



**Dr. Schar** USA is an international food company that recently launched **FLAVIS**, a kidney-friendly food brand designed to improve dietary adherence in CKD patients. **FLAVIS is the preferred food partner of the National Kidney Foundation.**

### **Research shows that Medical Nutrition Therapy with Low Protein Diet may preserve residual kidney function among CKD patients.**

Studies have shown that patients who adhered to a low protein, low sodium diet under the direction of a registered dietitian were able to maintain renal function, decrease mortality, and postpone the need for dialysis. Error! Bookmark not defined.-7

### **How does FLAVIS promote dietary adherence?**

FLAVIS foods are:

- Low in **sodium** to help manage blood pressure
- Low in **protein** to help patients follow a low protein diet of 0.6-0.8 g/kg per day and preserve kidney function.
- Low in **phosphorus** to prevent excess buildup in the blood and protect bone health
- Low in **potassium** to reduce risk of hyperkalemia
- Good sources of **fiber** to promote a healthy gut and reduce uremic toxins in the body

### **Learn more:**

Visit our [website](#) to learn more about our products, understand the benefits of MNT for CKD, and learn how to make delicious recipes using FLAVIS foods.

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3. Rhee, C.M., Ahmadi, S.F., Kovesdy, C.P., et al. (2018) Low-protein diet for conservative management of chronic kidney disease: a systematic review and meta-analysis of controlled trials. *J Cachexia, Sarcopenia and Muscle*, 9: 235-245.
4. De Waal, D., Heaslip, E., Callas, P. (2016) Medical Nutrition Therapy for Chronic Kidney Disease Improves Biomarkers and Slows Time to Dialysis. *J Renal Nutr* 26(1):1-9.
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6. Hansen, H.P., Tauer-Lassen, E., Jensen, B.R., et al. (2002) Effect of dietary protein restriction on prognosis in patients with diabetic nephropathy. *Kidney International* 62:220-228.

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