



K·Yo™

A unique 3:1 nutritionally complete, ready to eat food for use in the ketogenic diet, in chocolate flavour.

Positive difference to everyday lives



Enhancing Lives Together





K·Yo™ is for the dietary management of epilepsy, glut1 deficiency syndrome or other conditions requiring a ketogenic diet from 3 years onwards.

Each 100g pot contains:

310kcal

ENERGY

chocolate

30g

FAT

chocolate

2g

CARBOHYDRATE

chocolate

8g

PROTEIN

chocolate

K·Yo is nutritionally complete and can be used as a sole source of nutrition for ages 3 to 10 years.

Adherence to the ketogenic diet is crucial to its success¹, but for many reasons, can be difficult to achieve². The use of **K·Yo** may help support and maintain the nutritional intake of patients throughout their ketogenic diet journey.



K·Yo is:

a 3:1 ratio

Convenience of a prepared food in a ketogenic ratio for use in all versions of the diet.

a nutritionally complete food

Contributing towards micronutrient intakes.

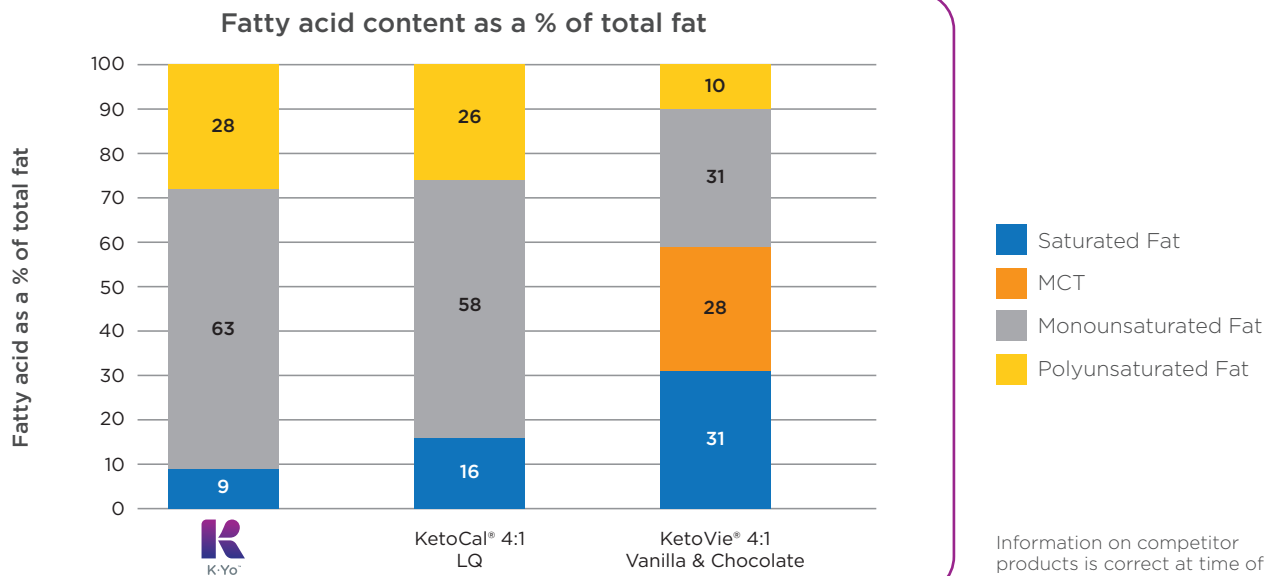
a semi solid texture

4

May be suitable for patients with swallowing difficulties assessed to IDDSI³ level 4, under guidance of a feeding specialist.

High in fat, with a favourable fatty acid profile

Compared with other competitor products K·Yo contains less saturated fat when expressed as % of total fat.



Nutrient dense

Supports nutritional intakes in a low volume - useful for those with small appetites.

Contains 8g of high biological value protein per 100g pot.

Ready to eat

Simply eat from the pot as a meal or a snack.

Convenient to take out and about e.g. for lunches and picnics.

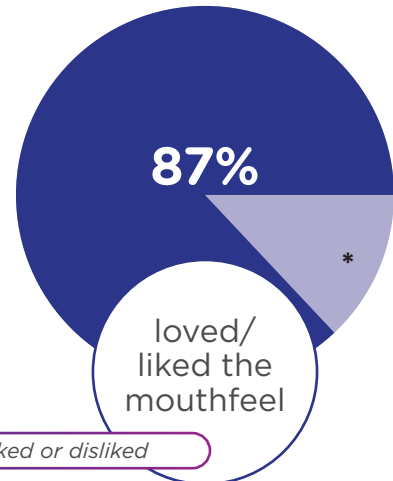
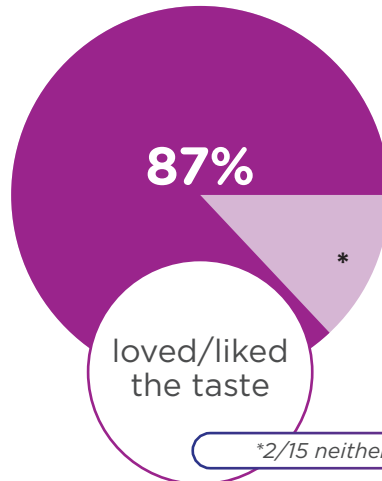
Chocolate flavour

A palatable flavour for those on the KD.



