

# XtraCal<sup>TM</sup> *plus*

A concentrated, low volume, high calorie supplement made with MCT oil.

- Provides 230 calories and 14 grams of protein per packet.
- Add to most beverages and soft or pureed foods to create nutrient dense alternatives to nutritional supplements.
- The key is faster absorption of calories and protein for better utilization and tolerance.
- Water soluble. Mixes easily into liquids and tube feed formulas.

#### Medium Chain Triglyceride (MCT) Oil

XtraCal Plus is uniquely formulated with a special class of fatty acids called medium-chain triglycerides (MCTs) which have a preferred pattern of absorption resulting in better outcomes.

About 97% of dietary fats and oils are made up of long-chain triglycerides (LCTs). LCTs contain 16-24 carbon atoms which require extensive processing by the body to break into smaller units for absorption. Diseases of the pancreas, liver or small intestine impair this process resulting in malabsorption and diarrhea. MCTs contain only 8-12 carbon atoms which are much shorter in length and more water-soluble. As a result, MCTs are well tolerated and are easily digested, absorbed and utilized. Once they enter the blood stream they are transported directly into the liver where they can be rapidly converted for cellular energy.

Scientific studies have shown that MCTs benefit patients suffering from malnutrition, fat malabsorption, chronic diarrhea, short bowel syndrome and weight loss in patients with AIDS as it requires less energy for absorption, utilization and storage. Stressed or critically ill patients also have a decreased ability to digest LCTs which makes MCT oil a better calorie source.

Standard high calorie supplements rely on sugar for calories and as such are not appropriate for individuals with metabolic stress or diabetes. Excess sugar during critical illness can heighten inflammation. By providing calories from MCTs, XtraCal Plus promotes weight gain without contributing to hyperglycemia or the inflammatory response in metabolically stressed or diabetic patients.

#### Hydrolyzed Collagen and Whey Protein Isolate for a complete protein source.

Hydrolyzed collagen is predigested through an enzymatic process to create a hydrolysate, producing small chains of amino acids. Studies have shown that hydrolyzed proteins are absorbed more rapidly than free form amino acids and much more rapidly than intact proteins increasing nitrogen retention and lean tissue.



Easy Online Ordering at [GeriatricMedical.com](http://GeriatricMedical.com)

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