



SPC-Flakes

**A Food for Special Medical Purposes
with antisecretory effect**

SPC-Flakes is a natural product for improved gut health and for symptoms in relation to Ménière's disease. It is a Food for Special Medical Purposes and can be used regularly as part of a normal diet and stimulates an endogenous production of Protein Antisecretory Factor (Protein-AF) which has an antisecretory effect. Protein-AF regulates ion and fluid balance across the cell membrane. In connection to diarrhea, it can be used when treatment with products inhibiting bowel movements should be avoided or is inappropriate. Can also be given to pregnant and breastfeeding women as well as children.

The only ingredient in SPC-Flakes is specially treated processed Nordic oats and the development is based on innovative Swedish research. The product is patented and its effects, in several diseases where excessive amount of fluid is a problem, have been presented in several clinical studies.

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Indication:	For the dietary treatment, when used regularly reduces diarrhea, prevents and moderates diarrhea, for example in connection to Ulcerative colitis and Mb Crohn, or symptoms of Mb Ménière.
Regulatory status:	Food for Special Medical Purposes.
Ingredient:	Specially processed of oat flakes. No additives.
Dosage:	1 gram/kg body weight. Patients not accustomed to eating fiber should gradually raise the dose to the recommended level. SPC-Flakes should be used approximately two weeks before the effect is obtained. Therefore the treatment can be started with parallel use of Salovum.
Content per package:	1 x 450 gram.
Instructions for use:	Can be used when treatment with products inhibiting bowel movements should be avoided or is inappropriate. Can be used as muesli, for baking bread, for porridge, either alone or with other grains. Can be consumed with dairy products.
Shelf life and storage:	Shelf life is 12 months, store in room temperature.
Notice:	Can also be given to pregnant and breastfeeding women, as well as children after gluten has been introduced. SPC-Flakes should be used after consulting a physician or dietitian. The product is a complement to ordinary food and can also be eaten by healthy individuals. Not suitable as a sole source of nutrition. Only for enteral use.
Contraindication:	Gluten intolerance.



For more information, please visit www.functionalfoods.com

Clinical studies:

Diarrhea:

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

MB Ménière:

- Increased antisecretory factor reduces vertigo in patients with Ménière's disease: a pilot 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 Ménière's Disease, Annals of Otology, Rhinology & laryngology, Leong et al. (2013).
- Food induced stimulation of the antisecretory factor to improve symptoms in Ménière's disease. Scarpa et al. (2019).

Nutritional value

Per 100 g:

Energy	1580/375 kJ/kcal	Iodine	0,5 µg
Protein	12 g	Chromium	14 µg
Carbohydrates	59 g	Selenium	8 µg
(of which sugars 3 g)		Manganese	3,1 mg
Fat	10 g	Molybdenum	130 µg
(of which saturated fat 1,5 g)		Fluorine	0,08 mg
Dietary fibers	7,5 g	Vitamin K	1,6 µg
Salt	> 0,1 g	Thiamin	0,57 mg
Sodium	14 mg	Riboflavin	1,3 mg
Chloride	86 mg	Vitamin B6	0,08 mg
Potassium	310 mg	Niacin	2,7 mg
Calcium	88 mg	Folic acid	166 µg
Phosphorous	400 mg	Vitamin B12	0,28 µg
Magnesium	130 mg	Pantothenic acid	1,7 mg
Iron	4,5 mg	Biotin	16 µg
Zink	2,4 mg	Vitamin E	0,74 mg
Copper	390 µg		

About Lantmännen

Lantmännen is an agricultural cooperative and Northern Europe's leader in food products, agriculture, machinery and bioenergy. Lantmännen is owned by 25 000 farmers and with grain at the heart of our operations, we refine arable land resources to make farming thrive. Conditions for growing oats are great in the Nordic region and Lantmännen is taking a long-term approach to investments in processing, research and innovation within oats.

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