



# Neocate<sup>®</sup>

## Parent Guide



# Eosinophilic Esophagitis

# Table of Contents



General Information on Eosinophilic Esophagitis - [page 3](#)



What is Neocate? - [page 6](#)



Frequently Asked Questions - [page 10](#)



Neocate Preparation & Nutrient Profile - [page 13](#)



Eosinophilic Disorders: Food Reintroduction - [page 19](#)

## Acknowledgement

Nutricia North America would like to thank Sally Ritz, RD, LD, Senior Clinical Nutritionist with the Department of Gastroenterology, Hepatology and Nutrition at Children's Memorial Hospital in Chicago, Illinois for her help and advice in the preparation of this resource guide.

## Note

This book has been prepared as a resource guide for parents whose child has been recommended to use Neocate for the dietary management of eosinophilic esophagitis. The dietary management of eosinophilic esophagitis can differ between individuals. As such, it is strongly recommended that this guide be used in consultation with a healthcare professional. All information provided in this guide is reflective of the most current and relevant recommendations regarding the dietary management of eosinophilic esophagitis with Neocate.



## General Information on Eosinophilic Esophagitis

### What is Eosinophilic Esophagitis (EoE)?

EoE is characterized by the infiltration of a large number of eosinophils, a type of white blood cell, in the esophagus. Eosinophils travel to various structures of the body, primarily the digestive tract, and function to help fight different types of infections, such as parasites. However, eosinophils are not normally found in the esophagus. When they are present, this is an indication of inflammation, which may be due to food allergens (e.g. milk, soy, egg) or environmental allergens (aero-allergens).

Symptoms vary from one individual to the next and may differ depending on age. EoE symptoms may include vomiting, gastroesophageal reflux (that does not respond to acid production blockers), nausea, food aversion, growth failure (younger children), dysphagia (difficulty and/or pain swallowing), food impaction (food that gets stuck in the throat) and chest and abdominal pain (commonly seen in older individuals).

Diagnosis of this condition is made by endoscopy and biopsy. An endoscopy is a medical procedure that allows your doctor to look inside the digestive tract. A thin, flexible, lighted tube called an endoscope is guided into the mouth and throat, then into the esophagus, stomach and duodenum (beginning of the small intestine). The endoscope allows your doctor to view the inside of this area of the body, as well as to insert instruments through a scope for the removal of a sample of tissue for biopsy. The biopsy is reviewed under a microscope by your doctor to look for inflammation by counting the number of eosinophils.

### Why Nutrition Therapy?

Nutrition therapy helps determine if your child's EoE is due to food allergens or the environment (aero-allergens).



Most children respond favorably to dietary management. Nutritional therapy is the preferred form of therapy. Research has shown an 88-98% success rate (removal of eosinophils) with nutritional therapy.<sup>1</sup> Adult diet trials have shown positive results from use of dietary therapy as well.

The use of nutritional therapy in EoE allows us to find out which specific foods are causing the inflammation and remove them. The use of medication does not allow us to discover the cause of inflammation. Medication improves symptoms, but they can reoccur once medications are stopped if the food that is causing the symptoms is still being consumed.

### There are 2 primary forms of nutritional therapy for EoE:

**1. Elemental diet:** All sources of whole proteins are removed from the diet. This involves use of an amino acid-based product (Neocate Infant, Neocate Nutra, Neocate Junior, or Neocate's E028 Splash). Simple sugars, salt and oils may be permitted (100% apple juice, apples, white grape juice and sugar). Formulas such as Neocate Infant, Neocate Junior or Neocate's E028 Splash may be given either by mouth or tube feeding depending on your child's nutritional needs. Neocate Nutra is a semi-solid that can be used as a supplement by mouth.

**2. Elimination diet:** Strict removal of foods tested positive through allergy tests or removal of one or more of the top 6 food allergens seen in children: milk, soy, egg, nut (tree nut and peanut), wheat, and fish/shellfish. Elemental products (Neocate Infant, Neocate Nutra, Neocate Junior or Neocate's E028 Splash) may be used to supplement the restricted diet to meet 100% nutritional needs.



If your child has responded to nutritional therapy (either an elemental diet or elimination diet) with improvement of symptoms and/or decrease in eosinophils in the esophagus when checked on follow-up endoscopy, the next step would be food reintroduction using food trials.

