HOMEMADE ELEMENTAL DIET

* LOW CARB/HIGHER FAT OPTION

BY DR ALLISON SIEBECKER – WWW.SIBOINFO.COM

Elemental diets offer nutrients in an easily digestible and drinkable form. Elemental diets have been studied for the treatment of Small Intestine Bacterial Overgrowth and found to be effective when taken in place of meals for 2 weeks. 1 *

INGREDIENTS:

1000 gram bag Jo Mar Labs Amino Acids: Black Label Pure Form 21 Blend (use Jo Mar Labs search box to find)
63-93 oz (1.8—2.6kg) Honey (carbohydrate of glucose and fructose)

Or
10 lb (4.5kg) Now: Dextrose (glucose)
1575-1890 ml Oil (fat), such as medium train triglyceride, coconut, olive, macadamia, cod liver...
1 bottle Pure Encapsulations: Nutrient 950 Multivitamin, 90 capsules

Salt, preferably unrefined (ex. Real Salt, Celtic) flavorings such as vanilla may be used in small amounts
Optional: flavorings such as vanilla may be used in small amounts

PER MEAL DOSE - (taken 3x/day for 14 days). If mixing enough for the day, multiply the following by 3. 2
2 Tbs +1 tsp Amino Acids (24 g protein or 72 g/day)
2 or 3 Tbs Honey (2T = 34g carbs or 102g/day, 3T = 51g carbs or 153g/day)

Or
3.5-5 Tbs Dextrose (3.5T=35gcarbor105g/day,5T=50gcarbor150g/day)
3-3.5 Tbsp Oil (3T=49gfator123g/day,3.5T=49gfator147g/day)

• Use 3 T oil if using higher amount carb or 3.5 T oil if using lower amount of carb

2 capsules Multivitamin
1/4 - 1/2 tsp Salt
INSTRUCTIONS:
Mix together in a blender with water in an amount to your thickness preference. Ice may be added after honey has been blended in. Do not use juice, milk or any other liquids to mix it. All ingredients may be taken separately. For example, spoons of oil and/or honey may be taken in between sips of Amino Acid drink and capsule may be swallowed or opened into the drink. Many prefer to sip it during the day.

NOTES:
Doses are based on a 2000 calorie/day diet.
A 5 pound (2.27kg) jar of honey is 80oz, (2.36kg)
A 33 oz (1kg) jar of oil is 1000ml
Clear honey should be used as it is easier to absorb-cloudy honey may have complex pollen proteins. Those with suspected fructose malabsorption should use Dextrose instead of honey.
MCT oil is recommended for those with fat Malabsorption (MCT, coconut, palm), but must be increased gradually as it can cause gastrointestinal distress.
Feel free to mix and match oil varieties, for example use daily dose of cod liver oil along with MCT oil. Feel free to mix and match carbohydrate varieties, for example use honey at one meal and dextrose at another or use 1/2 dose of each at one meal.
Honey is 25-50% sweeter then sugar, dextrose is 25% less sweet then sugar (50% less sweet than honey).

Elemental Diets can cause gastrointestinal distress and other side effects. Medical supervision is advised.
1 Pimentel, M. A 14 day elemental diet is highly effective in normalizing lactulose breath test. 2004
*Disclaimer: This recipe has not been formally tested, it’s safety, tolerability and effectiveness is unknown.
Dr Allison Siebecker, www.siboinfo.com, 5/29/15