



NOURISH

BERRY MEDLEY

PEPTIDE FORMULA

CASE REPORT PROVIDED BY:
HEATHER LEVINE, RD, LDN, CNSC

NUTRITION HISTORY:

- Nutrition plan for a person living on a feeding tube who presents with alternating hemiplegia of childhood
- **Reason for tube feeding:** Dysphagia
- GJ tube medically necessary for 2 years

NUTRITION MANAGEMENT:

- **Types of previous formulas:**
 - Plant-based pediatric peptide 1.5 kcal/mL formula with added whole foods
 - Real food powdered meals
- **Reasons for choosing Nourish Peptide Berry Medley:**
 - Patient was experiencing GI intolerance issues related to tube feeding.
 - Avoidance of food allergens including dairy, egg, soy, gluten, corn, avocado, and tree nuts.
 - Patient was prescribed ketogenic diet therapy to help reduce alternating hemiplegia of childhood symptoms, but due to tree nuts Keto Peptide could not be used.
 - The family wanted to remain on the well-tolerated Nourish Peptide Berry Medley and utilize it as a base for a ketogenic diet.
- **Transitioning to Ketogenic Diet Therapy:**
 - Initially Nourish Peptide Berry Medley (382 grams) was mixed with olive oil (63 mL) and an emulsified MCT oil (35 mL) to create a 2:1 ketogenic diet ratio but separation was occurring in the feeding bag.
 - The caregiver was advised to give oil as separate boluses of 10-12 mL six times/day but this was not feasible.
 - A trial of sunflower lecithin as a natural emulsifying agent was added (see chart details).
 - Family was able to achieve a cohesive formula that could successfully be administered through a feeding pump.

INSIGHTS:

- Due to multiple food allergies, Nourish Peptide Berry Medley was a well tolerated solution for this patient.
- Within a month of utilizing Nourish Peptide Berry Medley, patient had improvements across several nutritional and GI outcomes.
- With creativity and trial and error, Nourish Peptide Berry Medley was able to be utilized alongside additional fat sources to create a low ketogenic diet ratio of 1.5:1.

“OF ALL THE FORMULAS MY PATIENT HAS TRIALED, THIS HAS BEEN THE BEST TOLERATED PRODUCT. WE HAVE BEEN ABLE TO ADD FAT TO GET A LOW KETOGENIC DIET RATIO AND ACHIEVED KETOSIS.”

—HEATHER LEVINE, RD, LDN, CNSC

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Nourish Peptide Berry Medley Ketogenic Plan

24 HOUR FORMULA MIXTURE:

Step 1: Emulsify Olive Oil

Mix 10 mL liquid sunflower lecithin + 50 mL warm water + 47 mL olive oil and shake well.

Step 2: Combine Ingredients & Blend

- 378 grams Nourish Peptide Berry Medley
- 90 mL prune juice
- 25 grams iceberg lettuce
- 45 grams emulsified MCT oil
- 107 mL emulsified olive oil mixture (step 1)
- 3 grams (1/2 tsp) lite salt
- 490 mL water

This provides 1322 calories, 23.5 grams protein, 51 grams net carbohydrates, 114 grams fat

1.5:1 ketogenic diet ratio

FEEDING SCHEDULE:

600 mL at the rate of 75 mL/hr X 8 hours (10:00-18:00)

370 mL at the rate of 75 mL/hr X 5 hours (21:00-02:00)

Shake formula prior to administration

PO snacks of 100 kcals/each at 2:1 ketogenic diet ratio (grazes throughout the day)

ADDITIONAL WATER:

300 mL additional water/day as flushes via tube

Encourage 300 mL water/daily via PO