**Food reintroduction:** Food trials involve adding back one food at a time to determine which specific foods are causing a reaction. Adding one food at a time for a period of weeks, monitoring for symptoms, and keeping track of foods introduced will help you determine which food(s) may be causing the inflammation. This process takes time. In a child that was on an elemental formula only, this may take months for her to return to a healthy diet. An elemental formula is used to ensure that the nutritional needs (vitamins, minerals and calories) of your child are being met. This will be important for optimal growth and development during this critical time. Please see the back of this guide for a sample table you can use when you start to reintroduce foods.

Whether your child is on an elemental diet, elimination diet or a combination or both, the Neocate family of products can be beneficial in meeting nutrient requirements and has been shown to improve EoE symptoms.

# What is Neocate?

Neocate is a family of products effective in the nutritional management of cow/soy milk protein allergy, multiple food protein allergies and gastrointestinal (GI) tract impairments, including eosinophilic esophagitis.

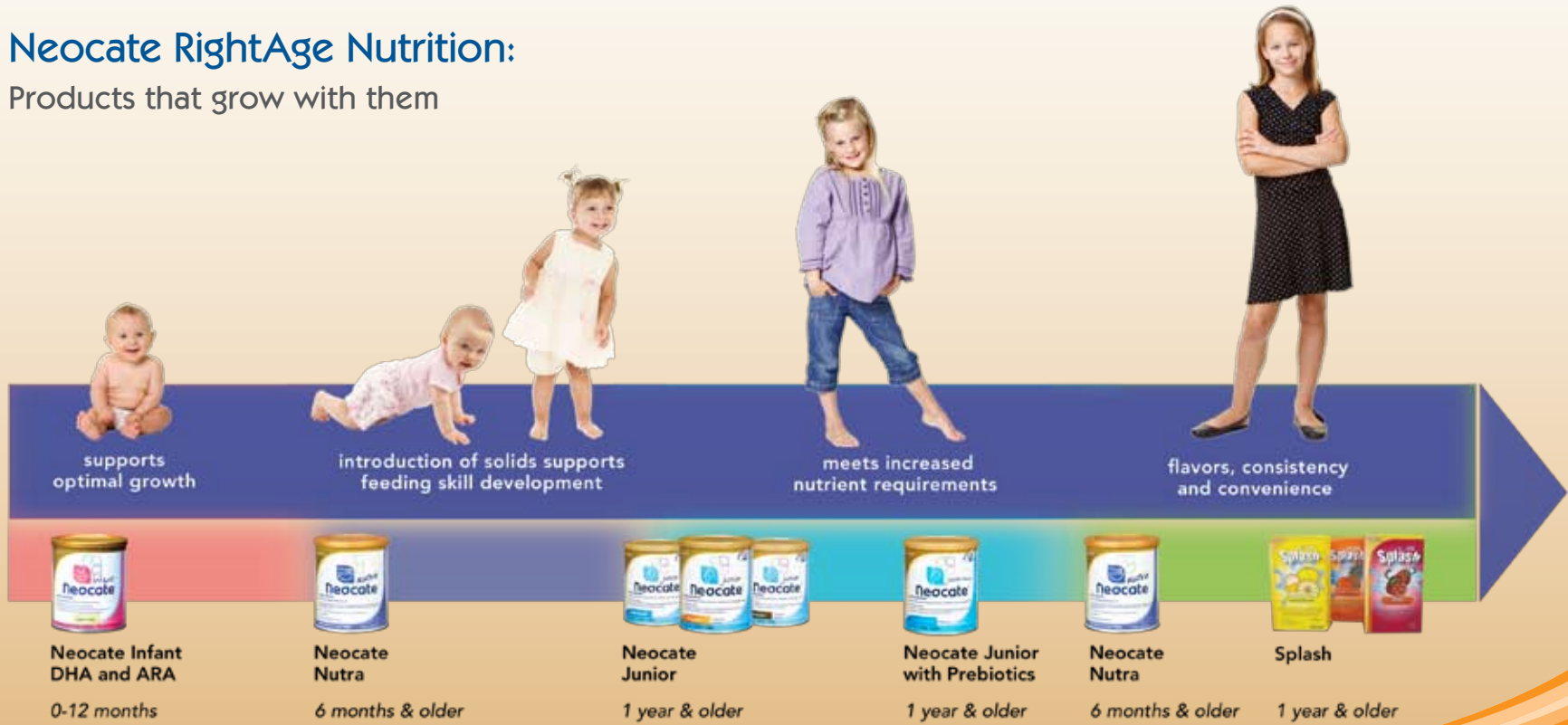
Neocate is the only amino acid-based family with products specifically developed to meet the growing needs of growing children.

