

# 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 (IBD) and symptoms of Ménière's disease

Contains simple and delicious recipes!  
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Functional Foods

# Protein-AF

Protein Antisecretory Factor (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.

You can either add Protein-AF with Salovum or stimulate your own production using SPC-Flakes. 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 antiseecretory factor (Protein-AF), which has an antiseecretory effect and regulates fluid transport across cell membranes in the body. SPC-Flakes are therefore a 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

SPC-Flakes is a food for special medical purposes with antisecretory effects for the dietary management of diarrhoea associated with inflammatory bowel diseases (IBD) such as ulcerative colitis and Crohn's disease, or symptoms of Ménière's disease (dizziness).



- 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 value 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

Can be consumed as is, or with yoghurt or milk. Can also be prepared as porridge or used for baking, as they 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 decilitre of SPC-Flakes is the equivalent of approximately 50 g.

SPC-Flakes are  
easy to use on  
a daily basis

Continue reading for some  
great recipes using SPC-Flakes.









SPC-Flakes are delicious as a porridge  
and equally good for baking



## Granola

15 portions

Contains approx. 30 g SPC-Flakes  
per portion

450 g SPC-Flakes  
2 dl mixed nuts and seeds  
(e.g. pumpkin seeds, sunflower  
seeds, almonds, hazelnuts)  
1 dl grated coconut  
½ cup rapeseed oil  
1 tbsp water  
2 tbsp honey or maple syrup  
1 pinch of vanilla powder  
1 dl raisins

Preheat the oven to 150 °C.

Combine all the dry ingredients  
in a bowl. Mix the rapeseed oil,  
water and honey/syrup. Pour the  
mixture over the dry ingredients  
and mix well. Spread out the  
mixture on a baking tray and  
roast in the middle of the oven for  
approx. 1 hour. Stir occasionally.

Leave the granola to cool,  
then mix in the raisins. Store in  
a sealed jar.



## SPC crispbread

Contains approx. 66 g SPC-Flakes per 100 g crispbread

200 g SPC-Flakes

½ dl whole flaxseeds 1 dl cornflour

1 pinch of salt

2 dl boiling water

Preheat the oven to 150 °C.

Combine all the dry ingredients. Stir in the boiling water, leave to swell for 15 minutes. Spread the batter thinly on a baking tray lined with greaseproof paper (it should cover all the greaseproof paper).

Bake in the middle of the oven for about 1 to 1½ hours. Allow to cool.





## Tuscan peasant soup with SPC-Flakes

4 portions

1 portion of soup contains approx. 30 g of SPC-Flakes

1 yellow onion, chopped	1 stock cube (vegetable or chicken)
1–2 stalks of celery, diced	1 dl black lentils
2 carrots, diced	100 g kale, shredded
Olive oil	120 g SPC-Flakes
1 tbsp tomato paste	30 g grated Parmesan cheese
1–2 cloves of garlic, chopped	Salt and black pepper
1 pack of crushed tomatoes	
6 dl water	

Sauté the onion, carrots and celery in olive oil in a saucepan. Add tomato purée and garlic, sauté for about 1 minute. Add the crushed tomatoes and water, bring to the boil. Rinse the lentils well and add them to the soup, simmer for about 15 minutes. Add the SPC-Flakes and kale and simmer for a further 5 minutes. Dilute with more water if the soup becomes too thick. Salt and pepper to taste.

Serve with finely grated Parmesan cheese and a drizzle of extra olive oil.



## Potato steaks with SPC-Flakes

4 portions

1 steak contains approx. 37 g of SPC-Flakes

150 g SPC-Flakes

30 g Parmesan cheese

2 eggs

1 boiled potato

½ finely chopped onion

or ½ tsp onion powder

2 tbsp chopped parsley

Salt and pepper

Breadcrumbs

Olive oil for frying

Mix the SPC-Flakes, eggs and grated Parmesan cheese in a bowl. Add the salt, pepper, onion and parsley. Mash the boiled potato with a fork and add it to the bowl. Stir until all the ingredients are mixed. Add the breadcrumbs to give consistency to the dough. Shape the dough into steaks (about 1 cm thick). Fry the steaks in a frying pan with olive oil.



