



# What is K.Vita?

## K.Vita is:

- A 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\*



## 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 the medium chain fatty acids, octanoic acid (C8) and decanoic acid (C10). This means that MCT is different from long chain fatty acids, which are the fats more commonly found in food and feeds.

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.



## How much K.Vita should you take?

Your healthcare professional will advise you on how much K.Vita to have and when to take it.

To start, you'll take a small amount and slowly increase it. This helps your body get used to it. Take K.Vita regularly and always with food, preferably as part of a meal. This helps your body to digest the MCT, and to become part of your daily routine.

# Handy Hints for Taking K.Vita

## Switch up the flavour!



Want to add a tasty twist to your K.Vita and flavour it your way? Try these easy ideas:

- Add a few drops of sugar-free flavouring or some no-added sugar squash to suit your taste preference into your 120ml pack of K.Vita.
- Shake well, pour out the required amount, and then recap the pack.
- Store the pack in the fridge for up to 48 hours or use within 6 hours at room temperature.

## Mix it up and try K.Vita with food\*

You can mix your measured amount of K.Vita into:

- Flavoured porridge pots
- Chocolate dessert pots
- Fruit or natural yoghurt

Or stir it into warmed foods and drinks like:

- Milk or hot chocolate
- Custard or rice pudding



## Cool Ways to Enjoy K.Vita

**Chill it:** After opening, you can keep K.Vita in the fridge for up to 48 hours. Simply pour out the amount you need, then close the pack tightly and return it to the refrigerator.

**Freeze it:** Pour measured amounts of K.Vita into ice cube trays or mix it into your favourite ice lolly mixture before freezing\*.



### Top tip:

Use frozen K.Vita cubes within 4 weeks. If you defrost them, keep them covered in the fridge for up to 48 hours or use within 6 hours at room temperature.

**Do not refreeze.**

### \*Important

If K.Vita is mixed into another food or beverage, ensure:

- The amount of K.Vita recommended by a healthcare professional is accurately measured beforehand.
- The whole portion is consumed, so all the K.Vita is taken.



Visit [www.my-kvita.co.uk](http://www.my-kvita.co.uk) for tasty recipe ideas and more information. Or speak to your healthcare professional if you have any questions.



Enhancing Lives Together

K.Vita is not for sole source of nutrition

K.Vita is a Food for Special Medical Purposes for the dietary management of drug resistant epilepsy in adults and children from 3 years of age. Use under medical supervision.

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