

APPROXIMATE
HOUSEHOLD MEASURES*



	KetoCal 3:1 Powder	KetoCal 4:1 Powder
1 Cup (240 mL)	99.2 g	89 g
½ Cup (120 mL)	49.6 g	46 g
⅓ Cup (80 mL)	33.1 g	32 g
¼ Cup (60 mL)	24.8 g	24 g
1 Tbsp (15 mL)	6.2 g	5.5 g
1 tsp (5 mL)	1.1 g	1.8 g

*Household measures are based on standard dry measures. All measures are level and unpacked. These values are approximations only and have been provided for convenience; results can vary significantly based on the individual, device and method. Nutricia North America recommends using a scale for greatest accuracy.



KetoCal 4:1 Powder				
Dilution	Powder	Water	Final Volume	Osmolality
20 kcal/ft oz	9.3 g	91 mL	100 mL	110 mOsm/kg
24 kcal/ft oz	11.3 g	88 mL	100 mL	130 mOsm/kg
30 kcal/ft oz	14.1 g	86 mL	100 mL	170 mOsm/kg
45 kcal/ft oz	21.1 g	79 mL	100 mL	260 mOsm/kg



KetoCal 3:1 Powder				
Dilution	Powder	Water	Final Volume	Osmolality
20 kcal/ft oz	9.3 g	90 mL	100 mL	100 mOsm/kg
24 kcal/ft oz	11.3 g	89 mL	100 mL	120 mOsm/kg
30 kcal/ft oz	14.1 g	86 mL	100 mL	150 mOsm/kg
45 kcal/ft oz	21.1 g	79 mL	100 mL	240 mOsm/kg

EXCLUSIVE RESOURCES FOR
HEALTHCARE PROFESSIONALS



Nutricia Learning Center (NLC) is an educational portal for healthcare professionals that includes information and resources on the use of the medical ketogenic diet for epilepsy, GLUT1 deficiency, pyruvate dehydrogenase deficiency, and other conditions that are managed with a ketogenic diet.

Earn free CE-eligible credits today at [NutriciaLearningCenter.com](https://www.NutriciaLearningCenter.com)



Join us for our annual, hands-on medical ketogenic diet workshop for dietitians and other healthcare professionals. Earn CE-eligible credits and network with other professionals in your field.

For information & dates, contact your Nutricia Sales Representative or email us at MyKetoCal@Nutricia.com



Our coverage specialists will guide your patients, from start to finish, to find product coverage and access. Visit www.Nutricia-NA.com/NutriciaNavigator or call **1-800-365-7354**.



1-800-365-7354
(8:30 AM – 6 PM ET)

[MyKetoCal.com](https://www.MyKetoCal.com)



The KetoCal Connect program gives your patients and caregivers the resources they need to successfully start and stay on the medical ketogenic diet.

- Trusted products
- Coverage and cost assistance
- Caregiver support
- Tasty ketogenic recipes

Visit www.MyKetoCal.com/KetocalConnect



Nutricia leads the development of advanced medical nutrition. Nutricia products and services transform the daily lives of millions of infants, children, adults and seniors.

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Aaron
14 years old
Diagnosed with
refractory epilepsy

THE KETOAL® FAMILY OF
PRODUCTS: DESIGNED TO
MEET YOUR PATIENTS' NEEDS



KetoCal® and Liquigen® are medical foods for the dietary management of drug-resistant epilepsy and is intended for use under medical supervision.

