

Dietary management of IBD and Ménière's disease



SPC-Flakes and Salovum Food for Special Medical Purposes

Dietary management of diarrhoea associated with inflammatory bowel disease and symptoms of Ménière's disease

Contains simple and delicious recipes!

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 **Lantmännen**
Functional Foods

Protein-AF

Protein-AF is a natural substance present in the cells of all living organisms. Protein-AF regulates the transport of fluid and ions across cell membranes, which means that Protein-AF can regulate and normalise fluid balance in the intestines and other organs.

When large amounts of fluid are excreted, e.g. through diarrhoea, Protein-AF helps stabilise the transport of fluid across the intestinal wall, thereby reducing the increased intestinal flow. Hence the name Protein Antisecretory Factor.

Protein-AF also reduces pressure caused by the excessive flow of fluid. This plays an important role in Ménière's disease, which is caused by too much pressure in the inner ear.

Salovum and SPC-Flakes can both supplement and stimulate the production of Protein-AF. Salovum provides a rapid response to an acute need.





Products based on innovative Swedish research

SPC-Flakes are a unique and patented product based on innovative Swedish research conducted after the discovery of Protein-AF. This is a natural product that can be consumed as is, or, for instance, with yoghurt or milk. The oat flakes can also be prepared as a porridge or used for baking, as they retain their effect even when mixed with other grains or flakes.

SPC-Flakes stimulate the body's production of the protein antisecretory factor (Protein-AF), which has an antisecretory effect and regulates fluid transport across cell membranes in the body. SPC-Flakes are therefore a dietary treatment for diarrhoea associated with inflammatory bowel diseases (IBD) such as ulcerative colitis and Crohn's disease, or symptoms of Ménière's disease, such as dizziness.

SPC-Flakes are suitable for both adults as well as children over the age of one. They can also be used by pregnant and breastfeeding women. The product should be used as recommended by a doctor or dietician. It is a good idea to take Salovum along with SPC-Flakes the first few days. This will ensure quick results from your Protein-AF treatment.

SPC-Flakes



- Consists only of specially processed oats
- Can be consumed as is, or cooked while retaining their effect
- Stimulates the body's production of Protein-AF
- Can be used by adults, children over the age of one, as well as pregnant and breastfeeding women
- For daily use

Nutritional values per 100 g

Energy	1580 kJ / 375 kcal
Protein	12 g
Carbohydrates	59 g
– of which sugars	3 g
Fat	10 g
– Of which saturated fat	1.5 g
Dietary fibre	7.5 g
Salt	> 0.1 g



Product information

Usage Usage

Can be consumed as is, or with yoghurt or milk. Can also be prepared as porridge or used for baking, as their retain their effect when mixed with other grains or flakes.

SPC-Flakes stimulate the body's production of Protein-AF. Positive results will normally be apparent after 10–15 days.

Ingredients

Specially processed oats that have undergone a patented hydrothermal process. No additives.

Dosage

The daily dose of SPC-Flakes is 1 gram per kg of body weight. This can be divided into 2–3 portions. One dl SPC-Flakes is the equivalent of approximately 50 g.

SPC-Flakes are easy to use on a daily basis. They are delicious as a porridge and equally good for baking. Continue reading for some great recipes using SPC-Flakes.

Overnight Oats

50 g SPC-Flakes per portion

1 dl SPC-Flakes
1 dl oat milk or cow's milk
a pinch of salt or 1 pinch of cinnamon, cardamom or vanilla powder

Topping: your choice of fruit, berries and nuts

Mix SPC-Flakes with any liquid and a pinch of salt in a bowl. Flavour with your choice of spices and keep it natural.

Cover and place in the fridge overnight. Top with sliced fruit, berries, toasted nuts, or anything you like.

You can mix SPC-Flakes with regular oatmeal for a creamier texture.

Oatcakes 40 pcs

Approx. 7.5 g SPC-Flakes per oatcake

150 g butter	1 tsp baking powder
2.5 dl milk	½ tsp salt
6 dl SPC-Flakes	2 tbsp sugar (if you want a sweeter oatcake)
2 dl graham flour	

Melt the butter (or use liquid margarine), add the milk and heat until almost boiling. Mix the SPC-Flakes in a blender and pour them into the milk mixture. Allow to cool.

Add the remaining ingredients and stir. Place the dough in the refrigerator for at least half an hour, preferably longer.

Form about 40 “buns”. Roll out the buns on a flour-covered baking surface and place them on a baking sheet with parchment paper. Place about 10 oatcakes on each baking sheet.

Prick the cakes with a fork and bake them in the oven at 200°C for 8–10 minutes. They are ready when the edges are golden brown. Take care not to let them burn.



Breakfast rolls, 25 pcs

18 g SPC-Flakes per portion

6 dl water
50 g yeast
2 tbsp honey
2 ½ tsp salt

1 package of SPC-Flakes (450 g),
about 9–10 dl wheat flour,
plus flour for baking

Mix the SPC-Flakes until they resemble coarse breadcrumbs. Heat the water to 37°C (body temperature). Add the yeast to the water and stir well. Add the salt, honey,

SPC-Flakes and flour. Mix into a dough. Divide the dough into 25 evenly sized rolls and set them aside to rise. Allow them to rise for 45 minutes.

