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**KetoCal**

KetoCal® is a medical food and is intended for use under medical supervision.

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Discover our  
exclusive KetoCal®  
resources to help  
you start and stay  
on the medical  
ketogenic diet  
for epilepsy



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Emma, 27 years old, diagnosed  
with intractable epilepsy

# Delicious ketogenic recipes



Chocolate smoothie



Cheesy tomato tart



Raspberry crumble

[myketoplanner.com](https://myketoplanner.com)

*Recipes available in different ratios*

# Unique resources to learn more about the medical ketogenic diet



Eva, 3 years old, diagnosed with intractable epilepsy



Logan, 10 years old, diagnosed with intractable epilepsy



Emma, 27 years old, diagnosed with intractable epilepsy



- ☒ Inspiring stories of patients just like you
- ☒ Blog articles written by keto dietitians and families (travelling, back to school, holidays, how to explain the ketogenic diet to friends, and more)

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