Acceptability⁴

trial data (n=15)



*2/15 neither liked or disliked



K·Yo is a nutritionally complete, very high fat, low carbohydrate, ready to eat, semi-solid food with a 3:1 ratio of fat to carbohydrate and protein.



What they say...

Palatability

'My child really enjoyed this product. It helps with her diet enormously and she really enjoyed eating it.'

'My daughter doesn't speak, but I can tell a lot from her body language, every time I went to get it she got very excited and opened her mouth.'

'He said "more" when he was getting to the end of his portion. He obviously enjoyed it and finished every last bit.'

Flexibility

'Loved this, so easy to use, tasty and easy to eat. A great pudding and a great standby to quickly add to a meal/use for a meal.'

'She tolerated this really well especially when fruit added.'

'Used it as a topping on keto pancakes.'

Convenience & ease of use

'Much easier to make up than her current snack.'

'On holiday it is easy if can't find correct foods abroad.'

'It was so easy to use, great for out and about and not having to weigh ingredients was a godsend. 5 stars!'

K·Yo is available in

chocolate
flavour

K
K·Yo™

Nutritional Information

		Chocolate Per 100g (1 pot)
Energy	kJ	1280
	kcal	310
Fat	g	30
of which		
saturates	g	2.7
monounsaturates	g	18
polyunsaturates	g	8.0
DHA	mg	20
Carbohydrate	g	2.0
of which sugars	g	1.5
Protein	g	8.0
Salt	g	0.29

Vitamins

Vitamin A (RE)	µg	160
Vitamin D	µg	5.0
Vitamin E (αTE)	mg	4.0
Vitamin K	µg	20
Vitamin C	mg	14
Thiamin	mg	0.25
Riboflavin	mg	0.3
Niacin (Niacin Eq)	mg	2.9 (4.9)
Vitamin B6	mg	0.3
Folic acid	µg	64
Vitamin B12	µg	0.5
Biotin	µg	4.8
Pantothenic acid	mg	0.9

		Chocolate Per 100g (1 pot)
Minerals		
Sodium	mg	115
	mmol	4.9
Potassium	mg	290
	mmol	7.3
Chloride	mg	180
	mmol	5.0
Calcium	mg	160
	mmol	4.0
Phosphorus	mg	190
	mmol	6.1
Magnesium	mg	29
	mmol	1.2

Trace Elements

Iron	mg	3.5
Zinc	mg	2.5
Copper	mg	0.23
Manganese	mg	0.31
Selenium	µg	13
Chromium	µg	20
Molybdenum	µg	14
Iodine	µg	37

Other Nutrients

Taurine	mg	22
L-Carnitine	mg	11
Choline	mg	88

K·Yo is a Food for Special Medical Purposes and must be used under medical supervision.

For use from 3 years of age onwards.

Suitable for use as a sole source of nutrition from 3 to 10 years of age.

Allergens: contains **milk**.



Ketobility™ from Vitaflo



betaquik®



MCTprocal®



FruitiVits®

betaquik®, MCTprocal® and FruitiVits® are foods for special medical purposes for use under medical supervision.

References

1. Roehl K, Sewak SL. Practice paper of the academy of nutrition and dietetics: classic and modified ketogenic diets for treatment of epilepsy. Journal of the Academy of Nutrition and Dietetics. 2017 Aug 1;117(8):1279-92.
2. Lightstone L, Shinnar S, Callahan CM, O'Dell C. Reasons for failure of the ketogenic diet. Journal of Neuroscience Nursing. 2001 Dec 1;33(6):292.
3. The International Dysphagia Diet Standardisation Initiative, 2019 @<https://iddsi.org/framework/>
4. Data on file (chocolate flavour only).

For great keto recipe ideas please visit
www.myketogenicdiet.co.uk
or request a copy of our recipe books



Positive change through the power of nutrition

For further information or samples please contact your local VitaFlo® representative.



www.vitaflo-via.com



@VitaFloRDs

For nutritional enquires call our Nutritional Helpline on +44 (0)151 702 4937
or visit our website www.vitafloweb.com.

This information is intended for healthcare professionals



Enhancing Lives Together
A Nestlé Health Science Company

Trademark of Société des Produits Nestlé S.A.
© 2021 All rights reserved. Société des Produits Nestlé S.A.

VitaFlo International Ltd, Suite 1.11, South Harrington Building,
182 Sefton Street, Brunswick Business Park, Liverpool L3 4BQ, UK.