

The development of Integrative Therapeutics Physicians' Elemental Diet was informed by the body of clinical evidence spanning 45 years on the effects of an elemental diet on gastrointestinal dysfunction. Learn more about this evidence from the studies below.

[x] Axelsson, C., Jarnum, S. (1977) Assessment of the therapeutic value of an elemental diet in chronic inflammatory bowel disease. *Scand J Gastroenterol*, 89-95.

[x] O'Morain, C., Segal, AW., Levi, AJ. (1984) Elemental diet as primary treatment of acute Crohn's disease: a controlled trial. *Br Med J (Clin Res Ed)*. 1859-62.

[x] Russell. (1975) Progress report: elemental diets. *Gut*. 68-79.

[x] Pimentel M, Constantino T, Kong Y, et al. A 14-day elemental diet is highly effective in normalizing the lactulose breath test. *Dig Dis Sci*. 2004 Jan;49(1):73-7.

[x] Ciampa, B., Ramos, E., et al (2017) The emerging therapeutic role of medical foods for gastrointestinal disorders. *Gastroenterol Hepatol*, 13: 104-115.

[x] Yamamoto, T., Nakahigashi, M., Umegae, S., Kitagawa, T. and Matsumoto, K. (2005), Impact of elemental diet on mucosal inflammation in patients with active Crohn's disease: Cytokine production and endoscopic and histological findings. *Inflamm Bowel Dis*, 11: 580-588

[x] O'Morain, C., Segal, AW., Levi, AJ. (1984) Elemental diet as primary treatment of acute Crohn's disease: a controlled trial. *Br Med J (Clin Res Ed)*. 1859-62.

[x] Gorard, DA., Hunt, JB., Payne-James, JJ. Et al. (1993) Initial response and subsequent course of Crohn's disease treated with elemental diet or prednisone. *Gut*. 1198-202.

[x] Axelsson, C., Jarnum, S. (1977) Assessment of the therapeutic value of an elemental diet in chronic inflammatory bowel disease. *Scand J Gastroenterol*, 89-95.