## Neocate is:

- **Hypoallergenic:** The formula is least likely to cause an allergic response than other formulas
- **Amino acid-based:** Amino acids are the non-allergenic building blocks for all proteins
- **Elemental:** Ingredients are broken down to their simplest and purest form so they are easier for the body to process and digest
- **Nutritionally complete:** Neocate Infant, Neocate Junior and Neocate's E028 Splash provide all of the essential nutrients needed to grow when consumed in adequate amounts
- **RightAge nutrition:** Provides tailored nutrition for each stage of childhood

## Neocate RightAge Nutrition:

Products that grow with them

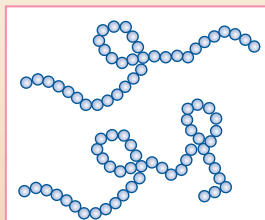




### What makes Neocate different from other formulas?

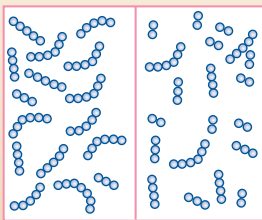
The type of protein used in Neocate makes it different from other products. Neocate is an amino acid-based product in which the proteins are broken down to their simplest and purest form, making it easier for the body to process and digest. Amino acids are non-allergenic and do not have any protein links to trigger an allergic reaction.

STANDARD FORMULAS COMPOSED OF WHOLE PROTEINS



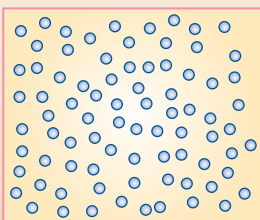
Derived from cow or soy milk protein

HYDROLYZED FORMULAS



Majority derived from milk protein

NEOCATE AMINO ACID-BASED FORMULA



100% non-allergenic free amino acids

Our unique amino acid-based and milk-free formulation makes it different from other products. Neocate is truly hypoallergenic; it was designed to minimize the possibility of an allergic response and contains no potential harmful allergens, such as milk.

### Neocate's Family of Products

Some children might find it challenging to get used to a different diet. To help with diet compliance, Neocate is available in a variety of different flavors and forms suitable to meet your child's individual needs.

	Infants (0-12 months)	Infants & Children (6 months & older)	Children (1 year and older)	
	Neocate Infant DHA and ARA	Neocate Nutra	Neocate Junior	Neocate's E028 Splash
Forms	Powder - 400 g can	Powder - 400 g can	Powder - 400 g can	Liquid - 8 fl oz drink box
Flavors	Unflavored	Unflavored	Unflavored*, Tropical and Chocolate	Grape, Tropical Fruit and Orange-Pineapple
Nutrients	Nutritionally complete and supports optimal growth. High levels of calcium, phosphorus, and Vitamin D (shown to promote healthy bone development <sup>2</sup> ).	High in calcium and a good source of Vitamin D and iron	Nutritionally complete with increased vitamins and minerals. Helps to minimize volume needed to meet nutrient requirements.	Nutritionally complete
Features	DHA and ARA – special nutrients to promote brain & eye development	Smooth, spoonable consistency to help add texture and variety into the diet	Neocate Junior with Prebiotics helps promote total gut health	Convenient and ready-to-drink with variety of flavors to increase compliance

\* Additional flavor packets and flavor straws are available and can be used with Neocate Junior, Unflavored for children. Strawberry, cookies and cream, banana, cherry vanilla, grapefruit and lemon-lime flavors available.

# Frequently Asked Questions

## When will I see an improvement after starting Neocate?

If your child has been experiencing allergy symptoms for some time, his or her condition may take time to improve. Severe allergies can cause inflammation and irritation to the affected areas. A Neocate elimination diet has been clinically proven to improve EoE in 8.5 days.<sup>1</sup>

## How long will my child need Neocate?

There is no standard amount of time your child will need Neocate. It greatly varies per individual and depends on the amount and type of foods your child is able to tolerate. Your child's physician and/or dietitian will determine the amount of time Neocate is needed.

