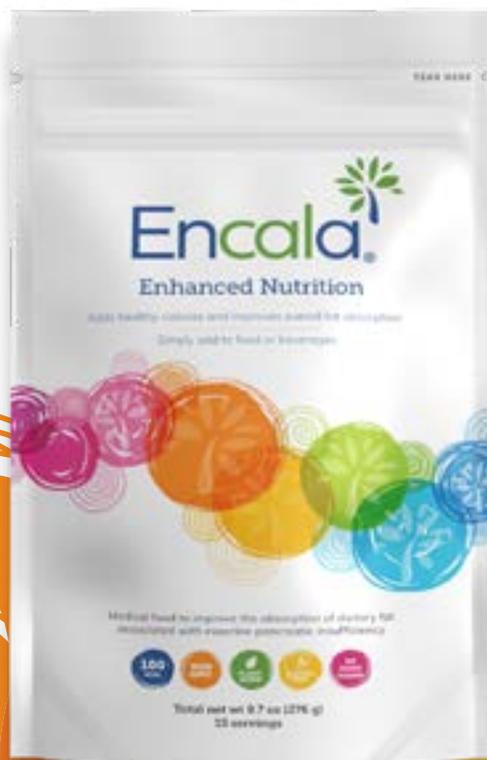


Improve your fat absorption by adding Encala to your diet

Tips and recipes to help you start Encala.

Starting low and building your daily usage of Encala over time will help you optimize the impact on your nutritional goals.



Encala is a plant-based powder that can be added to food you already eat to improve your fat and nutrient absorption.

Let us create a personalized daily plan for you!

Encala[®]

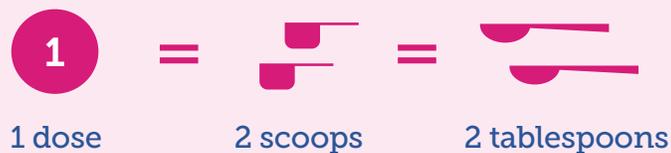
Encala is a medical food created for and clinically tested in patients with cystic fibrosis (CF) and exocrine pancreatic insufficiency (EPI).

Encala adds healthy fat calories and nutrients and improves your ability to absorb overall fat when mixed into your meals and snacks. Each dose (two tablespoons) provides 6 grams of healthy fat and 100 calories, and improves the absorption of fat calories in the food it is mixed into.

Simply mix Encala into your usual meals and snacks, or blend it into your milkshakes or smoothies to support your nutritional and growth goals.

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.

ENCALA DOSE



Your healthcare provider will recommend a daily goal of Encala to strive for. This daily goal can be spread across all the meals, snacks, and blended beverages of the day. Even using a teaspoon or tablespoon will improve fat absorption benefits of that meal and get you closer to your daily goal.

IN CLINICAL TRIAL

CHILDREN UNDER 12 RECEIVED



PEOPLE 12 AND OLDER RECEIVED





Recommended food types

START LOW AND GROW as you learn how best to incorporate Encala into your favorite foods and blended beverages. A teaspoon of Encala in a serving of food is a starting point that works for most people as they begin their journey.

For many, Encala will work best in sweet or savory foods with multiple flavors like milkshakes, smoothies, oatmeal, peanut butter, baked goods, pancakes / waffles, melted butter over noodles or pasta, pasta sauce, chili, and taco meat.

After your initial trial, you will likely find food types where you can gradually increase the amount of Encala you add to those foods. A good starting goal is a **teaspoon** of Encala in meals and snacks several times a day. Once you learn where Encala mixes well in your diet, you can add additional foods as well as increase the amount to build to 4-6 tablespoons a day or whatever daily dose is determined by your health care provider over a few weeks.

The amount of Encala to add to a specific dish or blended beverage will depend on the volume of food. For example:

- **1 tablespoon** of Encala in a cup (8 ounces) of milkshake
- **1 tablespoon** of Encala in 2 cups (16 ounces) of smoothie
- **1 tablespoon** of Encala in a nutritional supplement
- **1 teaspoon** of Encala in 2 tablespoons of peanut butter or chocolate hazelnut spread
- **1 teaspoon** of Encala in a half cup (4 ounces) of applesauce

Pro Tip: After mixing Encala with water-based foods, such as applesauce, allow a few minutes before eating for best dissolvability.