Place the rolls on a sheet of parchment paper. Brush with egg, if desired.

Bake in the oven at 225°C for approx. 10 minutes. Allow to cool. The rolls can be frozen.



Salovum



- Made of eggs from Swedish hens
- Mix in a glass of cold liquid
- Provides a supplement of Protein-AF
- Can be used by adults, children over the age of one, as well as pregnant and breast-feeding women
- Continue using until you achieve the desired effect

Nutritional value per 100 g

Energy	2740 kJ / 660 kcal
Protein	33 g
Carbohydrates	0 g
– of which sugars	0 g
Fat	59 g
– of which saturated fat	20 g
Dietary fibre	2 g
Salt	0.35 g

Product information

Usage

Stir Salovum in a glass of cold liquid, such as water or fruit juice. The powder can also be sprinkled on a sandwich or mixed into an egg dish. Salovum can be used when you must avoid products that inhibit bowel movements.

Ingredients

Spray-dried egg yolk in powder form. No additives.

Recommended portion size

One sachet (4 g) three times daily until the desired effect is achieved.

Clinical studies – SPC-Flakes

Diarrhoea:

- Specially Processed Cereals: A clinical innovation for children suffering from inflammatory bowel disease? Scand J of Gastroenterol, Finkel et al. (2004)
Food-induced antisecretory factor activity is correlated with small bowel length in patients with intestinal resection, APMIS, Lange et al. (2003)
- Food induced stimulation of the antisecretory factor can improve symptoms in human inflammatory bowel disease: A study of a concept, Gut, Björck et al. (2000)
- Födoinducerad ökning av antisekretorisk faktor förbättrade det kliniska tillståndet hos sex patienter med svår Crohn's sjukdom [Diet-induced increase of antisecretory factor improved the clinical condition of six patients with severe Crohn's disease], poster presentation at the National Conference, Shafazand et al. (2003)
- Effects of anti-secretory factor (ASF) on irritable bowel syndrome (IBS), Scandinavian Journal of Primary Health Care, Ekesbo et al. (2008)
- Antisecretory factor counteracts secretory diarrhea of endocrine origin, Clinical Nutrition, Laurenus et al. (2003)
- IBD and diarrhoea – Karolinska University, Lllejbo (case study)

Ménière:

- Increased antisecretory factor reduces vertigo in patients with Ménière's disease: a pi-lot study, Hearing Research, Hanner et al. (2004)
- Antisecretory factor-inducing therapy improves the clinical outcome in patients with Ménière's disease, Acta Oto-Laryngologica, Hanner et al. (2010)
Antisecretory factor – inducing therapy improves patient-reported functional levels in Meniere's disease, An-nals of Otolaryngology, Rhinology & laryngology, Leong et al. (2013)
- Food induced stimulation of the antisecretory factor to improve symptoms in Ménière's disease, Eur Arch Otorhinolaryngol, Scarpa et al. (2020).
- SPC-Flakes in the prophylaxis of Ménière's disease, Proceedings of the 7th Interna-tional Symposium on Ménière's Disease and Inner Ear Disorders, Teggi et al. (2013)
- Anti-inflammatorisk effekt av kosttillskott med specialprocessade cerealier vid reu-matoid artrit – en dubbel-blind pilotstudie [Anti-inflammatory effect of dietary sup-plements from specially processed cereals on rheumatoid arthritis – a double-blind pilot study] poster presentation at the National Conference, Mörck et al. (2003)
- The role of endogenous Antisecretory Factor in the treatment of Ménière's Disease A two-year follow-up study, Am J Otolaryngol, Viola et al (2020)

Clinical studies – Salovum

Diarrhoea – Inflammatory bowel diseases:

- Effect of antisecretory factor in ulcerative colitis on histological and laborative outcome; a short period clinical trial, Scand J of Gastroenterol, Eriksson et al. (2003)
- P517 Efficacy of antisecretory factor in reducing high intestinal output in patients with ileostomy for Crohn's disease, poster presentation at Clinical Therapy and Observation, Scribano et al. (2015)
- IBD and diarrhea – Karolinska University, Lllejbo (case study)

Diarrhoea in general:

- Antisecretory factor counteracts secretory diarrhea of endocrine origin, Clinical Nutrition, Laurenus et al. (2003)

Diarrhoea – Children:

- The antisecretory factor – an efficient tool for rapid recovery from early childhood diarrhoea, Acta Paediatrica, Zaman et al. (2013)
- B 221, a medical food containing antisecretory factor reduces child diarrhoea: a placebo-controlled trial, Acta Paediatrica, Zaman et al. (2007)
- Antisecretory factor effectively and safely stops childhood diarrhoea: a placebo-controlled, randomised study, Acta Paediatrica, Zaman et al. (2014)
- High doses of Antisecretory Factor stops diarrhea fast without recurrence for six weeks post treatment, Internal Journal of Infectious diseases, Zaman et al. (2018)

Ménière:

- Antisecretory factor: A clinical innovation in Ménière's disease? Acta Oto-Laryngologica, Hanner et al. (2003)



For more information, go to www.functionalfoods.se

Lantmännen Functional Foods was established to develop and refine natural ingredients with a positive impact on human and animal health. We are owned by Swedish farmers and take responsibility from farm to fork.