

FAQ's

Can Betaquik be drunk freely on the ketogenic diet?

No. Although Betaquik provides a source of MCT without added carbohydrate or protein, it will need to be calculated into the ketogenic diet. If you are unsure how to do this, talk to your dietitian.

Can I use Betaquik in cooking?

Yes. Betaquik mixes very well into savoury and sweet dishes. Ideas for cooking with Betaquik can be found in a free recipe booklet, available on request.

Recipe booklet available on request

Do I need to make Betaquik?

No. Betaquik is ready-to-use. It does not need to be mixed or diluted. It can be included in recipes, just as it is.

Why is MCT useful in the ketogenic diet?

MCT can help to boost ketosis and allow for a reduction in the total fat content of the diet. More carbohydrate and protein from foods may be included.

How can I obtain Betaquik?

- Your dietitian can arrange for a free starter pack to be delivered to your door.
- Betaquik is PBS listed so for ongoing supplies an authority prescription from your doctor is needed.
- A maximum quantity of 15 x 225ml x 2 cartons can be dispensed. Each prescription has 5 repeats.
- Betaquik can be obtained through your local pharmacy or via Vitaflo's free home pharmacy service V2U.

betaquik®



Vitaflo's great tasting medium-chain fat blend for use in the ketogenic diet just got simpler to use.



Vitaflo's free home pharmacy service.

Call 1800 230 889 or email v2u@vitaflo.com.au to register for this convenient and time saving delivery service.

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Innovation in Nutrition

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Innovation in Nutrition

Making life easier, everyday.

Betaquik is a ready to use blend of medium-chain fat (MCT) designed specifically for children and adults. Betaquik can be used for the dietary management of conditions requiring a source of MCT including use in the ketogenic diet. It contains no added carbohydrate or protein and provides great tasting MCT. Betaquik can be easily included in the diet as a drink and is very adaptable in cooking.

There is so much you can do with Betaquik.
Calculate into meal plans and recipes...

✓ As a drink

- Chill, add permitted flavourings, or use a "Sippah Straw"
- Heat and add permitted flavourings
- Make Betaquik milkshakes and smoothies

✓ For cooking

- Eggs on toast
- Pasta/Rice Dishes
- Soups
- Mashed potato
- Crepes
- Desserts

✓ As a base for making other foods

- Betaquik cream
- Cheese/Tartare sauce

Convenient Packaging

Betaquik is available in a convenient, 225ml resealable bottle;

- No need to dilute or mix to prepare
- Once opened stays fresh for up to 2 days in the refrigerator
- Easily transportable out of the home environment



Free recipe
booklet
available
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Nutritional Information

Nutrient		100ml	225ml
Energy			
Fat			
of which saturates			
LCT			
MCT			
Carbohydrate			
Protein			
Osmolality		50mOsm/kg	

Ingredients

Water, Medium Chain Triglyceride (MCT) Oil, Emulsifiers; E472c and E471, Sodium Chloride, Antioxidant E307, Artificial Sweetener(Sucralose).

Great tasting
MCT

Features and Benefits

- May be used in any situation that regular milk is used
- Ready-to-use, palatable MCT emulsion in a resealable bottle to maximise convenience
- Can be used as a drink, added to foods or used in cooking; increasing diet variety and choice

Betaquik is a food for special medical purposes and must only be used under strict medical supervision.

Suitable from 3 years of age.

Not to be used as a sole source of nutrition.

For enteral use only.

¹Neal E (2012). The medium chain triglyceride diet. Chapter 9 in "Dietary treatment of epilepsy – practical implementation of ketogenic therapy," Editor: Elizabeth Neal. Wiley-Blackwell, Oxford UK. ISBN 978-0-470-67041-5.