | mg   | 0.31                             | 0.31                           | 0.31                         |
| Selenium              | µg   | 13                               | 13                             | 13                           |
| Chromium              | µg   | 20                               | 14                             | 14                           |
| Molybdenum            | µg   | 14                               | 14                             | 14                           |
| Iodine                | µg   | 37                               | 37                             | 37                           |
| Taurine               | mg   | 22                               | 22                             | 22                           |
| L-Carnitine           | mg   | 11                               | 11                             | 11                           |
| Choline               | mg   | 88                               | 88                             | 88                           |

**Ingredients:**

**Chocolate flavour:** Water, Vegetable Oil (Rapeseed), **Milk** Protein Isolate, Sodium Caseinate (**Milk**), Cocoa Powder, Sucrose, Emulsifier (E471), Flavourings, Potassium Dihydrogen Phosphate, Sodium Dihydrogen Phosphate, Stabilizer (E407), Acidity Regulator (E525), Sodium Chloride, Choline Chloride, Magnesium Chloride, Calcium Carbonate, Oil from Schizochytrium sp, Calcium Chloride, L-Ascorbic Acid, Artificial Sweetener (Sucralose), Taurine, L-Carnitine L-Tartrate, Tricalcium Citrate, Nicotinamide, Ferrous Sulphate, Zinc Sulphate, Calcium D-Pantothenate, Thiamin Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Retinyl Acetate, Manganese Sulphate, Copper Sulphate, Folic Acid (Pteroylmonoglutamic Acid), D-Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Vitamin D3 (Cholecalciferol), Chromium Chloride, Vitamin B12 (Cyanocobalamin).

**Vanilla flavour:** Water, Vegetable Oil (Rapeseed), **Milk** Protein Isolate, Potassium Caseinate (**Milk**), Sucrose, Emulsifier (E471), Sodium Phosphates, Flavouring, Stabilizer (E407), Acidity Regulator (E525), Potassium Phosphates, Sodium Chloride, Choline Chloride, Magnesium Citrate, Magnesium Chloride, Calcium Carbonate, Oil from Schizochytrium sp, Tripotassium Citrate, Calcium Chloride, L-Ascorbic Acid, Artificial Sweetener (Sucralose), Taurine, Trisodium Citrate, L-Carnitine L-Tartrate, Tricalcium Citrate, Nicotinamide, Ferrous Sulphate, Zinc Sulphate, Calcium D-Pantothenate, Thiamin Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Manganese Sulphate, Retinyl Acetate, Copper Sulphate, Folic Acid (Pteroylmonoglutamic Acid), D-Biotin, Potassium Iodide, Chromium Chloride, Sodium Molybdate, Sodium Selenite, Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin).

**Berry flavour:** Water, Vegetable Oil (Rapeseed), **Milk** Protein Isolate, Potassium Caseinate (**Milk**), Sucrose, Emulsifier (E471), Flavourings, Sodium Phosphate, Stabiliser (E407), Acidity Regulator (E525), Colour (E120), Potassium Phosphate, Choline Chloride, Sodium Chloride, Magnesium Citrate, Magnesium Chloride, Calcium Carbonate, Oil from Schizochytrium sp, Calcium Chloride, Vitamin C (L-Ascorbic Acid), Sweetener (Sucralose), Taurine, Sodium Citrate, L-Carnitine L-Tartrate, Calcium Citrate, Niacin (Nicotinamide), Ferrous Sulphate, Zinc Sulphate, Pantothenic Acid (Calcium D-Pantothenate), Thiamin Hydrochloride, Vitamin B6 (Pyridoxine Hydrochloride), Riboflavin, Manganese Sulphate, Vitamin A (Retinyl Acetate), Copper Sulphate, Folic Acid (Pteroylmonoglutamic Acid), Potassium Iodide, Chromium Chloride, Sodium Molybdate, Sodium Selenite, D-Biotin, Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin).

**Allergen Declaration**

Contains **milk** (**milk** protein).

**Other dietary requirements**

K.Yo is suitable for a halal diet.

K.Yo is not suitable for a kosher diet.

K.Yo is not suitable for the vegan diet.

**Storage**

Unopened: Store in a cool dry place.

Opened: The product should be consumed immediately after opening. However, if this is not possible, tightly cover and consume within 4 hours at room temperature or within 24 hours if refrigerated.

**Pack Size / Weight**

36 x 100g e Net weight 3.6 kg

4 x 100g e Net weight 400g



Enhancing Lives Together

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