

ABSOLUTE CONTRAINDICATIONS

*Due to contraindications and conditions that warrant close medical supervision, the Ketogenic diet should be prescribed to a client by a **qualified Health Care Professional or Nutritionist** who has completed the proper assessment and has determined that the Ketogenic Diet is appropriate. Assessment must be in your legal scope of practice to be completed.*

1. Inborn errors of metabolism. These genetic defects are usually identified at birth and are known to the person:

- Carnitine deficiency (primary)
- Carnitine palmitoyltransferase I or II deficiency
- Carnitine translocase deficiency
- β -oxidation defects
- Medium-chain acyl dehydrogenase deficiency
- Long-chain acyl dehydrogenase deficiency
- Short-chain acyl dehydrogenase deficiency
- Long-chain 3-hydroxyacyl-coenzyme A deficiency
- Medium-chain 3-hydroxyacyl-coenzyme A deficiency
- Pyruvate carboxylase deficiency

2. Enzymatic defects. (Diagnosis can be complex and involve genetic and metabolic tests. If a deficiency is suspected, consultation with a healthcare professional familiar with inborn errors of metabolism is advised.)

- Succinyl-CoA acetoacetate transferase (SCOT) deficiency. SCOT is the rate-limiting step in ketolysis
- Beta-ketothiolase (T2) deficiency
- Methylmalonyl-coA epimerase deficiency

3) Porphyria

4) Starvation-Mimicking States

CONDITIONS THAT WARRANT CLOSE MEDICAL SUPERVISION

- Cardiomyopathy
- Childhood and Adolescent Growth
- Fat Malabsorption
- Gout
- Insulin-Dependent Diabetes
- Kidney Dysfunction
- Liver Disorders
- Osteoporosis
- Pregnancy and Lactation
- Underweight and Unintended Weight Loss
- Urolithiasis