

# Elemental Diet - Homemade Version

## Protein:

- The RDA for protein is 45-55 grams/day. 1 gram = 1000 mg.
- Amino Acid powder: Can be expensive because so much is needed.
- Amino acids taste unpleasant. Many commercial brands do not match the complete amino acid profile used in Vivonex.

## Carbohydrate:

- Honey
- Dextrose (glucose)
- Glucose flavored liquid
- Grape syrup (similar profile to honey)

## Fat:

- Medium chain triglyceride oils (MCT &/or Coconut Oil) are recommended in cases of fat malabsorption (which is common in SIBO) as they absorb easily.
- MCT oil can cause diarrhea- increasing amounts slowly helps to avoid this.

## Vitamins & Minerals:

- Multivitamin/minerals that contain no fiber, food or anything other than synthetic nutrients.
- Some options include Freeda SCD Multi, Klaire VitaSpectrum Powder, Pure Encapsulations Nutrient 950.

## Salt:

- Sodium is an essential electrolyte. The Adequate Daily Intake for salt is 1500mg (CDC).

## Avoid:

- Fiber, gums, thickeners, food items, or prebiotics.
- Forms of protein and sugar not listed above.
- Standard cleansing formulas such as Mediclear, Clearvite or Ultraclear are not elemental formulas.

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