



Quick Reference Guide

| Concentration | Powder (g)* | Number of level, unpacked scoops** | Water (ml)*** | Final volume (ml) | Osmolality mOsm/kg |
|------------------------------|-------------|------------------------------------|---------------|-------------------|--------------------|
| 0.67 kcal/ml (20 kcal/fl oz) | 140 | 29 | 870 | 1000 | 230 |
| 0.8 kcal/ml (24 kcal/fl oz) | 170 | 34 | 860 | 1000 | 386 |
| 1.0 kcal/ml (30 kcal/fl oz) | 210 | 43 | 820 | 1000 | 582 |

*Rounded to the nearest 10.

**Rounded to the nearest scoop: 1 level, unpacked scoop weighs approximately 5 g powder.

***Displacement factor of 0.83 ml per gram of powder and rounded to the nearest 10.

| | | | |
|----------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| Single unit | 400 g can | Level, unpacked spoon weights (g) [†] | |
| | | 1 tsp | 2.4 |
| | | 1 tbsp | 7.5 |
| kcal/g product | 4.69 | Level, unpacked cup weights (g) [†] | |
| | | 1/4 cup | 30 |
| | | 1/3 cup | 40 |
| | | 1/2 cup | 63 |
| | | 1 cup | 122 |
| Product yield | 1 can (400 g powder) yields approximately 2.8 L | †Important note: Household measurements are for a level unpacked measure and are approximations . Measure is tapped to remove air pockets and leveled off using the back of a clean dry knife. Results can vary significantly based on the individual, device, and/or method. The values Vitaflo provides are based on averages derived from multiple measurements. Vitaflo recommends using a gram scale for greatest accuracy. The scoop Vitaflo provides has been validated with Vitaflo products, so using it is preferable to household measurements. | |
| Displacement factor (ml/g) | 0.83 | | |
| Scoop weight | 1 level unpacked scoop weighs approximately 5 g of product | | |



USE UNDER MEDICAL SUPERVISION

INDICATIONS

For the dietary management of long chain fatty acid oxidation disorders, fat malabsorption, and other conditions requiring a high MCT, low LCT diet. Suitable from 1 year of age.

DOSE AND ADMINISTRATION

To be determined by the clinician or dietician and is dependent on the age, body weight, and medical condition of the patient.

PREPARATION GUIDELINES

LIPiStart is typically mixed with water. The standard dilution of approximately 20 kcal/fl oz or 0.67 kcal/ml is made by adding 1 level scoop of LIPiStart (5 g) to 1 fl oz (30 ml) of water. Use the scoop provided in the can or a gram scale for greatest accuracy.

1. Wash your hands and clean surfaces, utensils, and formula container.
2. Boil water and leave to cool for no more than 30 minutes to ensure it remains at a temperature of at least 158°F (70°C).
3. Measure out the required amount of water into the formula container. Do not use artificially softened water or repeatedly boiled water.
4. Using the scoop provided, add the prescribed number of scoops of LIPiStart to the water, leveling off each scoop with the back of a clean dry knife. Return dry scoop to LIPiStart can.

5. Seal formula container and shake well until powder is dissolved. Test the temperature before feeding, the formula should feel warm or cool but not hot.

6. LIPiStart is now ready to use.

Any prepared formula should be refrigerated and used within 24 hours. Re-shake before use. Do not heat LIPiStart in a microwave as uneven heating may occur and could cause a burn. Do not boil LIPiStart.

IMPORTANT NOTICE

Must only be used under strict medical supervision.

Not for intravenous use.

For enteral use only (orally or tube feeding).

Not suitable as a sole source of nutrition from 1 year of age.

NET WT.

400 g (14.1 oz) can

STORAGE

Store in a cool dry place.

Once opened, LIPiStart powder must be tightly sealed and consumed within 4 weeks.

For more information on LIPiStart, visit www.VitafloUSA.com, email vitafloNAM@vitaflousa.com, or call 888-848-2356.