## Energy balls

20 balls

Contains approx. 10 g SPC-Flakes per energy ball

15 pitted dates

$\frac{1}{2}$  dl nut or almond butter

(e.g. peanut butter)

1 dl water

200 g SPC-Flakes

1 pinch of salt

Cinnamon or coconut flakes to roll in

Mix the pitted dates, nut butter, salt and water in a food processor. Add the SPC-Flakes and mix until the batter is as smooth as you want it to be. Roll 20 balls and coat them in coconut flakes or cinnamon.

The energy balls can be frozen.







## Flapjacks

16 pieces

Contains approx. 13 g SPC-Flakes  
per portion

200 g SPC-Flakes  
1 tsp cinnamon  
1 pinch of salt  
175 g peanut butter  
70 g honey  
25 g coconut oil  
1 pinch of vanilla powder  
½ dl milk or plant-based alternative  
100 g dark or milk chocolate

Preheat the oven to 150 °C.

Mix the oats, cinnamon, vanilla powder and salt in a bowl. Gently melt the peanut butter, honey and coconut oil in a saucepan while stirring. Pour the liquid ingredients into the oatmeal mixture and stir well until everything is mixed.

Press the batter evenly into an ovenproof dish (about 20x20 cm). Bake for 10–12 minutes and leave to cool.

Melt the chocolate over a water bath, then spread the melted chocolate onto the cake.

Place in the fridge until the chocolate has set. Cut into 16 evenly sized pieces.

# Salovum

Salovum is a food for special medical purposes with antisecretory effects for the dietary management of diarrhoea associated with inflammatory bowel diseases such as ulcerative colitis and Crohn's disease, for example.



- Made of eggs from Swedish hens
- Mix in a glass of cold liquid
- Provides a supplement of concentrated Protein-AF
- Can be used by adults, children over the age of one, as well as pregnant and breastfeeding 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 dosage

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



# Clinical Studies

## Protein-AF

- The Antisecretory Factor Synthesis: Anatomical and Cellular Distribution, and Biological Action in Experimental and Clinical Studies, Lange et al. (2001).
- Antisecretory factor as a potential health-promoting molecule in man and animals, Ulgheri, Paganini & Rossi (2010).

## SPC-Flakes

### **Diarrhoea:**

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- Specially Processed Cereals A clinical innovation for children suffering from inflammatory bowel disease?, Scandinavian Journal of Gastroenterology, Finkel et al. (2004).
- Food-induced antisecretory factor activity is correlated with small bowel length in patients with intestinal resections, APMIS, Lange et al. (2003).
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- 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).

### **Ménière's:**

- Food induced stimulation of the antisecretory factor to improve symptoms in Ménière's disease: our results, Eur Arch Otorhinolaryngol, Scarpa et al. (2020).
- The role of endogenous Antisecretory Factor in the treatment of Ménière's Disease A two-year follow-up study. Preliminary results, Am J Otolaryngol, Viola et al. (2020).
- SPC-Flakes in the prophylaxis of Ménière's disease, Proceedings of the 7th International Symposium on Ménière's Disease and Inner Ear Disorders, Teggi et al. (2013).
- Antisecretory Factor – Inducing Therapy Improves Patient-Reported Functional Levels in Meniere's Disease, Annals of Otolaryngology & Rhinology & Laryngology, Leong et al. (2013).

- Antisecretory factor-inducing therapy improves the clinical outcome in patients with Ménière's disease, *Acta Oto-Laryngologica*, Hanner et al. (2010).
- Increased antisecretory factor reduces vertigo in patients with Ménière's disease: a pilot study, *Hearing Research*, Hanner et al. (2004).

## Salovum

### **Diarrhoea – Inflammatory bowel diseases:**

- High doses of Antisecretory Factor stops diarrhea fast without recurrence for six weeks post treatment, *International Journal of Infectious diseases*, Zaman et al. (2018).
- 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).
- Antisecretory factor effectively and safely stops childhood diarrhoea: a placebo-controlled, randomised study, *Acta Paediatrica*, Zaman et al. (2014).
- 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).
- Effect of Antisecretory Factor in Ulcerative Colitis on Histological and Laborative Outcome; a Short Period clinical trial, *Scandinavian Journal of Gastroenterology*, Eriksson et al. (2003).

### **Ménière's:**

- Antisecretory factor: A Clinical Innovation in Ménière's Disease, *Acta Oto-Laryngologica*, Hanner et al. (2003).



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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.