## Will Neocate meet all of my child's nutritional needs?

Neocate Infant, Neocate Junior and Neocate's E028 Splash have been formulated to meet the daily nutritional requirements of infants and children. For children with food restrictions or on elemental diets, fiber is often lacking. Neocate Junior with Prebiotics safely adds prebiotic fiber into the diet to help with overall gut health. If you are concerned that your child is not gaining weight or growing adequately, consult with your doctor and/or dietitian. They will be able to assess if nutritional needs are being met and if dietary adjustments are necessary.

## Neocate tastes and appears different than other formulas. Is this normal?

Yes, this is quite normal. The protein source in Neocate is different than milk-based or hydrolyzed formulas. The free amino acids give the product its characteristic taste and smell. Our Neocate family of products offers a wide variety of flavors and forms for children over the age of 1 to help with compliance.

## What is Neocate Nutra and how will it help with EoE?

Neocate Nutra is the only semi-solid amino-acid based medical food for children ages 6 months and older. Neocate Nutra makes a soft pudding-like consistency that adds texture and variety into the diet. Nutra can help with EoE by providing an allergen free food option for those on an elimination diet or elemental diet. **Note:** Neocate Nutra is not intended for bottle or tube feeding. Other foods or formula must be consumed for a complete diet.

## Will my insurance company cover the cost of Neocate?

Insurance coverage will depend on your policy, as well as the state in which you reside. There are several states that mandate Neocate coverage, for an up-to-date listing of these states visit [www.Neocate.com](http://www.Neocate.com). Hints and tips for successful reimbursement are also available online. Consult your doctor and/or insurance company to assist you with any specific questions you may have. For additional suggestions and helpful documents that may assist you in obtaining coverage, please contact our Nutrition Department at **1-800-Neocate** or [www.Neocate.com](http://www.Neocate.com).

## Where can I purchase Neocate?

For low prices and free shipping Neocate can be ordered directly from Nutricia North America at [www.Neocate.com](http://www.Neocate.com) or by calling **1-800-Neocate**. Neocate is also available to order through your local pharmacy.

## Why is Neocate only available through the pharmacy and not on my grocery store shelf?

Neocate falls under a medical food classification. Medical foods typically are prescribed and must be requested from a pharmacist. Medical foods are generally represented and labeled solely to provide dietary management for specific diseases or conditions and must be used under medical supervision.

**Always consult your doctor or dietitian if you have questions or concerns regarding your child's health.**



# Neocate Preparation and Nutrient Profile

## Directions for preparation and use

Intake for all Neocate products is to be determined by a healthcare professional and is dependent on the age, body weight and medical condition of the patient. For further instructions on preparation, see product labels.

## Neocate Infant

For standard dilution, use enclosed scoop (4.75 g) to mix one level scoop per fluid ounce of prepared formula.

How to make a 5 fluid ounce bottle:

1. Add 5 scoops of Neocate Infant to a clean sterile container.
2. Fill up to the 5 fluid ounce line with warm or cool sterile water\*.
3. Shake for 15-20 seconds or until the powder dissolves. Add additional water if necessary to make final volume and shake again.



Freshly mixed formula is best. Refrigerate prepared formula immediately and use within 24 hours of mixing. Shake immediately before use. Throw away formula left in the bottle one hour after feeding.

\*Boiling is the preferred method for sterilizing water, bottles, nipples and mixing utensils.





### Neocate Nutra

1. Fill the scoop provided with Neocate Nutra and level off with a clean, dry knife.
2. Add the recommended number of scoops of Neocate Nutra into a clean bowl.
3. Gradually add the required amount of water while stirring with a clean spoon. Mix to a spoonable consistency.

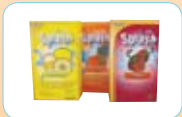
Neocate Nutra should be prepared immediately prior to feeding. Any prepared product remaining should be discarded if not used within 1 hour. Neocate Nutra can also be added to cooked dishes. For recipes and details, visit [www.Neocate.com](http://www.Neocate.com).

**Note:** Neocate Nutra is for oral use only; not for bottle or tube feed. Not suitable as a sole source of nutrition.



### Neocate Junior and Neocate Junior with Prebiotics

1. Measure the required amount of warm or cool water into a container.
2. Add the prescribed amount of Neocate Junior to the water.
3. Cover and shake until the powder has dissolved.



