



## Recipe Guide

A hydrothermally processed high amylopectin cornstarch for use in the dietary management of hepatic Glycogen Storage Diseases (GSD), where the use of a long acting cornstarch is indicated. Always consult your healthcare professional before making any changes to your diet.

### Glycosade® as a drink

1	Measure the required amount of liquid into a container with a lid.
2	Add the required amount of Glycosade® to the container. Typically, a packet of Glycosade® can be added to 120 ml (4 fl oz) of cold water or other suitable fluids.
3	Secure lid and shake until the powder is dissolved.
4	Glycosade® is now ready to use. The product should be freshly prepared and consumed immediately.

### Glycosade® with food

1	Add prescribed amount of Glycosade® to permitted soft, sugar-free foods.
2	Stir well, until smooth.
3	Eat immediately.

#### USE UNDER MEDICAL SUPERVISION

Must only be used in individuals with proven hepatic GSD where the use of a long acting starch is indicated under strict medical supervision. Not for intravenous use. For enteral use only. Not for use as a sole source of nutrition.

DO NOT HEAT OR WARM GLYCOSADE® AS THIS DESTROYS THE PROPERTIES OF THE STARCH.

Glycosade® may be given through a feeding tube. Not intended for use as a continuous enteral feed. Administer as a bolus to prevent possible tube blockage.

Tube feeding instructions and additional serving suggestions are available upon request.

The Glycosade® recipe and mixing suggestions have been tested using the ingredients/brands mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.



Innovation in Nutrition

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## Glycosade® Flavor Creations!

Glycosade® can easily be flavored to meet your taste preferences.  
Try mixing Glycosade® with some of these ingredients to make your own flavor creation!

Always talk to your healthcare professional before making changes to your Glycosade® dietary regimen.

<b>Shake with:</b>	<p>Unsweetened vanilla almond milk</p> <p>Unsweetened vanilla soy milk</p> <p>Sugar-free Kool-Aid® (prepared per package instructions)</p> <p>Crystal Light® (prepared per package instructions)</p>
<b>Stir into:</b>	<p>Dannon Light &amp; Fit® Carb &amp; Sugar Control yogurt</p> <p>Sugar-free pudding</p> <p>So Delicious® Coconut Milk, Unsweetened</p> <p>Softened sugar-free frozen dessert, such as Wink®</p>
<b>Flavor with:</b>	<p>MiO® water enhancers</p> <p>Sugar-free coffee syrups</p> <p>SweetLeaf® Liquid Stevia Drops™ (available in a variety of flavors)</p> <p>Natural, no sugar, no salt added nut butter of choice</p> <p>PB2™ Powdered Peanut Butter (in original or chocolate flavor)</p>

## Try adding these flavor combinations to 1 packet of Glycosade®

### Caramel Crème Shake

½ cup unsweetened vanilla almond milk  
2 Tbsp Davinci® Sugar-Free Caramel syrup

**Nutrition Info:**

Calories 230, Total Carbohydrate 54 g, Sugars 0 g

### Peachy Punch

½ cup cold water or unsweetened, vanilla almond milk\*  
6 drops Peach Flavored MiO®

**Nutrition Info:**

Calories 210, Total Carbohydrate 53 g, Sugars 0 g

\*Nutrition Analysis includes the water

### Peanut Butter Cup

½ cup unsweetened vanilla soy or almond milk  
1 Tbsp all natural peanut butter or PB2™ Powdered Peanut Butter\*  
Few drops of SweetLeaf® Liquid Stevia Sweet Drops™ in chocolate flavor

**Nutrition Info:**

Calories 310, Total Carbohydrate 57 g, Sugars 1 g

\*Nutrition Analysis includes the peanut butter

### Strawberry Yogurt

1 container (4 oz.) Strawberries and Cream Dannon Light & Fit® Carb & Sugar Control yogurt

Optional – try adding Strawberry Watermelon MiO® or SweetLeaf® Liquid Stevia Sweet Drops™ in vanilla flavor

**Nutrition Info:**

Calories 260, Total Carbohydrate 56 g, Sugars 2 g

USDA FoodData Central database was used for the nutrition analysis.

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For more information about Glycosade, visit [www.VitafloUSA.com](http://www.VitafloUSA.com), email [vitafloNAM@vitaflousa.com](mailto:vitafloNAM@vitaflousa.com) or call 1-888-848-2356.

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