



Low Oxalate Program (example)

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Low Oxalate Diet:

Commonly consumed foods high in oxalates are Spinach, Berries (including juice), Nuts (including nut butters) and Soy. There are many other high oxalate foods as well that individual patients/clients may be consuming. There are various online resources available for more information regarding high oxalate foods and the incorporation of a low oxalate diet:

- *Low Oxalate.info* – <https://lowoxalate.info>.
- *Great Plains Laboratory Oxalate Control brochure* – <https://greatplainslaboratory.com>. Their brochure regarding low oxalate information is found in the 'Organic Acids Test (OAT)' section.
- *The Vulvar Pain (VP) Foundation* – <https://thevpfoundation.org>.
- *Nourishing Hope (Julie Matthews, CNC.)* – <https://nourishinghope.com>.

Reducing the consumption of high oxalate foods is essential for a low oxalate program. Have patient/client access one or more of the above listed websites for a more thorough analysis of their consumption of high oxalate foods. Also, incorporating certain supplements can help with the elimination of oxalates.

These supplements are available from **New Beginnings Nutritionals** – <https://nbnus.com>. Other supplement companies of your choosing may provide similar options.

- **Cal/Mag Citrate** (*capsules or chewable tablets*) – 1 to 2 capsules or chewable tablets with meals
- **Visbiome** – 1 to 2 capsules daily
- **Vitamin B6 Tablet (50mg)** – 1 to 2 tablets daily
- **Additional Options:**
 - **Magnesium** – oral magnesium, e.g. *Magnesium Chelate (1 to 2+ capsules daily) and/or magnesium sulfate, aka. Epsom Salt cream (daily application). The Epsom Salt cream is used primarily if having body pain with high oxalates or oxalate dumping.*
 - **Biotin (5mg)** – 1 to 4+ capsules daily. *Used primarily if having body pain with oxalates or oxalate dumping.*

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