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PSYCHIATRY

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PATIENT EDUCATION

Caprylidene

Historical Axona medical food / Medium-chain triglyceride formulation

A guide to caprylidene as a historical nutritional preparation.
Consult with your provider before using a medical food or supplement.

BENEFIT NOT ESTABLISHED | NOT AN FDA-APPROVED ALZHEIMER DRUG

Formulations: Historical Axona was a powder mixed with liquid. Different MCT oils, powders, and research formulations have different ingredients and doses; they are not interchangeable.

What it is used for

Caprylidene was marketed as a medical food for dietary support in Alzheimer disease. It is not an FDA-approved medication for dementia, and a dependable benefit for memory or daily functioning has not been established.

This guide addresses the historical formulation. Current availability and a current manufacturer label have not been confirmed.

How it works

The body can convert medium-chain fats into ketones, which can supply energy to the brain. Producing ketones does not by itself demonstrate improved memory or slowed Alzheimer disease.

What to expect over time

Agree on a practical goal and a review date before trying a nutritional treatment. Changes in a ketone reading do not establish that memory or daily functioning has improved.

Taking your medication

- Have the exact formulation, ingredients, and current instructions verified before use. Do not follow an old online dose.
- Do not replace prescribed dementia treatment or regular meals with this preparation.
- Do not double a missed serving or increase the amount to chase a memory effect.

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Side effects and safety

Possible side effects

- Diarrhea, gas, nausea, or indigestion
- Reduced appetite or difficulty maintaining weight
- Dehydration if vomiting or diarrhea is persistent

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Track eating, drinking, bowel symptoms, weight, and daily activities. A caregiver's observations can help. Review cost and preparation burden as well as any possible benefit.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss ingredient allergies, bowel disease, diabetes, past ketoacidosis, poor nutrition, and kidney or liver disease. Food-derived ingredients can still cause harm. Discuss pregnancy and breastfeeding with your provider.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Do not stop other dementia medicines because you are trying a nutritional preparation.

Vomiting, dehydration, and reduced intake can complicate diabetes treatment. Follow your existing sick-day instructions and obtain advice when unwell.

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Living with your treatment

When to get help

Emergency symptoms. Call 911 for breathing difficulty, facial or throat swelling, collapse, or severe confusion. Vomiting with abdominal pain and rapid breathing needs urgent assessment, particularly with diabetes.

Prompt medical advice. Report persistent diarrhea, repeated vomiting, very little urine, weight loss, or inability to maintain food and fluids.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Does “medical food” mean FDA-approved?
No. Medical foods do not undergo the same approval process as prescription drugs. That description does not establish effectiveness.

Is coconut oil an equivalent treatment?
No. Ingredients, quantities, and evidence differ. Do not substitute one oil or supplement for another based on a claim about ketones.

Everyday tips

Prioritize regular meals, adequate protein, and fluids within medical restrictions.

Review meaningful daily functioning with a caregiver when useful.

Storage and safety

Follow the verified container’s storage and expiration instructions. Keep the preparation away from children and pets.

Sources

FDA: Is It Really FDA Approved?
Henderson and colleagues, 2020: AC-1204 randomized Alzheimer trial

Educational handout; does not replace your prescription or provider's recommendations.