



# Creamy Cereal



serving suggestion



ketogenic ratio

32 servings per container

Nutrients	Per serving (21g)	Per 100g
Energy, kcal	116	554
Energy, kJ	487	2318
Total Fat, g	9.8	47
Saturated Fat, g	4.5	21
Trans Fat, g	0.1	0.3
Carbohydrate, g	3.4	16
Total Sugars, g	2.9	14
Fibre, g	3.4	16
Protein, g	1.8	8.5
Salt, g	0.15	0.73
Sodium, mg	61	292
Calcium, mg	32	154
Iron, mg	1.3	6.1

FOOD FOR SPECIAL MEDICAL PURPOSES (FSMP)

## INDICATION

Creamy Cereal is a 2:1 ketogenic ratio (fat:carbohydrate+protein) intended for the dietary management of intractable epilepsy and other conditions where a ketogenic diet is indicated, such as GLUT-1 deficiency syndrome or PDHD (pyruvate dehydrogenase deficiency).

## IMPORTANT NOTICE

A hot cereal mix as a breakfast addition for individuals following the spectrum of ketogenic diets. Must be administered under medical supervision. Not suitable for use as a sole source of nourishment. For enteral use only. For individuals over 3 years of age.

## DIRECTIONS FOR USE

Use as directed by the physician or healthcare provider. Once open, reseal bag and store in refrigerator or freezer for up to 6 months to preserve freshness.

## SERVING SUGGESTION

To make one (142g) serving of hot cereal: *Stove Top:* Mix 3 Tbs cereal with 120ml water, cream or preferred liquid in small pan, bring to boil, turn heat down, cover and simmer for 3-5 minutes.

*Microwave:* Mix 3 Tbs cereal with 120ml water in microwave safe bowl. Microwave on high for 2 minutes, stirring once at the halfway point and when finished. Let stand a few minutes before serving.

Serve hot KetoVie Café Creamy Cereal with butter, cream and/or desired keto-friendly sweetener.

## INGREDIENTS

Organic desiccated coconut, **hazelnuts**, sunflower lecithin, medium chain triglycerides, **macadamia nuts**, psyllium husk powder, gum arabic, pasteurized sweet cream, skim **milk** solids, cinnamon, contains less than 2% of glucomannan, sodium caseinate (**milk**), **soy** lecithin, salt, tocopherol-rich extract.

**Contains milk, nuts and soy.**

Eat Well, Live Well.



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Desiccant bag inside to maintain freshness. Please do not eat.

