



**KetoVie**<sup>®</sup>

Everyday is Everything

**How KetoVie Can Help**

## WHY CHOOSE KETOVIE?



### Let's Look at How KetoVie Can Help

KetoVie's unique design helps make the ketogenic diet easier while minimizing common side effects.

Here, you can learn about KetoVie's nutritional profile and benefits.

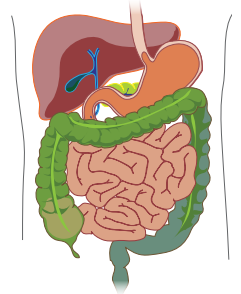
# EVERYDAY IS EVERYTHING

Epilepsy stole your everyday. We're here to help you steal it back!

## Whey Protein

Gastrointestinal (GI) complaints are common on a ketogenic diet. Individuals with a neurological condition may have difficulty digesting food. This can happen if the GI tract is moving slower than normal and can lead to uncomfortable side effects such as reflux or stomach pain. The high fat content of the ketogenic diet can also slow the passage of food.

KetoVie is made with easy to digest whey protein to help improve digestion. Whey proteins empty from the stomach faster than other types of protein and may result in less digestive discomfort.



✔ KetoVie 4:1 Chocolate and Vanilla contains 100% whey and broken down whey protein.

✔ KetoVie 4:1 and 3:1 Unflavored contains 100% broken down whey protein.

✔ KetoVie 4:1 Peptide contains 100% highly broken down whey protein.

KetoVie 4:1 Plant-Based Protein contains 100% pea and broken down pea protein



## Medium Chain Triglycerides (MCTs)

MCTs are fats that are easily converted into ketones. This is because MCTs are absorbed directly from the digestive tract without the need for processing by enzymes and bile salts. They are then sent directly to the liver for efficient processing into ketones. MCTs help boost ketosis, which may result in improved seizure control.

Constipation is one of the most common challenges on a ketogenic diet. MCTs can have a laxative effect, which may help manage constipation.

## Net Carbohydrate

When counting carbs on a ketogenic diet, we often focus on “net” carbs: the total amount of carbohydrate minus fiber. Fiber is subtracted because it is minimally broken down, and therefore does not add much to the overall carbohydrate load. KetoVie formulas are all low in net carbohydrates.

## Fiber

Meeting your fiber needs on a ketogenic diet can be difficult due to the low intake of high fiber foods. Fiber is important to help prevent constipation and aid in both heart and digestive health. KetoVie 4:1 contains a blend of both soluble (absorbable) and insoluble (unabsorbable) fibers. KetoVie also contains pre-biotic fibers to help support good bacteria growth in the gut.

## Carnitine

Because the ketogenic diet is so high in fat, it is important to make sure the body has everything needed to change fat into fuel. Carnitine is an important nutrient that has many roles in the body. One of these essential jobs is moving fats within cells where they are turned into ketones and used for energy.

Over time, the ketogenic diet can use up available carnitine and cause levels to become too low. Some medications, especially seizure medications, may also use up carnitine. Low levels of carnitine may lead to a lower level of ketone production.

## Selenium

Selenium is an important antioxidant with a role in thyroid and immune health. The ketogenic diet has been linked to low selenium. Selenium deficiency can lead to serious complications related to heart health, and therefore your doctor/dietitian may recommend a selenium supplement.

## DHA

DHA (docosahexaenoic acid) is an omega-3 fatty acid. DHA has a role in the development and proper functioning of the brain, eye and heart.

## Bone Health

KetoVie contains a special blend of nutrients including vitamin D, calcium, phosphorus, vitamin K1 and K2, magnesium and zinc to optimize bone health. KetoVie also has citrates, which are added to help neutralize acids. High acid levels in the blood can take calcium from the bone if not properly balanced.



## Why Choose KetoVie?

There are lots of benefits to choosing KetoVie as your ketogenic formula. Whether it is to drink or give by tube feeding, KetoVie can help you achieve ketogenic success.

### Key Benefits

- ✔ **Easy to digest proteins** .....> Whey protein is a well tolerated milk protein, also available in plant-based pea protein.
- ✔ **Medium Chain Triglycerides (MCTs)** .....> MCTs are a type of fat that is readily changed into ketones. MCTs can boost ketosis and promote regular bowel movements.
- ✔ **Low Net Carbohydrate** .....> Low in net carbohydrate.
- ✔ **Fiber** .....> KetoVie contains both soluble and insoluble fibers for digestive health.
- ✔ **Carnitine** .....> KetoVie contains carnitine. Carnitine is necessary to use fats for energy.
- ✔ **Selenium** .....> KetoVie contains selenium. Selenium is an antioxidant and important for heart health.
- ✔ **DHA** .....> DHA may play a role in healthy brain, eye and heart development and functioning.
- ✔ **Bone Health** .....> KetoVie contains a unique blend of calcium, vitamin D, phosphorous, vitamin K2 and other nutrients essential for bone health.
- ✔ **Options** .....> Delicious and smooth ketogenic formulas available in vanilla, chocolate, unflavored and peptide.
- ✔ **Nutritionally Complete** .....> KetoVie contains all the needed vitamins and minerals so it can be used with meals or as a sole source of nutrition.



**Request a sample of KetoVie today!**

[go to samples.ketovie.com](https://samples.ketovie.com) or [email us at ketovie@cambrooke.com](mailto:ketovie@cambrooke.com)









*Everything you love about KetoVie,  
but now with plant-based protein.*

**KetoVie**<sup>®</sup>

**PLANT-BASED  
PROTEIN**



*The first plant-based nutritionally  
complete ketogenic medical food*

-  4:1 ketogenic ratio
-  Contains MCT
-  Nutritionally complete
-  No milk or soy ingredients
-  Naturally sweetened with stevia
-  Great tasting vanilla flavor

Eat Well. Live Well.

**Aj**  
AJINOMOTO

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866 456 9776 [KetoVie.com](http://KetoVie.com) [info@KetoVie.com](mailto:info@KetoVie.com)  
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