

Caprylidene

Axona — historical nutritional product

A nutritional product can sound promising without having proven memory benefits. The evidence matters.

From Jeffrey Panko, PMHNP-BC's education collection ·

Draft for review · Clinical content has not been revalidated for this website.

BENEFIT NOT ESTABLISHED

NOT AN FDA-APPROVED ALZHEIMER DRUG

The diagram shows how ketone fuel can be produced. It does not show proven memory improvement.

What it is used for

Historically marketed as Axona for dietary support in Alzheimer disease. It is not an approved drug for Alzheimer disease or memory loss.

This sheet explains an older product. Current availability and a current manufacturer label were not confirmed; it is not a recommendation to buy or start it.

How it works

The body can turn its medium-chain fats into ketones, which the brain can use for energy.

More ketone fuel does not automatically mean better memory. Later research with a related formulation did not show cognitive or daily-function benefit.

What to expect over time

BEFORE ANY USE

Ask what product is being considered, why, and what meaningful improvement would count.

EARLY TOLERANCE

Watch for diarrhea, gas, nausea, reduced eating or drinking, and weight loss.

REASSESS TOGETHER

Agree on a follow-up and stopping plan. Do not continue indefinitely without a clear reason.

Taking your medication

Do not start from an old dose printed online or on this sheet. Have the clinician/pharmacist verify the exact product and ingredients.

Historical Axona instructions used a powder mixed with liquid after a meal. Slow sipping and a smaller starting amount were used for tolerance.

Different MCT powders, oils and research products are not the same dose. Do not double an amount to make up for a missed serving.

When to get help

Call 911: trouble breathing, face/tongue swelling, collapse or severe new confusion.

Prompt medical care: severe or lasting diarrhea, repeated vomiting, very little urine, dizziness or inability to keep fluids down.

Urgent assessment: vomiting, belly pain and rapid breathing, especially with poorly controlled diabetes or another risk for ketoacidosis.

Early side effects

Gas, diarrhea, indigestion, nausea and headache can occur. Tell your clinician if symptoms persist; do not keep increasing the amount to chase a memory effect.

Other effects to discuss

Track appetite and weight. Weight loss matters, especially if someone is already frail or losing muscle. A nutritional product should not replace meals or needed protein.

What to keep track of

Keep track of bowel symptoms, fluids, weight and daily activities with a caregiver when useful. Some people need triglyceride or other checks based on their health; ketone numbers do not prove benefit.

Before you start

Tell your clinician about milk/soy or other ingredient allergies, coconut/palm-oil sensitivity, stomach/bowel disease, diabetes, past ketoacidosis, heavy alcohol use and kidney/liver/heart problems. Discuss pregnancy or breastfeeding; food-derived does not automatically mean safe. Bring the actual container and a list of medicines and supplements.

Medicines & interactions

Other memory treatment

Do not replace or stop prescribed dementia medicines because you are trying a nutritional product. Ask how it would fit the existing plan.

Diabetes and nutrition

Poor intake, dehydration and changes in diet can complicate diabetes care. Follow your existing sick-day plan and seek help when unwell.

Other oils and supplements

Do not assume coconut oil, MCT oil and caprylidene are interchangeable. Their ingredients, amounts and evidence differ.

Everyday tips

Choose practical goals, such as managing a familiar task, rather than a promise to reverse memory loss.

Ask a trusted person to help notice changes in eating, drinking and daily function.

Keep ordinary meals and hydration a priority, within any medical restrictions.

Review cost and preparation burden along with possible benefit. Stopping an unhelpful product is a reasonable decision.

Your questions, answered

Does medical food mean FDA approved?

No. Medical foods do not go through the same premarket approval process as drugs. The term does not prove a memory benefit.

Did research show that it works?

Some early findings were encouraging, but a later larger study of a related formulation did not improve cognition or function. Benefit remains unestablished.

Do I need a taper to stop?

The historical guide says no taper is needed. Let the care team know and keep taking other medicines as prescribed.

Can I test ketones to see if it works?

A ketone result does not tell you whether memory or daily function improved. Review meaningful changes with the clinician instead.

Storage & safety

Follow storage and expiry directions on the verified product container. Keep it away from children and pets. If an excessive amount is taken, call Poison Control at 1-800-222-1222; call 911 for severe symptoms.

About this information

For general information only; not a substitute for individualized medical advice. This sheet does not cover every risk or interaction. Ask your prescriber or pharmacist before changing how you take this medication.

Sources

1. <https://www.fda.gov/consumers/consumer-updates/it-really-fda-approved>
 2. <https://pubmed.ncbi.nlm.nih.gov/32310169/>
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Educational inclusion does not mean this medication or its indications are treated at this practice. Review the guide for your exact product with your prescriber or pharmacist.

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