### E028 Splash

1. Shake before use.

Once Neocate Junior or E028 Splash is prepared or opened, the formula should be stored in a refrigerator and kept no longer than 24 hours from the time of preparation. Shake or stir immediately before use. If taken orally, Neocate Junior and E028 Splash are best served chilled. Tube feeding hang time not to exceed 4 hours.



# Nutrient Profile

Infant Formula  
(0-12 months)

Infant & Toddler  
(6 months & older)



## Nutrients

Per 100 calories

	Neocate Infant DHA & ARA	Neocate Nutra
Calories	100	100
Protein Equivalent, g	3.1	1.7
Fat, g	4.5	4
Carbohydrate, g	11.7	14.3
Fiber, g	0	0
<b>Vitamins</b>		
Vitamin A, IU (mcg RE)	391 (118)	137 (41)
Vitamin D <sub>3</sub> , IU (mcg)	59.9 (1.5)	36.4 (0.9)
Vitamin E, IU (mg α T.E.)	1.14 (0.76)	0.7 (0.5)
Vitamin K, mcg	8.79	3.9
Thiamine, mcg	92.6	67.4
Riboflavin, mcg	137.8	52.8
Vitamin B <sub>6</sub> , mcg	123.5	52.8
Vitamin B <sub>12</sub> , mcg	0.26	0.1
Niacin, mcg	1544	233
Folic Acid, mcg	10.2	5.8
Pantothenic Acid, mcg	620	296
Biotin, mcg	3.1	1.9
Vitamin C, mg	9.26	4.9
Choline, mg	13.1	9.5
Inositol, mg	23.3	10.3
<b>Minerals</b>		
Calcium, mg	124	141.3
Phosphorus, mg	93.1	72
Magnesium, mg	12.4	4.4
Iron, mg	1.85	1.3
Zinc, mg	1.66	0.9
Manganese, mcg	90	65.7
Copper, mcg	124	65.7
Iodine, mcg	15.4	8.8
Molybdenum, mcg	4.75	1.9
Chromium, mcg	3.56	2.1
Selenium, mcg	3.73	2.4
Sodium, mg	37.3	8
Potassium, mg	155.1	0.1
Chloride, mg	77.2	1.1

Children  
(1 year and older)



## Nutrients

Per 100 calories

	Neocate Junior Unflavored & Prebiotics	Neocate Junior Tropical & Chocolate	Neocate's E028 Splash
Calories	100	100	100
Protein Equivalent, g	3.3	3.5	2.5
Fat, g	5	4.7	3.5
Carbohydrate, g	10.4	11	14.6
Fiber, g	0.4*	0	0
<b>Vitamins</b>			
Vitamin A, IU (mcg RE)	250 (75)	265 (79.6)	117 (35)
Vitamin D <sub>3</sub> , IU (mcg)	43.5 (1.1)	46.1 (1.2)	31 (0.78)
Vitamin E, IU (mg α TE)	1.7 (1.1)	1.8 (1.2)	0.82 (0.55)
Vitamin K, mcg	4	4.3	1.5
Thiamine, mg	0.1	0.11	0.06
Riboflavin, mg	0.1	0.11	0.07
Vitamin B <sub>6</sub> , mg	0.1	0.11	0.08
Vitamin B <sub>12</sub> , mcg	0.19	0.2	0.07
Niacin, mg	0.9	0.95	0.9
Folic Acid, mcg	29.9	31.7	6
Pantothenic Acid, mg	0.4	0.42	0.24
Biotin, mcg	2	2.1	2
Vitamin C, mg	9.3	9.9	3.1
Choline, mg	29.9	31.7	18.3
Inositol, mg	22	23.3	1.8
<b>Minerals</b>			
Calcium, mg	113	120	62
Phosphorus, mg	69.7	73.8	62
Magnesium, mg	16	17	9
Iron, mg	1.5	1.6	0.77
Zinc, mg	0.98	1	0.77
Manganese, mg	0.13	0.14	0.1
Copper, mcg	111	118	100
Iodine, mcg	17.8	18.9	6
Molybdenum, mcg	4.5	4.8	3.5
Chromium, mcg	3.8	4	3
Selenium, mcg	3	3.2	1.5
Sodium, mg	41	43.5	20
Potassium, mg	137	145	93
Chloride, mg	63	66.7	35

\* Neocate Junior Unflavored does not contain any fiber.

