

# ElementAll™ Biological Diet

## About the ElementAll Biological Diet

- An elemental diet (ED) is formulated for support of gastrointestinal health.\* The easily digested formula supports healthy gastrointestinal function, and is free of dairy, wheat, gluten, yeast, soy, egg, shellfish, and GMOs. Additionally, it does not contain artificial colors, preservatives, or sweeteners.\*
- ElementAll Biological Diet contains all macronutrients (proteins, carbohydrates, and fats) broken down into their basic building blocks, and all essential vitamins and minerals required for balanced nutrition.
- EDs have been shown to support natural inflammation transition from acute to resolution state, support the integrity of the intestinal mucosal lining, favorably shift the type and amount of bacteria in the gastrointestinal tract, and provide temporary bowel rest, all of which help support gastrointestinal health.\*<sup>1</sup>
- A full ED may help support gastrointestinal health<sup>2-8</sup> and a half ED may help maintain gastrointestinal health.\*<sup>9,10</sup> Half EDs are also used to ease in and out of full EDs. The full- or half-ED protocol will be at the discretion of your health care professional.

## How to Use the ElementAll Biological Diet

Mix one serving (4 scoops) in 500 ml of water or as directed by your health care professional. You can adjust by adding more water if desired.

**Pink Lemonade:** Take 3 servings per day or as directed by your health care professional. 3 servings (12 scoops) provide 1,800 calories.

**Chocolate:** Take 3 servings per day or as directed by your health care professional. 3 servings (12 scoops) provide 1,890 calories.

Your individual serving size is determined by your basal metabolic rate (determined by your height, weight, age, and gender), as well as your activity level, and should be determined by your health care professional. Most adults will likely need three servings per day while following a full ED.

A full ED typically lasts two weeks but may be extended or shorten with your health care professional's recommendation. For a half-elemental diet, your serving size of ElementAll Biological Diet is cut in half, with the remainder of your caloric intake coming from low-allergenic whole foods.

For each serving, mix four scoops in 500 ml of water (or as directed by your health care professional). You can adjust by adding more water if desired, and should consume each serving within a 30-minute period. Three servings (12 scoops) provide 1,800 or 1,890 calories (pink lemonade or chocolate flavor, respectively).

**USER NAME:** \_\_\_\_\_

### PROFESSIONAL NOTES:

---



---



---



---



---

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Cautions and Contraindications

- This product is designed for dietary support and intended for use under the direction of a qualified health care professional. Keep out of reach of children. Avoid if persistent nausea/vomiting and/or mechanical obstruction occur. Safety during pregnancy/lactation is not established, and diabetics should monitor blood sugar closely.

## Drug Interactions

- May impair absorption of quinolones (e.g., ciprofloxacin).

## Quick Tips for Optimal Health

- An ED can also be used as an "elimination" diet. By avoiding most allergenic foods, underlying food allergies can be unmasked as symptoms improve. After following a full ED, selectively reintroduce food back in during a "challenge" phase.<sup>1</sup>
- Keep track of your weight during the ED as some weight loss may occur – be sure to communicate your progress with your health care professional.
- Drinking through a lid with a straw can also be helpful for variety, especially if you are sensitive to smells.
- Take advantage of the extra time not spent on food preparation by taking a walk, reading a book, etc.
- Be sure to stay well hydrated and maintain your regular intake of water during the ED.
- When finishing a full ED, you may find it easier to transition slowly back to a healthy diet by following a partial elemental diet. To do this, add back low-allergenic whole foods while still supplementing with ElementAll Biological Diet for some of your nutritional needs.

### PROFESSIONAL CONTACT INFORMATION:

## References

---

1. Warners, M.J., Vlieg-Boerstra, B.J., Verheij J, et al. (2017). *Aliment Pharmacol Ther*, 45(6), 777-87.
2. Sanderson, I.R., Udeen, S., Davies, P.S., et al. (1987). *Arch Dis Child*, 62(2), 123-7.
3. Cuiv, P.O., Begun, J., Keely, S., et al. (2016). *Food Funct*, 7(4), 1741-51.
4. Heuschkel, R.B., Menache, C.C., Megerian, J.T., et al. (2000). *J Pediatr Gastroenterol Nutr*, 31(1), 8-15.
5. Pimentel, M., Constantino, T., Kong, Y., et al. (2004). *Dig Dis Sci*, 49(1), 73-7.
6. Rao, S.S.C. & Bhagatwala, J. (2019). *Clin Transl Gastroenterol*, 10(10), e00078.
7. Khanna, S., Jaiswal, K.S., Gupta, B. (2017). *Front Nutr*, 4, 52.
8. Olausson, R.W., Løvik, A., Tollefsen, S., et al. (2005). *Clin Gastroenterol Hepatol*, 3(9), 875-85.
9. Takagi, S., Utsunomiya, K., Kuriyama, S., et al. (2006). *Aliment Pharmacol Ther*, 24(9), 1333-40.
10. Takagi, S., Utsunomiya, K., Kuriyama, S., et al. (2009). *Dig Liver Dis*, 41(6), 390-4.