

# HCU *express*™

## DESCRIPTION

HCU express is a powdered methionine free protein substitute containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements.

## PRESENTATION

HCU express is available in sachets of unflavoured powder.

## INDICATIONS

HCU express is for use in the dietary management of Homocystinuria for people from 8 years of age.

| Nutritional Information           |      |          |                |                                   |    |          |                |
|-----------------------------------|------|----------|----------------|-----------------------------------|----|----------|----------------|
| Typical composition of dry powder |      | per 100g | per 25g sachet | Typical composition of dry powder |    | per 100g | per 25g sachet |
| Energy                            | kJ   | 1260     | 315            | <b>Trace Elements</b>             |    |          |                |
|                                   | kcal | 302      | 76             | Iron                              | mg | 21.6     | 5.4            |
| Protein equivalent                | g    | 60       | 15             | Copper                            | mg | 2.2      | 0.6            |
| Total amino acids                 | g    | 72       | 18.2           | Zinc                              | mg | 21.6     | 5.4            |
| Carbohydrate                      | g    | 15       | 3.8            | Manganese                         | mg | 3.2      | 0.8            |
| of which sugars                   | g    | 0.0      | 0.0            | Iodine                            | µg | 252      | 63             |
| Fat                               | g    | <0.5     | <0.1           | Molybdenum                        | µg | 144      | 36             |
| of which saturates                | g    | Trace    | Trace          | Selenium                          | µg | 86       | 21.5           |
|                                   |      |          |                | Chromium                          | µg | 86       | 21.5           |
| <b>Vitamins</b>                   |      |          |                | <b>Amino acids</b>                |    |          |                |
| Vitamin A                         | µg   | 1008     | 252            | L-Alanine                         | g  | 3.21     | 0.80           |
| Vitamin D                         | µg   | 13       | 3.3            | L-Arginine                        | g  | 4.08     | 1.02           |
| Vitamin E                         | mg   | 15.5     | 3.9            | L-Aspartic acid                   | g  | 7.69     | 1.92           |
| Vitamin C                         | mg   | 108      | 27             | L-Cystine                         | g  | 1.92     | 0.48           |
| Vitamin K                         | µg   | 101      | 25.3           | L-Glutamine                       | g  | 5.70     | 1.43           |
| Thiamin                           | mg   | 2        | 0.5            | Glycine                           | g  | 4.20     | 1.05           |
| Riboflavin                        | mg   | 2.3      | 0.6            | L-Histidine                       | g  | 2.70     | 0.68           |
| Niacin                            | mg   | 25.2     | 6.3            | L-Isoleucine                      | g  | 4.50     | 1.13           |
| Vitamin B <sub>6</sub>            | mg   | 2.9      | 0.7            | L-Leucine                         | g  | 7.80     | 1.95           |
| Folic acid                        | µg   | 400      | 100            | L-Lysine                          | g  | 5.03     | 1.26           |
| Vitamin B <sub>12</sub>           | µg   | 4.7      | 1.2            | L-Methionine                      | g  | 0.00     | 0.00           |
| Biotin                            | µg   | 187      | 46.8           | L-Phenylalanine                   | g  | 3.48     | 0.87           |
| Pantothenic acid                  | mg   | 7.9      | 2              | L-Proline                         | g  | 4.43     | 1.11           |
|                                   |      |          |                | L-Serine                          | g  | 3.42     | 0.86           |
| <b>Minerals</b>                   |      |          |                | L-Threonine                       | g  | 3.42     | 0.86           |
| Sodium                            | mg   | 568      | 142            | L-Tryptophan                      | g  | 1.50     | 0.38           |
|                                   | mmol | 24.4     | 6.1            | L-Tyrosine                        | g  | 3.48     | 0.87           |
| Potassium                         | mg   | 1045     | 261            | L-Valine                          | g  | 4.98     | 1.25           |
|                                   | mmol | 27.2     | 6.8            | L-Carnitine                       | mg | 158.39   | 39.60          |
| Chloride                          | mg   | 874      | 219            | Taurine                           | mg | 237.64   | 59.41          |
|                                   | mmol | 24.5     | 6.1            |                                   |    |          |                |
| Calcium                           | mg   | 1116     | 279            |                                   |    |          |                |
| Phosphorus                        | mg   | 1105     | 276            |                                   |    |          |                |
| Magnesium                         | mg   | 415      | 104            |                                   |    |          |                |

## DOSAGE & ADMINISTRATION

Dosage of HCU express to be determined by the clinician or dietitian.

1. The daily protein requirement is given as HCU express (100g is equivalent to 60g protein).
2. Additional protein is provided from exchanges of natural protein in medically prescribed quantities, to provide methionine in controlled amounts, which is essential for normal growth and development.
3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy.

## PREPARATION GUIDELINES

Empty the contents of the sachet into the beaker provided, plus a FlavourPac\* sachet if required. Add approximately 80ml of cold water (half-way up the beaker). Secure the lid and shake for 10 seconds. Drink immediately.

This product should be freshly prepared and when possible used immediately. However, any unused portions should be refrigerated and used within 24 hours - re-shake before use.

Water or permitted drinks should be taken after the HCU express.

\*Separate FlavourPac sachets are available in blackcurrant, lemon, orange, raspberry and tropical.

## IMPORTANT NOTICE

Must only be given to patients with proven Homocystinuria.

Must only be used under strict medical supervision.

Not recommended for children under 8 years of age.

Not to be used as a sole source of nutrition.

Not for intravenous use.

Contains a source of phenylalanine.

## ALLERGEN DECLARATION

Contains Soya Lecithin.

## STORAGE

Store in a cool, dry place.

## PACK SIZE

30 x 25g sachets.

## NET WEIGHT

0.75kg

## REGISTRATION

ACBS, GMS and PBS approved.



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