

Prescription Information



PBS Listed

Authority required. Restricted benefit for patients with conditions including chylous ascites, chylothorax, hyperlipoproteinaemia type 1, long chain fatty acid oxidation disorders and fat malabsorption due to liver disease, short gut syndrome, cystic fibrosis and gastrointestinal disorders requiring MCT for the management of their diet.

Maximum Quantity

30 x 16g sachets x 4 boxes with 5 repeats.

Storage and Shelf Life

Store in a cool, dry place. Ideally sachets should be used immediately after opening. Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours. Unopened sachets have a shelf life of 18 months.

Important

MCTprocal is a food for special medical purposes and must be used under medical supervision. Suitable from 1 year of age. Not for use as a sole source of nutrition. For enteral use only.

Nutrient		100g	16g (1 sachet)
Energy	kJ	2897	464
	kcal	700	112
Fat	g	63.1	10.1
LCT	g	0.9	0.1
MCT	g	62.2	10
Carbohydrate	g	20.6	3.3
	of which sugars	g	0.5
Protein	g	12.5	2.0

Ingredients: Vegetable oil (coconut oil, palm kernel oil), dried glucose syrup, sodium caesinate (from milk), dipotassium phosphate, anti-caking agent (E341).

betaquik

PBS Listed

Authority required. Restricted benefit for patients with intractable seizures, glucose transporter type 1 deficiency or pyruvate dehydrogenase deficiency requiring a medium chain triglyceride (MCT) supplement in the dietary management of a ketogenic diet and patients with other disorders including; chylous ascites, chylothorax, hyperlipoproteinaemia type 1, long chain fatty acid oxidation disorders and fat malabsorption due to liver disease, short gut syndrome, cystic fibrosis and gastrointestinal disorders requiring MCT for the management of their diet.

Maximum Quantity

18 x 250ml cartons x 2 with 5 repeats.

Storage and Shelf Life

Once opened keep refrigerated and use within 2 days. Unopened cartons have a shelf life of 12 months.

Important

Betaquik is a food for special medical purposes and must be used under medical supervision. Suitable from 3 years of age. Not suitable as an infant formula or as a sole source of nutrition.

Nutrient		100ml	250ml
Energy	kJ	777	1943
	kcal	189	473
Fat	g	21	52.5
	of which saturates	g	49.5
LCT	g	1.0	2.5
MCT	g	20	50
Carbohydrate	g	0	0
Protein	g	0	0
Osmolality		50mOsm/kg	

Ingredients: Water, vegetable oil (fractionated coconut oil), emulsifiers; E472c and E471, sodium chloride, antioxidant E307, artificial sweetener (sucralose).



Introducing

10g

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Innovation in Nutrition

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Making life easier, everyday.



Innovation in Nutrition


10g MCT solutions

For many patients needing MCT in their diet, taking enough can be difficult. That's why Vitaflo® is introducing 10g MCT solutions: ideas for meals, snacks and drinks which each contain 10g of MCT.



1 sachet =
10g MCT
112kcal
2g protein

MCTprocal™ is a neutral-tasting food fortifier and MCT supplement which is low in LCT, together with protein and carbohydrate.



50ml =
10g MCT
95kcal

Betaquik® is a ready to use, liquid fat emulsion containing 20% MCT without added protein or carbohydrate.

10g MCT solutions provide:

✓ Choice

Providing a choice of MCT supplement; with or without protein (MCTprocal or betaquik), offers more flexibility in helping to meet your patients' requirements.

✓ Great taste

MCTprocal and betaquik are palatable and so can be added to a wide variety of hot and cold foods and drinks with minimal impact on taste. Offering more food choices makes patient mealtimes more enjoyable.

✓ Convenience

MCTprocal packaged in pre-weighed sachets means an accurate dose of MCT everytime. While being ready to use, betaquik needs no mixing or dilution. Both can be transported easily outside of the home for convenience.

