Elemental Diets: Mechanisms of Action, Benefits and Relevant Disease States

mBIOTA ELEMENTAL



Elimination of Dietary Antigens

Removing intact food proteins and common additives eliminates triggers that drive digestive inflammation.

Reduced Inflammation and improved GI tolerance in patients with heightened mucosal sensitivity.

Celiac Disease | IBS | Dietary Intolerances | IBD | Food Allergies | EoE | EGID

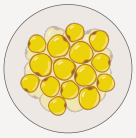


Comprehensive Nutrient Delivery

Pre-digested nutrients bypass the need for digestive processing.

Comprehensive Nutrition supports patients who cannot meet their nutritional needs through conventional diet alone.

Chronic Pancreatitis | IBD | Malnutrition/Malabsorption | Celiac Disease | IMO | SIBO | Short Bowel Syndrome



Reduced Fat Absorption Burden

Decreases the need for bile acid secretion and lowers absorption burden.

Easier Fat Digestion supports better digestion and lowers GI burden for patients who struggle to process dietary fat.

Chronic Pancreatitis | Bile Acid Diarrhea | IBD | Short Bowel Syndrome



Decreased Pancreatobiliary Stimulation

Pre-digested form minimizes the demand for digestive enzymes and acids.

Pancreatic Rest supports digestive recovery and allows the pancreas and biliary system to rest.

Chronic Pancreatitis | Bile Acid Diarrhea | Short Bowel Syndrome | Malnutrition/Malabsorption

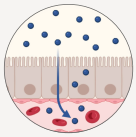


Proximal Absorption / Low Fecal Bulk

Optimal absorption in the upper small bowel leaves minimal residue to transit the colon.

Digestive Rest reduces intestinal load and burden, provides GI rest and improves fistula and pSBO management.

SIBO | Chronic Pancreatitis | IBD | Partial SIBO | IMO | Short Bowel Syndrome | Gastrointestinal Fistula

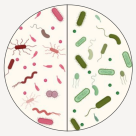


Optimal Absorption Efficiency

Optimal uptake in the small bowel reduces the need for enzymatic breakdown and digestion.

Rapid Nutrient Uptake rescues nutritional sufficiency in patients with impaired digestive capacity.

Chronic Pancreatitis | IBD | SBS | Celiac Disease | EoE | IMO | SIBO | Malnutrition/Malabsorption



Microbiome Modulation

Reduced substrate availability, limits the conditions that drive pathogenic colonization and overgrowth.

Rebalanced Microbiome supports restoration of microbial stability, helping management of dysbiosis.

SIBO | IMO | IBD | Bile Acid Diarrhea | IBS | Celiac Disease

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*Nasser et al., "Elemental Diet as a Therapeutic Modality: A Comprehensive Review," Digestive Diseases and Sciences, 69(9), 3344–3360 (2024).