



# Seracal™

## Mixing instructions

# Mix, enjoy, repeat



We recommend starting with **1 to 2 tablespoons** of Seracal mixed with food. Then, increase gradually to the number of servings recommended by your clinician.

Please reach out to your healthcare team with any questions.



- Thoroughly mix before eating.
- Add to soft foods, such as yogurt, pudding, applesauce, scrambled eggs, meat sauce, baking batters, and condiments.
- Blended drinks, like smoothies or milkshakes, mix well with Seracal. However, we do not recommend adding Seracal to thin beverages, like coffee, water, or milk.
- If you are using Seracal for tube feeding, please visit [MySeracal.com](http://MySeracal.com) for tube feed flushing instructions.

If you need to reorder Seracal, please contact Pentec Health at (888) 639-2110 and/or your clinician.



# Mix it up with Seracal™



**1 serving = 4 tablespoons, 1/4 cup (level, not packed), or 1 packet**

Food	Amount of food	Amount of Seracal
Chocolate hazelnut spread	1 tbsp	2 tbsp
Flavored applesauce	1/2 cup	2-4 tbsp
Single-serving flavored pudding	1 serving	1-2 tbsp
Flavored yogurt	1 cup	2-4 tbsp
Chili, taco meat, casseroles, and macaroni and cheese	1 cup	2-3 tbsp
Pancake batter	2 cups	3 tbsp
Scrambled eggs	2 eggs	3 tbsp
Hummus	1/4 cup	1-2 tbsp
Ranch dressing or ketchup	2 tbsp	1-2 tbsp

We are always adding new resources to **MySeracal.com**, so check back frequently!



**MySeracal.com.**

Follow us on social media for more Seracal updates.



If you have questions or want to share other foods you've enjoyed with Seracal, please reach out to our team: [info@vytalahealth.com](mailto:info@vytalahealth.com)