✓ Flexibility

Providing MCT in two forms; a powder and a liquid (MCTprocal and betaquik), means boosting MCT intake is quick and easy and has little effect on texture and volume.

Indications

Patients include those with:

- fat malabsorption associated with conditions such as cystic fibrosis, liver disease, short bowel syndrome, and gastrointestinal disorders
- chylothorax and chylous ascites
- hyperlipoproteinaemia type 1
- long chain fatty acid oxidation disorders

Getting in enough MCT can be tricky; some supplements are unappetising, difficult to cook with and do not mix well with many foods. This limits food choice.

MCTprocal and betaquik are palatable, easy to use, simple to cook with and so can help to improve patient compliance.

10g MCT Ideas

Breakfast

Stir 1 sachet MCTprocal into:

1/3 cup skim milk then pour over 1 wheat breakfast biscuit. **195kcal and 7g protein.**

150g tub very low fat yoghurt then spoon over 1/3 cup canned peaches. **300kcal and 11g protein.**

Tea or coffee. **112kcal and 2g protein.**

150g tub very low fat yoghurt then blend with 1 banana and 1/3 cup skim milk. **320kcal and 14g protein.**

Mix 50ml betaquik with:

1/2 cup skim milk then pour over 1 cup rice bubbles. **250kcal and 7g protein.**

3 beaten egg whites and cook for a simple omelette. **235kcal and 11g protein.**

Tea or coffee. **95kcal and no protein.**

3/4 cup porridge (made with water). **205kcal and 3g protein.**



Mains

Stir 1 sachet MCTprocal into:

A medium sized potato; cooked and mashed. **190kcal and 3g protein.**

100ml water then blend with 3 egg whites and cook for a simple omelette. **250kcal and 13g protein.**

A small can spaghetti (or baked beans). **190kcal and 4g protein (300kcal and 13g protein).**

3 Tbs low fat cottage cheese then stir through 1 cup boiled pasta and 1/2 cup steamed vegetables. **460kcal and 20g protein.**

A small can low fat soup such as minestrone. **270kcal and 12g protein.**

A heaped Tbs low fat mayonnaise and 1 small can tuna. **270kcal and 26g protein.**

Mix 50ml betaquik with:

1 medium-sized potato; cooked and mashed. Add 1 small can tuna, form patties and dry-fry. **305kcal and 27g protein.**

A small can low fat soup such as pumpkin. **205kcal and 5g protein.**

An additional 150ml betaquik and 3/4 cup water. Pour over 1/4 cup rice and cook until liquid absorbed. Stir through 200g lean shredded chicken. **4 serves - each serve 210kcal and 16g protein.**

3/4 cup rice porridge prepared from water. Add flavourings as desired. **165kcal and 1g protein.**



Snacks and desserts

Stir 1 sachet MCTprocal into:

1/2 cup skim milk then blend with 2 scoops very low fat ice cream and 2 Tbs strawberry topping. **425kcal and 10g protein.**

1/2 cup low fat vanilla custard. **220kcal and 7g protein.**

2 scoops fat free gelato such as lemon. **240kcal and 2g protein.**

2 cups boiling water with an additional 3 sachets MCTprocal and 1 sachet jelly crystals. Stir to dissolve MCTprocal and crystals. Chill to make jelly. **4 serves - each serve 200kcal and 3g protein.**

Mix 50ml betaquik with:

1/2 cup skim milk then blend with 2 scoops very low fat ice cream and 2 mango cheeks. **395kcal and 10g protein.**

An additional 150ml betaquik. Place 1 sachet jelly crystals in a bowl and mix with 1 cup boiling water to dissolve. Pour in betaquik and chill to make jelly. **4 serves - each serve 180kcal and 1g protein.**

1/2 cup skim milk and 1 Tbs malted milk powder. **215kcal and 7g protein.**



Patients who require a regular LCT intake can modify the ideas above by including regular and low fat dairy, egg yolks, regular fat products (such as mayonnaise) and including oil in meal preparation. Ask your dietitian for more ideas or if unsure.