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Innovation in Nutrition

A Nestlé Health Science Company



Nutrition Information

| Nutrient | Units | Per 100 g | 1 Liter | 1 Liter | 1 Liter |
|--------------------------------|----------------|-----------|-------------------------------|------------------------------|----------------------------|
| | | | 0.67 kcal/ml 20 kcal/fl oz | 0.8 kcal/ml 24 kcal/fl oz | 1 kcal/ml 30 kcal/fl oz |
| Calories | kcal | 469 | 670 | 800 | 1000 |
| Protein | g | 12 | 17 | 21 | 26 |
| Carbohydrate | g | 58 | 83 | 99 | 124 |
| Sugars | g | 6.0 | 8.6 | 10 | 13 |
| Total Fat | g | 21 | 30 | 36 | 45 |
| Saturated Fat | g | 16 | 23 | 28 | 35 |
| Polyunsaturated Fat | g | 21 | 3.0 | 3.6 | 4.5 |
| Linoleic Acid (LA) | mg | 1470 | 2102 | 2514 | 3131 |
| Arachidonic Acid (ARA) | mg | 100 | 143 | 171 | 213 |
| α -Linolenic Acid (ALA) | mg | 230 | 329 | 393 | 490 |
| Docosahexaenoic Acid (DHA) | mg | 100 | 143 | 171 | 213 |
| Monounsaturated Fat | g | 1.6 | 2.3 | 2.7 | 3.4 |
| Medium Chain Triglycerides | g | 15.6 | 22.3 | 26.7 | 33.2 |
| Long Chain Triglycerides | g | 4.4 | 6.3 | 7.5 | 9.4 |
| VITAMINS | | | | | |
| Vitamin A | μ g RE | 408 | 583 | 698 | 869 |
| Vitamin D | μ g | 9.4 | 13 | 16 | 20 |
| Vitamin E | mg α TE | 6.0 | 8.6 | 10 | 13 |
| Vitamin C | mg | 53 | 76 | 91 | 113 |
| Vitamin K | μ g | 24 | 34 | 41 | 51 |
| Thiamin | mg | 0.53 | 0.76 | 0.91 | 1.1 |
| Riboflavin | mg | 0.71 | 1.0 | 1.2 | 1.5 |
| Niacin | mg | 3.7 | 5.3 | 6.3 | 7.9 |
| Vitamin B6 | mg | 0.46 | 0.66 | 0.79 | 1.0 |
| Folic Acid | μ g | 71 | 100 | 120 | 150 |
| Vitamin B12 | μ g | 1.0 | 1.4 | 1.7 | 2.1 |
| Biotin | μ g | 16 | 23 | 2.7 | 3.4 |
| Pantothenic Acid | mg | 2.5 | 3.6 | 4.3 | 5.3 |
| Choline | mg | 142 | 203 | 243 | 302 |
| Inositol | mg | 53 | 76 | 91 | 113 |

| | | | 1 Liter 0.67 kcal/ml 20 kcal/fl oz | 1 Liter 0.8 kcal/ml 24 kcal/fl oz | 1 Liter 1 kcal/ml 30 kcal/fl oz |
|-------------|-------|-----------|------------------------------------------|-----------------------------------------|---------------------------------------|
| Nutrient | Units | Per 100 g | 140 g of powder | 170 g of powder | 210 g of powder |
| MINERALS | | | | | |
| Sodium | mg | 210 | 300 | 359 | 447 |
| Potassium | mg | 430 | 615 | 735 | 916 |
| Chloride | mg | 320 | 458 | 547 | 682 |
| Calcium | mg | 355 | 508 | 607 | 756 |
| Phosphorus | mg | 270 | 386 | 462 | 575 |
| Magnesium | mg | 40 | 57 | 68 | 85 |
| Iron | mg | 5.1 | 7.3 | 8.7 | 11 |
| Copper | mg | 0.36 | 0.51 | 0.62 | 0.77 |
| Zinc | mg | 4.1 | 5.9 | 7.0 | 8.7 |
| Manganese | mg | 0.24 | 0.34 | 0.41 | 0.51 |
| Iodine | µg | 81 | 116 | 139 | 173 |
| Molybdenum | µg | 22 | 31 | 38 | 47 |
| Selenium | µg | 17 | 24 | 29 | 36 |
| Chromium | µg | 11 | 16 | 19 | 23 |
| AMINO ACIDS | | | | | |
| L-Carnitine | mg | 12 | 17 | 21 | 26 |
| Taurine | mg | 40 | 57 | 85 | 85 |

| Product Composition | | | |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------|
| | Fat | Protein | Carbohydrate |
| % total kcal | 40 | 10 | 50 |
| Source | Medium Chain Triglycerides (from Coconut and Palm Kernel Oil), Soybean Oil, Canola Oil, M. Alpina Oil*, and C. Cohnii Oil**, Sunflower Oil. | Whey protein concentrate (milk), sodium caseinate (milk). | Dried Corn Syrup, Maltodextrin. |

*A source of Arachidonic Acid (ARA)

**A source of Docosahexaenoic Acid (DHA)

| Reimbursement Code | HCPCS Code |
|--------------------|---------------|
| 50600-0502-05 | B4158 & B4150 |

To calculate nutritional intake and the ideal recipe with ease, please ask your VitaFlo representative about the **MCT Calculator**.

For healthcare professional use only.

FOR REIMBURSEMENT ASSISTANCE, VISIT:



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www.VitaFlo4Success.com