- Encala can be included in cornbread, cookies, and casseroles baked in the oven. It's been tested at temperatures up to 350°.
- For family meals like tacos and Sloppy Joe, where not everyone will be eating Encala, remove a portion, add Encala, and mix. Serve, or continue cooking as needed.
- In beverages, it may be helpful to use a blender to dissolve completely.
- In testing, Encala did not mix well in plain milk or clear liquids like coffee, orange juice, Gatorade®, or Pedialyte®.

When starting, try these suggested foods and ratios of Encala



Food	Serving Size	Encala Amount
BEVERAGES		
Hot chocolate	(individual package)	1 teaspoon
SNACKS		
Peanut butter 	2 tablespoons	1 teaspoon
Chocolate hazelnut spread 	2 tablespoons	1 teaspoon
Flavored apple sauce (cinnamon and sugar) 	½ cup	1 teaspoon
Homemade or instant pudding 	½ cup	1 teaspoon
SIDE DISHES		
Mashed potatoes 	¾ cup with butter, sour cream, and/or cheese to taste	1 teaspoon
Macaroni and cheese – high fat and creamy (not boxed) 	1 cup	1 tablespoon
6 oz box stuffing mix	Entire box (6 – ½ cup servings)	2 tablespoons
BREAKFASTS		
Flavored oatmeal	Instant cup or envelope	1 teaspoon
CONDIMENTS		
Gravy	¼ cup	1 teaspoon
Ranch dressing 	2 tablespoons	1 teaspoon
Hummus	¼ cup	1 teaspoon
Salsa	½ cup	1 teaspoon
Butter (melted or softened) 	1 tablespoon	1 teaspoon
Honey	1 tablespoon	1 teaspoon
Marinara sauce	½ cup	1 teaspoon
ENTREES		
Tuna Helper	1 cup	2 teaspoons
Potato / Tuna / Egg Salads	½ cup	1 teaspoon
Chili / Sloppy Joe / meat based casseroles / taco meat 	1 cup	1 tablespoon
Soups - cream or milk-based, such as broccoli cheddar or potato	1 cup	1 tablespoon

Pro Tip: Remember, these are starting doses. As you expand your use of Encala into entrees, milkshakes, and smoothies, build your use of Encala from 1 teaspoon to 1 tablespoon or more.

Food	Serving Size	Encala Amount
SWEETS		
Cake frosting 🍌🍌	2 tablespoons	1 teaspoon
Chocolate syrup 🍌🍌	1 tablespoon	1 teaspoon
BLENDED BEVERAGES		
Smoothie 🍌🍌	2 cups	1 tablespoon
Milkshake 🍌🍌	1 cup	1 tablespoon
Nutritional Supplements 🍌🍌	1 serving	1 tablespoon

FAMILY TIPS

Condiments, dressings, dips, and syrup - separate several portions, mix with Encala and store in refrigerator for multiple uses.

Pasta, taco meat, Sloppy Joe - place portion in separate pan for last five minutes and mix in Encala.

Baking - right before placing in the oven, create a separate portion and mix in Encala.

Enjoy a few of our favorite recipes...

Grilled Cheese

3 tablespoons mayonnaise
 1 tablespoon of Encala
 2 slices bread
 1 tablespoon butter
 2 or 3 slices of cheese



Mix together the mayonnaise and Encala in a bowl and spread on both sides of the bread.

Heat the butter in a medium size pan over medium heat and place in the two slices of bread. Cook until brown, about 2 minutes.

Flip the bread and place the cheese on one side, cover with the other slice of bread so the cooked side is on the inside. Continue to cook the second two sides of the bread until cheese is melted and outsides are golden brown.



