

FOD Shop Clinical



A Clinical Nutrition Support Guide for Gastroenterology Practitioners

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FOD Shop *Clinical*



**Grow your Nutrition Practice
with a Client Referral Program**

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Nutrition Plan

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- ✓ **Develop a Nutrition Care Plan with ease**
 - ✓ **Improve gut health outcomes**
 - ✓ **Earn via an additional revenue stream**
 - ✓ **Receive client referrals directly from FodShop**
 - ✓ **Ready access to new & improved product formulations**





ElementGold



Used for:

The rapid uptake and absorption of nutrients to minimise the risk of triggering sensitive digestive systems, like Crohn's Disease and IBS, and for difficulties with digesting/absorbing/chewing/swallowing

How to use:

A standard serve is 100g (4 scoops using the included scoop) of ElementGold powder shaken or blended with 250 mL of water.

Dosage instructions:

A 100g serve is low FODMAP, 10 serves per 1kg tub.



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Sunfiber® GI

Prebiotic Fiber & Probiotic Blend

Used for:

True regularity, addressing both occasional constipation and diarrhoea, without excess gas, cramping or bloating with a mix of prebiotic soluble fiber and probiotics.*

How to use:

As a dietary supplement, mix approximately 1 sachet (6g) into 150-200ml of water or any other non-carbonated beverage.

Dosage instructions:

One packet (6g) is low FODMAP, 30 serves per pack.



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Used for:

To promote healthy bowel function and regularity and may reduce the symptoms of constipation, diarrhoea and gas, particularly in those with Irritable Bowel Syndrome.

How to use:

Take 4 rounded teaspoons (~6g) in a glass of water. Can be added to smoothies, juices or food. Maintain adequate hydration.

Dosage instructions:

A 6g serve (3.5 tbl) is low FODMAP, 30 serves per 180g tub.



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Ensure

Used for:

People at risk of disease-related malnutrition to provide appropriate calories, protein & carbohydrates . Suitable as a nutritional supplement or sole nutrition source for those who cannot eat sufficient quantities of everyday food & drink to meet their nutritional requirements

How to use:

Ready to serve. Food for Special Medical Purposes. Use only under medical supervision.

Dosage instructions:

A 125ml serve (1 serve) is low FODMAP.



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Used for:

The solution for dysphagia, ThickenUp is a food for special medical purposes for the dietary management of people with swallowing difficulties.

How to use:

Use the dosage scoop included in the tin. First add desired quantity of powder into empty container (glass). Then add liquid into container (glass) and stir with a spoon until completely dissolved

Dosage instructions:

A 1.2g serve is low FODMAP, 750 serves per pack



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REGULAR Girl®

Used for:

True regularity without excess gas or bloating. Contains both prebiotic fibre and 8 billion active probiotics to help maintain a healthy digestive balance.

How to use:

As a dietary supplement, mix approximately 1 sachet (6g) into 150-200ml of water or any other non-carbonated beverage.

Dosage instructions:

Sprinkle a scoop (provided) into a low FODMAP breakfast cereal, protein shake, juice or water



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AdVital™

Used for:

Loaded with 15 grams of protein and 27 vitamins and minerals, AdVital Powder is perfect for fortifying food and enriching drinks.

How to use:

Use one scoop of AdVital powder in 100-200mL of shakes, baking, food and fluids. Stir or shake them together until AdVital has dissolved.

Dosage instructions:

A 25g serve (1 scoop) is low FODMAP, 28 serves per 700g tin.



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Kfibre®

Used for:

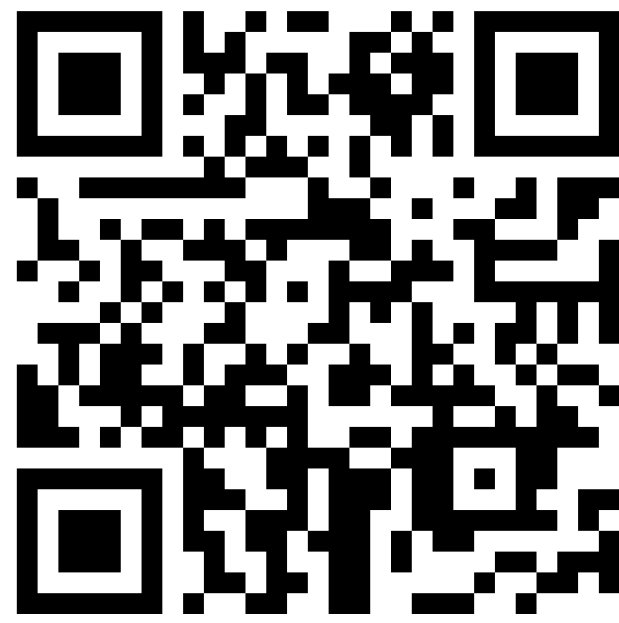
The maintenance of digestive health and is a natural & unflavoured prebiotic fibre that supports gut health, maintains digestive regularity, and promotes microbiome diversity.

