

Elemental Diet

Another treatment option for SIBO is the Elemental Diet. This is a liquid diet of powdered nutrients in a pre-digested and easily absorbed form, replacing solid food for two weeks (can go up to three). Studies have shown it is effective at eradicating SIBO without significant risks or complications. The main ingredients are amino acids, carbohydrates (such as dextrose), fat (may be vegetable oil in prepared formulas, but healthy oils can be used in homemade versions), vitamins, and minerals.

The Elemental Diet should be used alone and as a last resort after rifaximin and botanicals have failed and test results remain unequivocally positive. These patients will often relapse and require retreatment, so continue looking for their underlying cause.

DRAWBACKS:

- Formulas are expensive
- High in sugar and carbohydrates
- Taste terrible
- Often lead to unintended weight loss

OPTIONS:

- **Vivonex Plus**
 - Main ingredients are maltodextrin, amino acids, and soybean oil
 - Problems: Soybean oil use, only 6 percent fat, and high in sugar
- **Absorb Plus**
 - Whey protein in addition to amino acids
 - Tapioca as the carbohydrate source
 - Does not contain fat, so must be added
- **Dr. Siebecker's DIY*** (see table below)

Nutrient	Ingredient	Notes
Protein	Amino acid powder	Should contain full range of amino acids; 15-20% of total calories per day
Carbohydrate	Honey, dextrose, glucose-flavored liquid, or grape syrup	20-50% of total calories per day
Fat	MCT, coconut oil, Udo's oil, flax oil, avocado oil, macadamia oil	30-65% of calories per day
Vitamins & minerals	Must not contain fiber, food, or anything other than synthetic nutrients	Options: Freeda SCD Multi, Klaire VitaSpectrum Powder, Pure Encapsulations Nutrient 950
Sodium	Sea salt; 1,500 mg/d is adequate daily intake	Can mix with formulas or take separately in water

*Source: www.siboinfo.com