Pumpkin Pancakes (or waffles)

2 cups whole wheat flour
2 teaspoons baking powder
1 tablespoon pumpkin pie spice or cinnamon
½ teaspoon salt
2 tablespoons Encala
3 tablespoons maple syrup
3 eggs
1 cup milk
1 cup pumpkin puree
¼ cup oil

1. Mix the flour, baking powder, pumpkin pie spice, salt, and Encala together.
2. In a separate bowl mix the maple syrup, eggs, milk, pumpkin puree, and oil together.
3. Mix the egg mixture into the flour mixture until fully combined.
4. Preheat a medium sauté pan and pour on ¼ cup of batter for each pancake.
5. Cook until golden brown on each side.
6. Makes 8 pancakes, each containing ¼ tablespoon of Encala.
7. To prepare waffles, preheat the waffle iron. Add about 1 cup of batter to the waffle iron and cook until golden brown on each side. Makes 5 waffles, each containing ⅓ tablespoon of Encala.

Pro Tip: To include more Encala, as you start preparing the batter, mix 1 teaspoon of Encala with 2 tablespoons of syrup and let sit for pouring over the pancakes / waffles.

Also consider mixing 1 teaspoon of Encala with 2 tablespoons of melted or softened butter to spread over the pancakes / waffles.

Stovetop Mac and Cheese

1 pound elbow macaroni
¾ cup salted butter
½ cup all-purpose flour
1 ½ teaspoon onion powder
1 ½ teaspoon ground mustard
1 teaspoon salt
½ teaspoon white pepper
3 cups whole milk
2 tablespoons of Encala
12 ounces shredded sharp cheddar cheese



1. Boil the macaroni according to the package directions. Drain well.
2. In a large saucepan, melt the butter over medium heat. Stir in the flour, onion powder, ground mustard, salt and pepper and cook 1-2 minutes.
3. Pour in milk and add Encala then whisk until smooth. Cook over medium-high heat, stirring constantly, for 3-5 minutes until the sauce starts to thicken. Turn off the heat and stir in cheese until melted.
4. Pour cooked pasta into the cheese sauce and stir well to combine. Serve hot.

Family meal approach: If you are using the recipe for the entire family, remove the portion of Mac and Cheese for the family members taking Encala after mixing in cheese and add 1 teaspoon of Encala for every cup of noodles and serve. Store leftovers in the refrigerator.

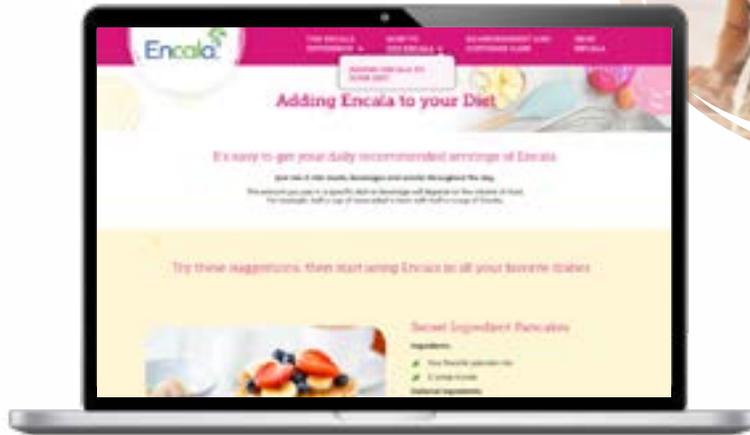


Quick and Easy Milkshake

1 cup ice cream of choice
½ - 1 cup whole milk (depending on desired thickness)
3 tablespoons chocolate syrup
1 tablespoon Encala

Combine all ingredients in the blender and pulse until just smooth.

Please visit [Encala.com](https://www.encala.com)
for helpful recipes



“ It is amazing in hot chocolate! I find this to be a highlight because it was so easy to incorporate, and I haven't had a greasy stool all day while using it. Knowing that this is helping my body, and is so easy to add, makes my life a little easier. ”

– 19 Year Old

“ He says a peanut butter and fluff sandwich is great and the Encala is absorbed easily. He cannot taste a difference between this and a regular sandwich. ”

– Parent of 13 Year Old



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If you have questions about where to use Encala or would like a personalized meal plan to incorporate Encala into your family's diet, email us at Encala@EnvaraHealth.com



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