



## A new way to reach nutrition goals

**Encala is the first medical food formulated specifically to help people with cystic fibrosis (CF) or other diseases where pancreatic insufficiency is present to absorb more healthy fat calories and nutrients**

1

It provides highly absorbable fat calories and essential fatty acids to meals and snacks.

2

It helps the body to better absorb the fat and fat-soluble vitamins already in food.

### ENCALA IS:



A taste-neutral, gluten-free, non-GMO powder made entirely from plants



A medical food that meets all FDA criteria and is intended for the dietary management of CF<sup>1</sup>



Clinically proven to increase overall fat absorption, weight, and height



Supplies essential fatty acids and choline

### Encala was clinically evaluated<sup>2,3</sup>

In a National Institutes of Health-funded study, 110 CF patients with exocrine pancreatic insufficiency (EPI) added Encala to their food for one year (2 servings per day for patients under 12 and 3 servings for patients 12 and older).

Results showed that Encala helps people with EPI absorb more fat calories, essential fatty acids, and fat-soluble vitamins, allowing them to reach and maintain weight, height, and BMI targets.

See how Encala has been proven to help people with EPI by visiting [Encala.com](https://www.encala.com)

# Easily add Encala to any diet

It's a plant-based powder that can be added to most foods and blended beverages

## Directions for use:

Simply mix Encala into food or blend into beverages. Talk with a healthcare provider to determine how many scoops a day are needed to reach daily calorie and weight goals. Think of the recommended amount of Encala as a daily amount to be spread across all meals, snacks, and blended beverages of the day. Even using a half or quarter scoop will add fat absorption benefits to that food or beverage, depending on its size.

Encala is recommended for use in adults and children over one year of age who have transitioned to toddler or family table food. It should not be mixed with infant formula or breast milk and should be used under medical supervision.

## It's easy to incorporate Encala into daily life

Encala is available in 15-serving pouches or on-the-go single-serving packets.

Encala may be covered by insurance.

Find reimbursement resources and the Reimbursement Support Form at [Encala.com](https://www.encala.com) or call **484-352-3360**.

With Encala, people with CF and EPI can eat the foods they like and meet their nutritional requirements, while reaching their weight, height, and BMI goals.

Visit [Encala.com](https://www.encala.com) to learn more and to order a delivery of Encala.

- Designed for people with CF
- Organic and plant-based
- Non-GMO
- Gluten-free
- Clinically proven to be safe, effective, and well-tolerated



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## References:

1. Cystic Fibrosis Foundation. Healthy high-calorie eating. <https://www.cff.org/Life-With-CF/Daily-Life/Fitness-and-Nutrition/Nutrition/Getting-Your-Nutrients/Healthy-High-Calorie-Eating/>. Accessed March 29, 2020.
2. Stallings VA, Schall JI, Maqbool A, et al. Effect of oral lipid matrix supplement on fat absorption in cystic fibrosis: a randomized placebo-controlled trial. *J Pediatr Gastroenterol Nutr.* 2016;63(6):676-680.
3. Bertolaso C, Groleau V, Schall JI, Maqbool A, Mascarenhas M, Latham NE, et al. Fat-soluble vitamins in cystic fibrosis and pancreatic insufficiency: efficacy of a nutrition intervention. *J Pediatr Gastroenterol Nutr.* 2014; 58(4):443-448.