

3 Phase Approach To Elemental Diets

1 READY

Determine the appropriate supplementation, formula and framework for your patient.



Consider Preparatory Supplements



Berberine Complex – 1 Capsule Three Times Daily

- Supports a healthy microbial balance*



Phytostan – 1 Capsule Three Times Daily

- Supports healthy yeast balance*



Motility Activator– 1-2 Capsules Two Times Daily

- Supports gastric emptying and small intestine motility*



Formula Selection



Physicians' Elemental Diet™

- Requires proximal absorption
- Failed maltodextrin-only elemental diet

OR



Physicians' Elemental Diet™ Dextose Free

- Blood sugar balance
- Fungal Propensity
- Suspect proximal SIBO



Framework

An example framework used by practitioners:

Protocol



Full Elemental

Duration



7-14
Days

Dosing



12
Day[†]

[†]Based on 1,800 Calories/day

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Get the tools you need at www.ElementalDiets.com



3 Phase Approach To Elemental Diets

2 REST

Keep communication lines open with your patient while they are using Physicians' Elemental Diet.



Tips for Patient Adherence

- Start Physicians Elemental Diet the evening prior to the first full day to help establish a routine for preparation.
- Drink the elemental diet slowly over the course of an hour.
- Adding ice chips can help change up the experience.
- Consider making social engagements around activities other than dining out.



Patient Experience

If occasional cramping occurs:



Reduce
Consumption
Speed

OR



Increase Dilution

If occasional constipation occurs:

- Use a prokinetic agent such as Motility Activator to stimulate the migrating motor complex

3 RESET

Transition your patient back to well-tolerated foods with digestive support supplements.



Food Reintroduction

- Use a half elemental diet for the first 3-6 days of transition
- Reduce dosage over period of time.



Food Supplements



Berberine Complex – 1 Capsule Three Times Daily

- Supports a healthy microbial balance*



Motility Activator - 2 Capsules Three Times Daily

- Supports motility throughout transition*



PanPlex 2-Phase – 2 Tablets Three Times Daily

- Supports gastric emptying and small intestine motility*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Get the tools you need at www.ElementalDiets.com