### Neocate Infant DHA & ARA Ingredients:

Corn Syrup Solids (57%), Refined Vegetable Oil (Medium Chain Triglycerides (Palm Kernel and/or Coconut oil) (7%), High Oleic Sunflower (7%), Soy (6%)), Calcium Phosphate Dibasic (2.5%), and less than 2% of each of the following: L-Arginine L-Aspartate, Tripotassium Citrate, L-Leucine, L-Lysine Acetate, L-Glutamine, L-Proline, L-Valine, Glycine, L-Isoleucine, CAEM (an emulsifier), L-Threonine, L-Phenylalanine, L-Tyrosine, L-Serine, L-Histidine, L-Alanine, Sodium Chloride, L-Cystine, L-Tryptophan, L-Methionine, Magnesium Acetate, Magnesium L-Aspartate, Potassium Chloride, M. Alpina Oil\*\*, Choline Bitartrate, M-Inositol, C. Cohnii Oil\*\*\*, L-Ascorbic Acid, Ferrous Sulfate, Zinc Sulfate, Taurine, L-Carnitine, Sunflower Oil, Niacinamide, DL-Alpha Tocopheryl Acetate, Calcium D-Pantothenate, Cupric Sulfate, Manganese Sulfate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Acetate, Thiamine Chloride Hydrochloride, Ascorbyl Palmitate, Potassium Iodide, Chromium Sulfate, Mixed Tocopherols, DL-Alpha Tocopherol, Phylloquinone, Sodium Molybdate, Folic Acid, Sodium Hydrogen Selenite, D-Biotin, Vitamin D<sub>3</sub>, Cyanocobalamin.

\*\* A source of Arachidonic Acid (ARA)

\*\*\* A source of Docosahexaenoic Acid (DHA)

### Neocate Nutra Ingredients:

Corn Syrup Solids (42%), Cornstarch (19%), Refined Vegetable Oil (18%) (Non-Hydrogenated Coconut (6%), High Oleic Sunflower (6%), Canola (3%), Sunflower (3%)), Sugar (9%), Calcium Phosphate Tribasic (2%), Contains 2% or less than each of the following: L-Arginine L-Aspartate, L-Leucine, L-Lysine Acetate, CAEM (An Emulsifier), L-Glutamine, L-Proline, L-Valine, Glycine, L-Isoleucine, L-Threonine, L-Phenylalanine, L-Tyrosine, L-Serine, L-Histidine, L-Alanine, L-Cystine, L-Tryptophan, L-Methionine, Choline Bitartrate, Magnesium L-Aspartate, Magnesium Acetate, M-Inositol, L-Ascorbic Acid, Ferrous Sulfate, Taurine, Zinc Sulfate, L-Carnitine, DL-Alpha Tocopheryl Acetate, Calcium D-Pantothenate, Niacinamide, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Acetate, Potassium Iodide, Chromium Chloride, Folic Acid, Sodium Selenite, Sodium Molybdate, Phylloquinone, D-Biotin, Vitamin D<sub>3</sub>, Cyanocobalamin.

### E028 Splash Ingredients:

Water, Maltodextrin, Sugar, and 2% or less of each of the following ingredients: Fractionated Coconut Oil, Canola Oil, High Oleic Sunflower Oil, L-Arginine, L-Lysine L-Aspartate, Microcrystalline Cellulose, Calcium Glycerophosphate, L-Leucine, L-Phenylalanine, L-Proline, L-Valine, Glycine, L-Isoleucine, Mono and Diglycerides, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, N-Acetyl L-Methionine, L-Threonine, Dispotassium Phosphate, L-Histidine, L-Serine, L-Alanine, Tripotassium Citrate, Fractionated Coconut Oil, Palm Kernel Oil, Magnesium Acetate, L-Tryptophan, Choline Bitartrate, Calcium Chloride, L-Tyrosine, Trisodium Citrate, L-Ascorbic Acid, Sodium Chloride, Artificial Sweetener: Acesulfame Potassium, L-Cystine, Taurine, Ferrous Sulfate, Zinc Sulfate, L-Carnitine, M-Inositol, Niacinamide, Manganese Sulfate, Cupric Sulfate, Calcium-D-Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamine Mononitrate, Chromium Sulfate, Sodium Molybdate, Potassium Iodide, Folic Acid, Sodium Hydrogen Selenite, D-Biotin, Phylloquinone, Vitamin D<sub>3</sub>, Cyanocobalamin.

