
NUTRITIONAL SUPPORT USING ULTRACLEAR PLUS[®] MEDICAL FOOD IN A PATIENT WITH FOOD ALLERGIES AND MOLD SENSITIVITY

Purpose

The purpose of this study was to show how nutritional support featuring UltraClear PLUS medical food, targeted dietary supplements, and a modified elimination diet may be useful in some patients with symptoms related to food allergy and sensitivity to molds.

Patient's Presentation and History

A 17-year-old Caucasian female presented with difficulties sleeping (often 3 or 4 hours per night), loss of appetite, and momentary loss of vision after standing. She reported having migraine headaches 2 to 3 times per month, which began at age 5. In the preceding year, the patient had been experiencing stomach discomfort shortly after eating (1 to 3 times per day), and gas after consuming cow's milk. She also reported cold hands and feet.

The patient had been evaluated twice with sleep EEGs and head MRIs—each was normal. She denied using drugs, alcohol, or tobacco, and she exercised routinely (2 hours per day). Her health history included infant jaundice, tonsillectomy, an episode of exercise-induced asthma, multiple courses of antibiotics in infancy and childhood, and irregular menstrual cycles with cramps. Her maternal history included hypertension, high cholesterol, cancer, and glaucoma; and her paternal history included migraines. She also had a sibling with multiple sclerosis.

Initial Clinical Findings

- Height was 67", weight was 143 pounds, and blood pressure was 114/72
- Physical exam was essentially unremarkable
- Review of her diet indicated a low protein intake
- Current medications: acetaminophen, as needed
- IgG Allergy Assessment: positive to cow's milk, highly positive to molds, equivocal to wheat and cheddar cheese, equivocal to candida
- No lactobacilli in stool culture
- Omega-3 fatty acid insufficiency indicated by red blood cell fatty acid profile

Initial Plan

The patient was instructed to begin:

- UltraMeal[®] medical food, 2 scoops three times daily
- Vitamin E, 400 IU daily
- Flaxseed oil, 1 Tbsp. daily
- Modified elimination diet

3 Week Results

The patient said she was unable to follow the elimination diet completely as she lived on a school campus, but when she did her symptoms seemed to improve. She was sleeping better (6 to 8 hours per night), but her appetite was the same. She did note dizziness after consuming sugar. A diet analysis indicated that her protein intake was still low.

The patient was advised to make the following changes in the protocol:

- Discontinue UltraMeal medical food
- Begin UltraClear PLUS medical food, 2 scoops twice daily
- Begin *Lactobacillus acidophilus* NCFM[®] strain supplement, ½ tsp. twice daily
- Continue other supplements

6 Week Results

After 6 weeks, the patient said she was feeling much better. She was compliant with the UltraClear PLUS, but only followed the modified elimination diet about 75% of the time. She no longer had stomach discomfort, but there was still no change in her appetite. Her sleep remained improved—averaging 6 to 7 hours per night. Her migraines had also improved. Upon reintroduction of foods, she noted a return of symptoms with both dairy and refined sugar. She was instructed to continue the same protocol.

10 Week Results

At her 10-week follow-up, the patient reported having "great" energy and said most of her symptoms had resolved completely or had been substantially reduced. The only exceptions were her cold hands and feet and irregular menstrual cycles. She was counseled to begin decreasing the UltraClear PLUS to 1 serving per day for 1 week, and then to every other day.

36 Week Results

At 36 weeks, the patient continued to do well and her symptoms had largely abated. She remained off of dairy and refined sugar. She was advised to continue eating healthy meals, including more fish, and to continue taking flaxseed oil.

Conclusion

This case study shows that nutritional support featuring UltraClear PLUS, along with targeted dietary supplements and a modified elimination diet can successfully address multiple, long-standing symptoms related to food allergies and mold sensitivity.

Note

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response.

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