

- Title** Namyang Ketonia – Ketogenic Diet Treatment for Epilepsy
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- Reference** Technology Review Report - 023/2013, online:
http://www.moh.gov.my/index.php/database_stores/store_view_page/30/226

Aim

To review evidence on the effectiveness, safety and cost-effectiveness of Namyang Ketonia as a ketogenic diet treatment for epilepsy in infant and young children.

Conclusions and results

There was limited but good level of retrievable evidence on the effectiveness of Namyang Ketonia as a ketogenic diet treatment for epilepsy in infant and young children. All studies seemed to show more than 50% reduction in seizure compared to their comparative controls at three months, and this response was maintained for up to a year. However, the evidence obtained was not properly designed RCTs because studies included are limited by small sample sizes and of short duration. Some studies did not specify the randomisation process, and none were blinded. Outcome measures relating to seizure control such as seizure reduction were not well-defined and specified.

There was no retrievable evidence on United States Food and Drug Administration (US FDA) approval or CE mark for this product. Some studies recorded a range of side effects, the most prevalent being gastrointestinal effects. According to the manufacturer, the price is USD\$ [redacted] (RM [redacted]) per carton (24 packs per carton; weight 180 ml per pack).

Recommendations (if any)

Based on the review, Namyang Ketonia is recommended to be used as a ketogenic diet treatment for epilepsy in infant and young children.

Methods

Electronic databases were searched, which included PubMed, Medline, Journal @ Ovid full text via OVID, OVID EBM Reviews - Cochrane central register of controlled trials, EBM Reviews - Cochrane database of systematic review, Horizon scanning databases - Centre, Birmingham, Australia and New Zealand Horizon scanning (ANZHSN), FDA website, MHRA website and from non-scientific database - Google search engine. In addition, a cross-referencing of the articles retrieved was also carried out accordingly to the topic. Relevant articles were critically appraised and evidence graded using US/Canadian Preventive Services Task Force.

Further research/reviews required

Research is warranted to provide high quality scientific evidence to support ketogenic diet as a treatment for epilepsy in infant and young children.

Written by

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