

How to order the Physician's Elemental Diet

The company Ovitaminpro.com in Nevada can ship the elemental diet powder. Patients can purchase either the regular Integrative Therapeutics Physician's Elemental Diet, which contains the sugar dextrose, or the Dextrose-Free version, which pre-diabetic or diabetic patients will prefer. They would need to purchase 4 or 5 bags to have enough for the 2 weeks of the liquid elemental diet to treat SIBO. Each 1296 gm bag is enough for 3 days at 12 scoops per day or 1800 calories per day. Some patients may want to have closer to 1500 calories per day, which would be 4 bags divided over 14 days. The regular 1296 gm or 36 scoop bag (with dextrose sugar) is \$123, and dextrose-free is \$130.

<https://www.ovitaminpro.com/physelementdexfree.html>

Patients will have to create an account with their email address and a password, search for Physician's Elemental Diet or add Dextrose Free to the search if they prefer that. They can pay with PayPal or a credit card. Phone there is 877-465-0844. The person answering was very helpful. Shipping is free.

Any of the physicians could write a prescription so that patients could either deduct this from taxable income as a medical expense, or use pre-tax Flexible Spending Account-FSA dollars to make this purchase. The prescription would say:

Physician's Elemental Diet, 1296 gm bags, #4 or #5 bags: sig: add one scoop per 4-8 oz cool water, stir, and drink slowly over 15-60 min as tolerated. Plan to have a total of 10-12 scoops total per day; keep any shake that is not consumed within 60 minutes in a refrigerator, for maximum 24 hrs (make new shakes each day)

Plan to stay well hydrated with water and other zero-calorie liquids--avoid drinks with artificial sweeteners or sugar during the 2 week elemental diet.