

**GUIDE TO UNDERSTANDING
THE MEDICAL KETOGENIC DIET
AND TALKING WITH YOUR NEUROLOGIST**

BREAK THE CYCLE WITH THE MEDICAL KETOGENIC DIET

Don't let living with epilepsy leave you feeling helpless - especially when you've tried multiple anti-seizure medications, and nothing has worked. Break the cycle of failed medications with the medical ketogenic diet.

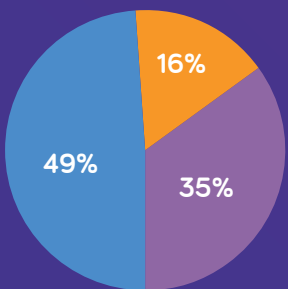


MEDICAL KETOGENIC DIET FACT SHEET

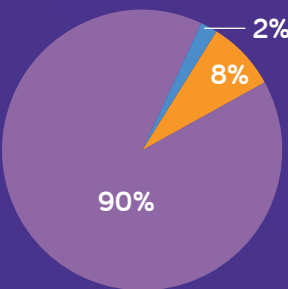
The medical ketogenic diet is a high fat, adequate protein and low-carbohydrate diet for children and adults to manage:

- Refractory epilepsy (after 2-3 anti-seizure medications have failed to control seizures)
- Glucose transporter type 1 deficiency syndrome (Glut1DS)
- Pyruvate dehydrogenase deficiency (PDHD)
- Various other conditions for which the medical ketogenic diet is indicated

Typical American Diet



Classic Ketogenic Diet



Carbohydrate
Protein
Fat



Nathan



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Nathan's story

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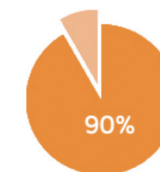


Over Half

of the individuals will have at least

50%

seizure improvement¹⁻³



1 in 3

will have at least

90%

seizure improvement¹⁻³



10-15%

will become seizure free¹⁻³

HOW EFFECTIVE IS THE MEDICAL KETOGENIC DIET?

Research shows that over half of individuals with refractory epilepsy will have **at least 50% seizure improvement on the medical ketogenic diet.**

1. Henderson et al. 2006. 2. Keene et al. 2006. 3. Freeman et al. 1998

WHAT ARE THE DIFFERENT TYPES OF MEDICAL KETOGENIC DIETS?

Your healthcare provider will work with you to select the most appropriate medical ketogenic diet. This table helps to compare the different types of diets.

DIET DESIGN	FOOD MEASUREMENT	DIET INITIATION
Classical Ketogenic Diet (cKD) Est. 1921	According to a ratio of the grams of fat compared to the grams of protein plus carbohydrates; Usually 4:1 or 3:1	Gram scale Usually inpatient
Modified Ketogenic Diet Est. 2019	Can be combination of modified Atkins and other diet variant or lower ratio classic ketogenic diet. Carbohydrate restricted and fat encouraged, including MCT	Gram scale & Household measures Usually outpatient
Medium-Chain Triglyceride Ketogenic Diet (MCT KD) Est. 1971	According to the percentage of calories coming from MCTs, usually 30-60%	Gram scale preferred & Household measures accepted Usually inpatient
Modified Atkins® Diet (MAD) Est. 2002	According to carbohydrate restriction; Usually limited to 10-20 grams/day	Household measures Usually outpatient
Low Glycemic Index Treatment (LGIT) Est. 2002	According to the glycemic index of foods	Household measures Usually outpatient



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Coco's story



HOW LONG DO INDIVIDUALS NEED TO STAY ON THE MEDICAL KETOGENIC DIET?

It is generally recommended that the medical ketogenic diet be tried for at least 3 months to see whether it will be successful. While some individuals see improvements soon after starting the medical ketogenic diet, others may require some time and diet adjustments to see the benefits.

Try not to be discouraged if you don't see success right away.



Scan to watch
Logan's story

Logan



ARE THERE ANY SIDE EFFECTS WITH THE MEDICAL KETOGENIC DIET?

The most commonly reported side effects are gastrointestinal disturbances such as constipation, nausea, vomiting, or diarrhea. Most side effects can be managed easily.

IS THERE ANY SPECIAL TESTING OR MONITORING REQUIRED?

After starting the medical ketogenic diet, you will meet regularly with your physician and/or dietitian to ensure that nutrition needs are fully met, and to monitor for potential side effects. Monitoring with routine laboratory tests and adjustments to the diet may occur with each follow-up with your healthcare provider.

IS THERE ANYTHING THAT CAN HELP MAKE THE MEDICAL KETOGENIC DIET EASIER TO FOLLOW?

Yes, KetoCal® is a specially designed formula that can help make following the medical ketogenic diet easier.

The KetoCal portfolio consists of powdered and ready-to-drink formulas providing a consistent ketogenic ratio to help make the ketogenic diet easier. KetoCal products must be used under medical supervision. Ask your doctor about KetoCal today and visit MyKetoCal.com to request a **FREE sample** and learn more.

TASTE THE KETO CAL DIFFERENCE!

KetoCal helps make the medical ketogenic diet easier.

ASK YOUR DOCTOR....



Scan to Request Samples





ARE YOU READY TO BREAK THE CYCLE?

Find out if the medical ketogenic diet is right for you.

Talk to your neurologist or current healthcare provider today!

Use these questions to start a conversation with your doctor and discuss the next steps toward starting your medical ketogenic diet journey.

I am currently having seizures:

☐ Yearly ☐ Monthly ☐ Weekly ☐ Daily

I am currently taking _____ antiepileptic drugs (AEDs):

☐ 0-1 ☐ 2-3 ☐ More than 3

I have tried a total of _____ antiepileptic drugs (AEDs) with limited or no success:

☐ 0-1 ☐ 2-3 ☐ More than 3

I am currently _____ with my level of seizure control:

☐ Completely satisfied ☐ Somewhat satisfied ☐ Unsatisfied

I would like to explore the medical ketogenic diet to see if it can help me with seizure control.

☐ Yes ☐ No

Ask your neurologist/epilepsy center if they offer the medical ketogenic diet.

If your neurologist does not currently offer the medical ketogenic diet, find a medical ketogenic diet provider [nearby](#) and ask for a referral.

A map of nearby medical ketogenic diet providers can be found on [MyKetoCal.com](https://www.MyKetoCal.com)

The medical ketogenic diet offers
hope for seizure reduction.

KETOCA[®] HELPS MAKE IT POSSIBLE.

Millie





Brought to you by Nutricia North America.

The medical ketogenic diet for refractory epilepsy is intended for use under medical supervision. This guide was created to support your conversation about the medical ketogenic diet with your neurologist to see if the medical ketogenic diet is right for you.

Prior to your appointment, we recommend completing the questionnaire included in this guide and discussing your responses with your provider.

MyKetoCal.com

KetoCal® is a medical food for the dietary management of refractory epilepsy and is intended for use under medical supervision. Talk to your healthcare provider to determine if KetoCal is right for you.