

Avoiding Oxalate

Because it's part of many of the foods and drinks we consume every day, oxalate can be difficult to avoid completely. How can you limit your oxalate intake?

Boil certain oxalate-packed foods to reduce oxalate levels.



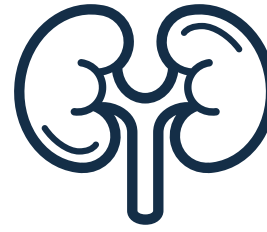
Enjoy more dairy, which can help balance your calcium-oxalate ratio.



Replace or remove oxalate-packed foods from your diet.

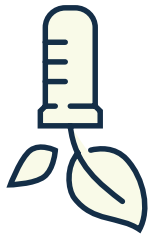


An anti-nutrient is a compound that interferes with the absorption of some of the nutrients we need — and oxalate fits the bill. It can bind to calcium, magnesium and iron, making them less available for your body. If the calcium-oxalate ratio is out of balance, it can lead to the formation of microcrystals.



Oxalate as an Anti-Nutrient

Oxalate is all around us when we shop and eat, in foods from spinach and nuts to potatoes and chocolate. Yet so many people are unfamiliar with oxalate and the role it plays in nutrition every day. Although it serves an important role in the growth of plants, oxalate has no benefit to humans.



What is Oxalate?

ENJOY MORE OF THE FOODS YOU LOVE WITH NEPHURE.*

You can enjoy some of your favorite meals wherever your day may take you. Just grab some of Nephure's easy-to-use stick packs and stir one into the beverage enjoyed with your meals.

Nephure™



*Oxalate reduction is based on simulated stomach environment testing. Use Nephure as directed on the package. The product should not be taken by children or by women who are pregnant or nursing.

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Oxalate-Packed

FOOD GUIDE

Nephure™

Nephure™ GUIDE TO OXALATE-PACKED FOODS

Researchers are only scratching the surface of oxalate research, and the current studies can be confusing and inconsistent, making it difficult to determine what types of foods to nix from your diet. We have compiled the most tested foods from six of today's most well-respected sources in oxalate research to help you avoid oxalate-packed foods with more confidence.

The average person eats about 250 to 300 mg of oxalate everyday — up to triple the amount recommended for individuals advised to follow a low-oxalate diet.

DAILY OXALATE RECOMMENDATIONS

50 mg
Ideal daily amount

100 mg
recommended daily amount

300 mg

3 times recommended daily amount

Overwhelmed by oxalate research?

Start simple by eliminating a few of these oxalate-packed foods to your diet first.



Fruit

½ fruit	Grapefruit	Very high	○●
1 date	Dates	Very high	○●●
1 fruit	Kiwi	Very High	○●●●
1 cup	Raspberries	Very High	○●●●●
1 fruit	Tangerine	High	○●●●



Veggies

1 medium	Baked Potato w/ Skin	Very High	○●
	Mashed Potatoes		
½ cup	Beets	Very High	○●
½ cup	Okra	Very High	○●●●
½ cup	Parsnip	High	○●●●
½ cup	Rhubarb	Very High	○●●●
½ cup	Mashed Rutabaga	Very High	○●●●
1 cup	Spinach	Very High	○●●●
1 cup	Sweet Potato	Very High	○●
½ carrot	Raw Carrots	High	○●
n/a	Eggplant	High	●●



Grains

1 cup	Cornmeal	High	○●●●
1 cup	Cooked Brown Rice	High	○●●
4 small	Pancakes	High	○●



Meat

3.5 oz	Soy Burger	High	○●
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Nuts

1 oz	Almonds	Very High	○●
1 oz	Cashews	Very High	○●●
1 oz	Peanuts	Very High	○●●
1 oz	Pistachios	Very High	○●●
1 oz	Pumpkin Seeds	Very High	○●●
n/a	Sunflower Seeds	Very High	○●●●



Snacks

1 oz	Potato Chips	Very high	○●
2 tbs	Cocoa Powder	Very high	○●
1 oz	Chocolate Syrup	Very High	○●
1 piece	Brownies	Very High	○●

Did you know: Oxalate content can vary based on a variety of factors, including growing season, climate and mineral content in the soil.

Our six trusted oxalate sources:

- Harvard College
- University of Pittsburgh Medical Center
- ⊙ Dayton's Children's Hospital
- ◆ Low Oxalate Fresh and Fast Cookbook
- The Low Oxalate Cookbook Two
- University of Chicago



Proudly made in the USA with carefully selected ingredients of international and domestic origin



Manufactured in a Food and Drug Administration (FDA) registered facility complying with cGMP



Nephure's purpose is to assist you in limiting the intake of oxalate-rich foods as recommended by the AUA guidelines.**