



ACBS  GMS  PBS

## 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 and chocolate 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

Suitable for oral intake or can be given via an enteral feeding tube, as determined by the clinician or dietitian.

#### For oral intake:

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.co.uk](http://www.myketogenicdiet.co.uk)

#### For enteral tube feeding:

1. Pour a minimum of 120ml of water into a feeding container or jug.
2. Add 1 pot of K.Yo and stir until evenly mixed in the water.
3. Use within 4 hours.
4. Flush with a minimum of 10ml of water after feeding.

## 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

		Vanilla Per 100g (1 pot)	Chocolate Per 100g (1 pot)
Energy	kJ	1272	1280
	kcal	308	310
Fat	g	30	30
of which			
Saturates	g	2.7	2.7
Monounsaturates	g	18	18
Polyunsaturates	g	8.0	8.0
DHA	mg	20	20
Carbohydrate	g	1.5	2.0
of which sugars	g	1.5	1.5
Protein	g	8.0	8.0
Salt	g	0.29	0.29
<b>Vitamins</b>			
Vitamin A (RE)	µg	160	160
Vitamin D	µg	5.0	5.0
Vitamin E (αTE)	mg	4.0	4.0
Vitamin K	µg	20	20
Vitamin C	mg	14	14
Thiamin	mg	0.25	0.25
Riboflavin	mg	0.3	0.3
Niacin (Niacin Eq)	mg	2.9 (4.9)	2.9 (4.9)
Vitamin B6	mg	0.3	0.3
Folic acid	µg	64	64
Vitamin B12	µg	0.5	0.5
Biotin	µg	4.8	4.8
Pantothenic acid	mg	0.9	0.9

		Vanilla Per 100g (1 pot)	Chocolate Per 100g (1 pot)
<b>Minerals</b>			
Sodium	mg	115	115
	mmol	4.9	4.9
Potassium	mg	246	290
	mmol	6.2	7.3
Chloride	mg	180	180
	mmol	5.0	5.0
Calcium	mg	160	160
	mmol	4.0	4.0
Phosphorus	mg	190	190
	mmol	6.1	6.1
Magnesium	mg	29	29
	mmol	1.2	1.2
<b>Trace Elements</b>			
Iron	mg	3.5	3.5
Zinc	mg	2.5	2.5
Copper	mg	0.23	0.23
Manganese	mg	0.31	0.31
Selenium	µg	13	13
Chromium	µg	14	20
Molybdenum	µg	14	14
Iodine	µg	37	37
Taurine	mg	22	22
L-Carnitine	mg	11	11
Choline	mg	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).

**Allergen Declaration**

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

**Storage**

Unopened: Store in a cool dry place.  
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



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