

Mix it up!



Fancy giving your K•Vita a flavour boost?

Vitaflo have created some great recipe ideas for you to try. They are super simple, just add sugar free flavour drops or add no added sugar cordial/squash to a **K•Vita** 120ml pack and shake vigorously to mix. Consume your prescribed amount of K.Vita as recommended by your healthcare professional, recap and refrigerate, and it will keep for up to 48 hours.

Try adding flavour drops

Add any of the flavour drops* using the pipette provided. Add directly to the pack and shake vigorously to ensure fully mixed through. Why not try one of the flavour ideas below.



Flavour Drops
Marzipan flavour
Add 5 drops



Flavour Drops
coconut flavour
Add 10 drops



Flavour Drops
Banana flavour
Add 10 drops



Flavour Drops
Cherry flavour
Add 8 drops

*Vitaflo tested these suggestions using Myprotein Flavdrops™, please add flavour drops to suit individual taste.



Try adding cordial/squash

Measure 10ml of cordial/squash** and add directly to the pack. Shake vigorously to ensure fully mixed through. Why not try one of the flavour ideas below.



Quadruple
Strength Cordial
Lime
Add 10 ml



Quadruple
Strength Cordial
Orange, Lemon
& Pineapple
Add 10 ml

**Vitaflo tested these suggestions using Tesco Quadruple Strength Squash, please add cordial to suit individual taste.

K.Vita is a Food for Special Medical Purposes for the dietary management of drug resistant epilepsy in adults and children from 3 years of age. Use under medical supervision.



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