**Grape** flavored version of this product contains 2% or less of each of the following: Malic Acid, Artificial Flavor, Vitamin E Acetate.

**Tropical Fruit** flavored version of this product contains 2% or less of each of the following: Artificial Flavor, Citric Acid, Vitamin E Acetate.

**Orange-Pineapple** flavored version of this product contains 2% or less of each of the following: Artificial Flavors, Citric Acid, Corn Syrup Solids, Malic Acid, DL-alpha Tocopherol Acetate.

### Neocate Junior Ingredients:

**Unflavored:** Corn Syrup Solids, Fractionated Coconut Oil, Canola Oil, High Oleic Safflower Oil, L-Arginine, L-Glutamine, L-Lysine-L-Aspartate, and less than 2% of each of the following: Tripotassium Citrate, L-Leucine, L-Phenylalanine, Dicalcium Phosphate, L-Proline, L-Valine, Glycine, L-Isoleucine, N-Acetyl L-Methionine, Tricalcium Phosphate, L-Threonine, Mono and Diglycerides, L-Histidine, L-Serine, Sodium Chloride, L-Alanine, Magnesium Acetate, Choline Bitartrate, L-Tryptophan, L-Tyrosine, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, M-Inositol, L-Ascorbic Acid, L-Cystine, Propylene Glycol Alginate, Taurine, Ferrous Sulfate, L-Carnitine, Zinc Sulfate, DL-Alpha Tocopherol Acetate, Niacinamide, Calcium-D-Pantothenate, Manganese Sulfate, Cupric Sulfate, Thiamine Chloride Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Acetate, Folic Acid, Potassium Iodide, Chromium Chloride, Sodium Molybdate, Sodium Selenite, Phylloquinone, D-Biotin, Vitamin D<sub>3</sub>, Cyanocobalamin.

**Neocate Junior with Prebiotics** version also contains 2% or less of each of the following: Fructooligosaccharide, Inulin.

**Tropical** flavored version also contains: Artificial Flavors, Citric Acid, and less than 2% of each of the following: Artificial Sweetener: Acesulfame Potassium.

**Chocolate** flavored version also contains: Artificial Flavors, Sucrose, and less than 2% of each of the following: Artificial Sweetener: Sucralose.

# Eosinophilic Disorders: Food Reintroduction

When reintroducing foods, always follow the guidelines issued by your nutritionist. Using the charts on the following page, enter the food being used in trial, the dates the food was added and then subsequently removed from diet. Use the chart to track symptoms your child experiences while consuming that food. Please use the following coding system to describe the effect of each symptom:

- 0 Symptom is non-existent
- 1 Symptom is present
- 2 Symptom is present and disabling

To describe the frequency of a symptom, use the following scale to show how many hours each day your child suffers from the symptom:

- A 1 min-1/2 hour
- B 1/2 hour – 1 hour
- C 1 hour – 3 hours
- D 3 hours – 6 hours
- E 6 hours – 9 hours
- F Over 9 hours

Use the comments section to record any other pertinent information, such as impressions and weight changes (*see next page*).

Food:

Symptoms	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Abdominal Pain							
Cramps							
Diarrhea							
Gas							
Nausea							
Vomiting							
Cough/Wheezing							
Rash							
Food Stuck in Throat							
Other:							
Comments:							

Food:

Symptoms	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Abdominal Pain							
Cramps							
Diarrhea							
Gas							
Nausea							
Vomiting							
Cough/Wheezing							
Rash							
Food Stuck in Throat							
Other:							
Comments:							

Food:

Symptoms	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Abdominal Pain							
Cramps							
Diarrhea							
Gas							
Nausea							
Vomiting							
Cough/Wheezing							
Rash							
Food Stuck in Throat							
Other:							
Comments:							



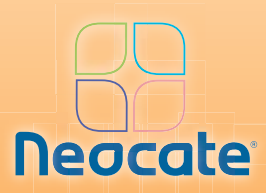
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For lowest prices, free shipping and product specials,  
order Neocate products at [www.OrderNeocate.com](http://www.OrderNeocate.com)  
or call 1-800-Neocate.



**References:**

1. Markovitz JE, Elemental diet is an effective treatment for eosinophilic esophagitis in children and adolescents. *Am J Gastroenterol*, 2003.
2. Hendricks, Duggan. *Manual of Pediatric Nutrition*, Fourth Edition. pp 59-64. 2005.



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