



➤ Product Review ◀

April 2023 #369

NEW PRODUCT IN DEVELOPMENT

ELEMENTAL SELECT™ – PART IV:

PRACTICAL CONSIDERATIONS

INTRODUCTION

As of the writing of this newsletter (late April 2023) the first batch of **Elemental Select™** is in transit and should be available for sale to you by the end of the first week in May. Therefore, I would like to conclude this introductory series on **Elemental Select™** by reviewing “Exclusive enteral nutrition in Crohn’s disease: Evidence and practicalities” by Ashton et al (Ashton JJ et al. *Clin Nutr*, Vol. 38, pp. 80-89, 2019), a paper that discusses some practical considerations for using enteral nutrition with ailing patients.

AFFIRMATION OF THE EFFICACY OF ENTERAL NUTRITION

The first quote I would like to feature from the Ashton et al paper provides affirmation of the research featured in previous installments of this series concerning the efficacy of enteral nutrition with inflammatory bowel disease:

“Exclusive enteral nutrition (EEN) is a highly effective treatment for the induction of remission in Crohn’s disease (CD). It is widely used, steroid-sparing and the first-line therapy in Paediatric CD with remission rates of 60-80%.”

Of course, as you might expect, its use, which involves nutritional supplementation, is not as common in the US as it is in Europe and Australia:

“European and Australasian use of EEN is significantly higher than in parts of North America, despite published guidance.”

Nevertheless, Ashton et al are firm in their research-based claim of efficacy:

“EEN remains the treatment of choice to induce deep remission (mucosal healing) in paediatric patients. Additional benefits include avoidance of the growth retarding effects of corticosteroids and providing a complete nutritional feed correcting micro- and macro-nutrient deficiencies.”

Before continuing, I wanted to point out, as you may have noticed, that the above claims relate only to younger populations. Of course, you and I mainly address adult populations. Does research support the efficacy of enteral nutrition in adults? Ashton et al affirm previous research I have highlighted in this series that, from a metabolic standpoint, enteral nutrition is equally effective in adults as it is in children:

“The basic premise of EEN as an effective treatment of adult CD remains the same as in paediatric practice...”

Nevertheless, fewer studies support the use of enteral nutrition with adult inflammatory bowel disease:

“...however the evidence of efficacy in adults is significantly less than in children.”

Why is this? As I have stated previously, it has nothing to do with metabolic differences between adults and children. Instead, difference relates purely to compliance issues:

“This is likely to be related to practical issues (disruption to normal life, poor palatability, less

multi-disciplinary team support, lack of experience, lack of guidance) rather than mechanistic differences (how EEN works).”

PRACTICAL ISSUES CONCERNING THE USE OF ENTERAL NUTRITION ACCORDING TO ASHTON ET AL

Typical duration of treatment

Elemental Select™, as a partial or total meal replacement product, is designed for short term use to give the gut a rest, after which a quality, whole foods diet can be introduced along with supportive supplements such as digestive aids, i.e., **Betaine HCl** or **Pancreatin Select®**, probiotics, i.e., **Probiotic Select®**, **BacilliSpore™**, and/or **Saccharomyces boulardii** and/or gut repair products such as **GI Select®**, **Colostrum Select™**, **GI Globulin Select™**, and/or **IgG Select™**.

How long is “short term?” Of course, this will vary from patient to patient. The typical duration we envision for most of your patients would be 1-3 weeks. However, in severe cases like those referenced in the Ashton et al paper, the duration can be longer. The authors state:

“Current recommendations are that EEN is given over a period of 6-8 weeks, either orally or by a nasogastric tube. Although inflammatory markers begin to fall within the first 2 weeks of EEN they continue to improve over the 6-8 week treatment period.”

Optimal dosing

As noted by Ashton et al, the main determinant of correct dosing is by body weight:

“The correct volume of EEN considers several patient factors. The main determinant of total fluid requirement is patient body weight.”

The general rule of thumb is that label recommendations refer to a 150-pound individual. For **Elemental Select™** the label recommendation is 1 scoop with 8 ounces of water or beverage of choice, two or more times per day or as directed by a healthcare

professional. Correct dosing for those patients weighing more or less than 150 pounds would be an extrapolation from that weight, i.e., a person weighing 100 pounds would receive two-thirds the above-mentioned recommendation.

Food reintroduction

This too will vary greatly depending on individual patient variables. However, Ashton et al provide some quality guidelines:

“There is currently no strong evidence to guide reintroduction of food at the end of the period of EEN. As a normal diet is gradually reintroduced EEN should be weaned in a proportional manner, many survey respondents adopted a method of gradually reintroducing food groups every 2-3 days over a period of 2-3 weeks whilst simultaneously decreasing EEN.”

Patient compliance

As was suggested above, adult patient compliance will depend greatly on two factors. The first is taste. In that regard, we made it a major priority to give **Elemental Select™** a very pleasant taste when mixed with water. However, we do recognize that taste issues are highly subjective and will vary greatly from patient to patient. Therefore, we will have single-serving sample packets available to you to provide to your patients so they can judge palatability before making a commitment to purchase. However, as suggested by Ashton et al, equally important but often underappreciated in optimizing patient compliance is the support the patient receives from you and your co-workers:

“More contemporary data has shown that between 56 and 93% of patients will tolerate EEN orally for the duration of their treatment, with the impact of multi-disciplinary support being key in increasing compliance.”

For more information on **Elemental Select™** please go to www.mossnutrition.com.