

# Homemade Elemental Diet\*

## Lower Carb/Higher Fat Option

Elemental diets offer nutrients in an easily digestible and drinkable form. Elemental diets have been studied for the treatment of Small Intestine Bacterial Overgrowth and found to be effective when taken in place of meals for 2 weeks. <sup>1</sup> \*

### Ingredients:

1000 gram bag Jo Mar Labs Amino Acids: Black Label 21 Blend (use Jo Mar Labs search box to find it)  
1764-2646ml Honey (carbohydrate of glucose and fructose) (59-89 oz)  
**Or** 10 lb Now: Dextrose (glucose)  
1890-2205 ml Oil, such as medium chain triglyceride, coconut, olive, macadamia, cod liver... (63-74 oz oil)  
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 Amino Acids (24 g protein or 72 g/day)  
2 or 3 Tbs Honey **Or** 4 or 5 Tbs Dextrose (2T honey or 4T dextrose = 34g carbs or 102g/day, 3T honey or 5T dextrose = 51g carbs or 153g/day)  
3 or 3.5 Tbsp Oil (3 T = 42g fat or 126g/day, 3.5 T = 49g fat or 147g/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 tsp Salt

### 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 80oz. 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), but must be increased 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 at one meal.

Honey is 25-50% sweeter than sugar, dextrose is 25% less sweet than sugar (50% less sweet than honey).

Elemental Diets can cause gastrointestinal distress and other side effects. Medical supervision is advised.

<sup>1</sup> Pimentel, M. *A 14 day elemental diet is highly effective in normalizing lactulose breath test.* 2004

**\*Disclaimer:** This recipe has not been formally tested, it's safety, tolerability and effectiveness is unknown.

## **Homemade Elemental Diet\***

### **Vivonex Plus™ Ratio Option (High Carb/Low Fat)**

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#### **Ingredients:**

1000 gram bag Jo Mar Labs Amino Acids: Black Label 21 Blend (use Jo Mar Labs search box to find)

1617 ml/54 oz Honey (carbohydrate of glucose and fructose)

**Or** 1 jar Now: Dextrose, 10 pound size (glucose)

210 ml/7 oz Oil, such as medium chain triglyceride, coconut, olive, macadamia, cod liver

1 bottle Pure Encapsulations: Nutrient 950 Multivitamin, 90 capsules

1 bottle/bag 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 Pure Form 21 Blend (28 g protein or 81 g/day)

5 1/2 Tbsp Honey **Or** 2/3 cup Dextrose (93.5g carbs or 280g/day)

1 tsp Oil (4.6 g fat or 13.9g/day)

2 capsules Multivitamin

1/4 - 1/2 tsp Salt

#### **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 80oz.

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), but must be increased 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 1/2 dose of each at one meal.

Honey is 25-50% sweeter than sugar, dextrose is 25% less sweet than sugar (50% less sweet than honey).

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