

DR. ALLISON SIEBECKER, SIBOINFO.COM

HOMEMADE ELEMENTAL DIET





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Dr. Allison Siebecker

Homemade Elemental Diet

Elemental diets offer nutrients in an easily digestible and drinkable form. Elemental diets have been studied for the treatment of Small Intestinal Bacterial Overgrowth and found to be effective when taken in place of meals for 2-3 weeks.^{1, 2}

LOW CARB/HIGHER FAT OPTION

Ingredients (14 day supply)	
1000 g bag	Jo Mar Labs Amino Acids : Black Label Pure Form 21 Blend (use Jo Mar search box to find)
1764-2646 ml/59-89 oz	Honey (carbohydrate of glucose and fructose)
Or 10 lb	Now: Dextrose (glucose)
1575-1890 ml	Oil (fat), such as MCT (medium train triglyceride), coconut, olive, macadamia, cod liver...
1 bottle	Pure Encapsulations: Nutrient 950 Multivitamin
1 bottle	Salt , preferably unrefined (ex. Real Salt, Celtic)
Optional	Flavorings such as vanilla may be used in small amounts

Per Meal Dose (taken 3x/day for 14 days). If mixing enough for the day, multiply the following by 3.

2 Tablespoons	Amino Acids (24 g protein or 72 g/day)
2 or 3 Tablespoons	Honey (2 T = 34 g carbs or 102 g/day, 3 T = 51 g carbs or 153 g/day)
Or 4 or 5 Tablespoons	Dextrose (4 T = 34 g carbs or 102 g/day, 5 T = 51 g carbs or 153 g/day)
3 or 3.5 Tablespoons	Oil (3 T = 42 g fat or 126 g/day, 3.5 T = 49 g fat or 147 g/day) Use 3 T oil if using higher amount carb or 3.5 T oil if using lower amount of carb
2 capsules	Multivitamin
¼ - ½ teaspoon	Salt

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VIVONEX PLUS™ RATIO - HIGH CARB/LOW FAT OPTION

Ingredients (14 day supply)

1000 g bag	Jo Mar Labs Amino Acids : Black Label Pure Form 21 Blend (use Jo Mar search box to find)
1617 ml/54 oz	Honey (carbohydrate of glucose and fructose)
Or 10 lb	Now: Dextrose (glucose)
210 ml/7 oz	Oil (fat), such as MCT (medium train triglyceride), coconut, olive, macadamia, cod liver...
1 bottle	Pure Encapsulations: Nutrient 950 Multivitamin
1 bottle	Salt , preferably unrefined (ex. Real Salt, Celtic)
Optional	Flavorings such as vanilla may be used in small amounts

Per Meal Dose (taken 3x/day for 14 days). If mixing enough for the day, multiply the following by 3.

2 Tbs + 1 tsp	Amino Acids (28 g protein or 81 g/day)
5 ½ Tbs	Honey (93.5 g carbs or 280g/day)
Or 2/3 cup	Dextrose (93.5 g carbs or 280g/day)
1 tsp	Oil (4.6 g fat or 13.9g/day)
2 capsules	Multivitamin
¼ - ½ tsp	Salt

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Instructions

Mix together in a blender with water in an amount to your thickness preference. Ice may be added after honey has been blended in. Do not use juice, milk or any other liquids to mix it. All ingredients may be taken separately. For example, spoons of oil and/or honey may be taken in between sips of Amino Acid drink and capsule may be swallowed, or opened into the drink. Many prefer to sip it during the day.

Notes

- Doses are based on a 2000 calorie/day diet.
- A 5 pound jar of honey is 80 oz
- A 33 oz jar of oil is 1000ml
- Clear honey should be used as it is easier to absorb - cloudy honey may have complex pollen proteins.
- MCT oil is recommended for those with fat Malabsorption (MCT, coconut, palm). Increase gradually as it can cause gastrointestinal distress.
- Feel free to mix and match oil varieties, for example use daily dose of cod liver oil along with MCT oil.
- Feel free to mix and match carbohydrate varieties, for example use honey at one meal and dextrose at another or use ½ dose of each together at one meal.
- Honey is 25-50% sweeter than sugar, dextrose is 25% less sweet than sugar (50% less sweet than honey).
- Non-calorie flavorings, such as "crystal light" or flavored stevia, have historically been used to increase palatability.
- Elemental Diets can cause gastrointestinal distress and other side effects. Medical supervision is advised.
- See siboinfo.com > Treatment > Elemental Diet, for info and tips (especially the Challenges & Tips video)

¹ Pimentel M, Constantino T, Kong Y, Bajwa M, Rezaei A, Park S. A 14-day elemental diet is highly effective in normalizing the lactulose breath test. *Dig Dis Sci.* 2004 Jan;49(1):73-7. doi: 10.1023/b:ddas.0000011605.43979.e1. PMID: 14992438.

² O'Dwyer D. Homemade Elemental Diet to Treat Intestinal Methanogen Overgrowth: A Case Report. *Integr Med (Encinitas).* 2021 Apr;20(2):32-41. PMID: 34377092; PMCID: PMC8325492.