How to use:

Using the enclosed scoop, mix one level scoop (1.5g) with your choice of drink. Kfibre can be used in drinks, baking, and other foods like dips, mashed potato, soup, and gravy

Dosage instructions:

If you're a beginner, start with half a scoop for the first 14 days and then upgrade to one scoop 1-2x a day



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intoleran digestive experts

Used for:

Helping digest component(s) of trigger foods and avoid symptoms of food intolerance at the time of a meal or drink.

How to use (adults):

Take one capsule with liquid (or twist open capsule and place contents on food, or in liquid and stir) immediately before eating/drinking a product containing fructose. Lasts for approximately 30 to 45 minutes. Max 15 capsules daily

Dosage instructions:

1-3 capsules with every meal



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F ● D Z Y M E TM
BY K I W I B I O S C I E N C E S

Used for:

Breaks down fructans, lactose, and GOS, helps you enjoy your favorite meals painlessly. When mixed with high FODMAP meals, FODZYME™ begins breaking down problematic FODMAP molecules into smaller and more digestible ones.

How to use:

Sprinkle your meal with the FODZYME powder evenly to help it integrate with your food. Give your food a good mix if you can. Otherwise, a full dose on the first bite will work just as well!

Dosage instructions:

Sprinkle 1/4 tsp (0.75g) on food.



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SUPERFLORA
Nurturing your inner superhero

Used for:

A protein shake that is low FODMAP, gluten free, and gut-friendly, this shake reduces digestive discomfort including indigestion, bloating, and gas

How to use:

Blend 50g of powder (about 7 level tablespoons) with 250ml of chilled water or low lactose milk. You can add fruit to your shakes too to give you an extra boost throughout the day. Remember to shake it, not stir it.

Dosage instructions:

A 50g serve is low FODMAP, 5 serves per 250g container.



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Iberogast[®]

Used for:

The relief of functional digestive symptoms including those associated with Irritable Bowel Syndrome (IBS) and functional indigestion. The medicinal herbs reinforce each other and work together to provide fast-acting relief of functional digestive symptoms.

How to use:

Take 3 times daily in a glass of water or drink of choice.

Dosage instructions:

Adults & children over 12 years: 20 drops (1ml)

Children 6 to 12 years: 15 drops (0.75ml)



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LACTEEZE

Used for:

May provide relief of gas, bloating, abdominal cramps and diarrhoea associated with the digestion of dairy due to lactose malabsorption or inability to digest dairy.

How to use:

Simply chew 1-3 Lacteeze tablets just before consuming dairy. For most adults 2 tablets are sufficient, but you can adjust the dose to suit your individual needs. Lacteeze Chewable tablets should be taken every time you consume dairy products.

Dosage instructions:

A dose of 1-3 tablets is low FODMAP.



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mintec[®]
PEPPERMINT IBS RELIEF

Used for:

Relieving symptoms of IBS, such as abdominal pain & discomfort, bloating, cramping & spasms. Capsules pass through the stomach intact, delaying the release of the peppermint oil until it reaches the bowel where it is needed to work.

How to use:

Take 1 or 2 Mintec capsules three times a day before meals, depending on the severity of your symptoms. Do not break or chew the capsules. Swallow the capsules whole with water 30 minutes before meals. Do not take immediately after a meal or with a hot drink.

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NUTRICIA Fortisip[®]

Used for:

A ready-to-drink nutrition supplement that is high in calories (300kcal) with 12g of protein and contains 28 vitamins and minerals. Fortisip can help you meet your daily nutritional needs when your usual diet is not enough.

How to use:

Shake well before use, best served chill. Usage to be determined by health care professional.

Dosage instructions:

A low FODMAP serve is 1 bottle (200ml).



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Used for:

Calorically dense nutritional supplement specifically formulated for the dietary management of malnutrition and other medical conditions with increased nutritional needs that cannot be met through diet modification alone.

How to use:

Oral feeding; Chill before serving.

Dosage instructions:

Up to three packs a day as an oral supplement. Up to five packs a day as a sole source of nutrition, or as recommended by a healthcare professional.



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Used for:

The dietary management of altered physiologic or metabolic conditions that respond to increased arginine intake ie. wound healing

How to use:

Oral feeding: mix packet with 6-8fl oz of water, stir briskly

Tube feeding: mix packet with 120-180mL warm water. Mix and administer by syringe down feeding tube

Dosage instructions:

Take 2 servings per day. Take for a minimum of 2 weeks or until the wound has healed according to your health care professional.



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