	<div></div> <div>KetoCal® 2.5:1 LQ</div>	<div></div> <div>KetoCal® 3:1 Powder</div>	<div></div> <div>KetoCal® 4:1 Powder</div>	<div></div> <div>KetoCal® 4:1 LQ</div>	<div></div> <div>KetoCal® 4:1 LQ (Chocolate)</div>	<div></div> <div>Liquigen®</div>
Description	The first and only nutritionally complete, vanilla flavored liquid ketogenic formula in a 2.5:1 ratio (fat:carbohydrate+protein)	A nutritionally complete, unflavored powdered ketogenic formula in a 3:1 ratio (fat:carbohydrate + protein)	A nutritionally complete, vanilla flavored powdered ketogenic formula in a 4:1 ratio (fat:carbohydrate + protein)	A nutritionally complete, vanilla flavored or unflavored liquid ketogenic formula in a 4:1 ratio (fat:carbohydrate + protein)	A nutritionally complete, chocolate flavored liquid ketogenic formula in a 4:1 ratio (fat:carbohydrate + protein)	A high energy medium-chain triglyceride emulsion
Ages	8+ years	1+ years	1+ years	1+ years	3+ years	1+ years (May require dilution for children under 5 years of age.)
Calories per unit (kcal)	363 kcal per 237 mL drink box	2133 per 300 g can	2115 per 300 g can	356 per 237 mL drink box	363 per 237 mL drink box	1125 per 250 mL bottle
Energy Density	1.5 kcal/mL	7.11 kcal/g	7.05 kcal/g	1.5 kcal/mL	1.5 kcal/mL	4.5 kcal/mL
Water displaced/gram (mL)	-	1.00	1.00	-	-	-
Standard Dilution	45 kcal/fl oz (1.5 kcal/mL)	30 kcal/fl oz (1.0 kcal/mL)	30 kcal/fl oz (1.0 kcal/mL)	45 kcal/fl oz (1.5 kcal/mL)	45 kcal/fl oz (1.5 kcal/mL)	-
% Free Water*	76.7%	86%	86%	77.8%	79%	-
Osmolality,* mOsm/kg H ₂ O	347	160	170	Vanilla - 260 / Unflavored - 280	371	10
PRSL,* mOsm/L	226	216	237	Vanilla - 371 / Unflavored - 371		-
Volume per unit (can or drink box)*	8 fl oz 237 mL	~70 fl oz 2097 mL	~70 fl oz 2115 mL	8 fl oz 237 mL	8 fl oz 237 mL	8.5 fl oz 250 mL
NUTRIENTS**, per 100 kcal						
Amount to provide 100 kcal	65.4 mL	14.1 g	14.2 g	66.7 mL	65.3 mL	22.2 mL
Protein, g (% total kcal)	2.9 (12)	2.2 (8.7)	2.0 (8.2)	2.1 (8.2)	2.0 (8.1)	none
Protein Source	casein, whey	casein, whey	casein, whey	casein, whey	casein, whey	-
Carbohydrate, g (% total kcal)	1.4 (2.9)	1.0 (4.1)	1.2 (3.5)	1.2 (3.1)	1.2 (1.7)	none
Fiber, g	0.72	-	0.75	0.75	0.73	-
Carbohydrate Sources (Refined Carbohydrates)	microcrystalline cellulose, chicory root inulin, fructooligosaccharides, gum arabic, high amylose corn starch, soy fiber, sugar	lactose, corn syrup solids	microcrystalline cellulose, chicory root inulin, corn syrup solids, fructooligosaccharide, gum arabic, high amylose corn starch, soy fiber	microcrystalline cellulose, chicory root inulin, fructooligosaccharide, gum arabic, high amylose corn starch, soy fiber, sugar	microcrystalline cellulose, chicory root inulin, fructooligosaccharide, gum arabic, high amylose corn starch, soy fiber, sugar	-
Fat, g (% total kcal)	9.35 (84)	9.7 (87.2)	9.8 (88.3)	9.9 (88.7)	9.8 (88.7)	11.1 (100)
n6:n3 Ratio	11:1	12:1	9.3:1	8.9:1	9.5:1	-
Fat Sources	refined vegetable oils (high oleic sunflower oil, medium chain triglycerides (palm kernel and/or coconut oil), soy), C. Cohnii Oil	refined vegetable oils (palm soy, high oleic sunflower), M. Alpina Oil, C. Cohnii Oil	refined vegetable oils (palm, soy, high oleic sunflower), M. Alpina Oil, C. Cohnii Oil, soy lecithin	refined vegetable oils (palm, soy, high oleic sunflower), M. Alpina Oil, C. Cohnii Oil, soy lecithin	refined vegetable oils (palm, soy, high oleic sunflower), M. Alpina Oil, C. Cohnii Oil, soy lecithin	refined vegetable oil (medium chain triglycerides (palm kernel and/or coconut oil)), citric acid esters of mono and diglycerides (emulsifier), mono and diglycerides (emulsifier)
Calcium, mg	75.2	103	99.3	58.9	57.8	0.07 (0.003)
Phosphorus, mg	58.8	69.2	59.6	58.9	57.8	-
Sodium, mg	76.5	45.0	68.2	68.7	67.3	1.1 (0.05)
Chloride, mg	135	69.1	103	103	101	0.02 (0.0005)
Potassium, mg	163	117	109	110	108	0.02 (0.0005)
Iron, mg; [Magnesium, mg]; {Zinc, mg}	0.92; [17.0]; {0.6}	1.53; [9.9]; {1.08}	0.99; [13.7]; {0.51}	1.0; [15.1]; {0.8}	0.98; [14.8]; {0.78}	-
Vitamin D, IU (mcg)	60.1 (1.5)	86.3 (2.2)	59.6 (1.5)	61.3 (1.5)	60.1 (1.5)	-
Vitamin A, IU (mcg RE)	196 (58.9)	164 (49.3)	175 (52.5)	176 (52.8)	172 (51.8)	-
Vitamin K, mcg	5.1	7.0	4.4	3.7	6.7	-

*Values provided are for standard dilution

**Selected nutrients listed. For full nutrient profile, please visit www.MyKetoCal.com