



exploreTM10



DESCRIPTION

Powdered Phenylalanine-free Medical Food

A blend of essential and non-essential amino acids, carbohydrate, arachidonic acid (ARA), docosahexaenoic acid (DHA), vitamins and minerals.

Designed to form a semi-solid (spoonable) consistency when mixed with water to support introduction of solids in the PKU diet of young children from 1 year of age.

USE UNDER MEDICAL SUPERVISION

INDICATIONS

For use in the dietary management of Phenylketonuria (PKU) from 1 year of age.

DOSAGE AND ADMINISTRATION

To be determined by the clinician or dietitian and is dependent on the age, body weight, and medical condition of the patient.

Each 25 g packet of PKU explore10 provides 10 g of protein equivalent.

PREPARATION GUIDELINES

PKU explore10 can be taken as a semi-solid spoonable consistency or as a low volume drink.

A) For the recommended concentration as a spoonable consistency:

1. Add 25 ml (1.5–2 tablespoons) of cold water into a small container with a lid.
2. Empty the contents of the packet into the container.
3. Secure the lid and shake well for 10 seconds.
4. Leave to stand for 2 minutes, allowing a smooth semi-solid consistency to form.

Consume with a spoon.

Water or permitted drinks should be taken after PKU explore10.

B) For the recommended concentration as a low volume drink:

1. Add 80 ml (approximately 3 fl oz) of cold water into a small container with a lid.
2. Empty the contents of the packet into the container.
3. Secure the lid and shake well for 10 seconds.
4. Drink immediately.

Water or permitted drinks should be taken after PKU explore10.

The product should be prepared immediately prior to feeding and any remaining product must be discarded if not used within 1 hour.

STORAGE

Store in a cool dry place.

Packets are designed for single use and should be used immediately once opened.

PACK SIZE

30 x 25 g (0.88 oz) packets

NET WT.

750 g (26.4 oz) (1.65 lb)

Available in Orange and Raspberry flavors.

IMPORTANT NOTICE

Must only be consumed by people with proven Phenylketonuria (PKU) under strict medical supervision.

Diet must be supplemented with natural protein, water, and other nutrients in prescribed quantities to supply phenylalanine, fluid, and general nutrition requirements.

Not for intravenous use.

For enteral use only.

Not for use as a sole source of nutrition.

Not intended for use as a breastmilk substitute.

PKU explore10 Nutrition Information

	Units	Per 100 g	Per 25 g (1 packet)
Calories	kcal	330	83
Protein Equivalent	g	40	10
L-Phenylalanine*	g	0	0
Total Carbohydrate	g	39	9.8
Sugars	g	25	6.3
Total Fat	g	1.5	0.4
Saturated fat	g	0.7	0.17
Arachidonic acid (ARA)	mg	280	70
Docosahexaenoic acid (DHA)	mg	140	35
VITAMINS			
Vitamin A	µg RE	470	117
Vitamin D	µg	24	6.0
Vitamin E	mg α TE	8.7	2.2
Vitamin C	mg	80	20
Vitamin K	µg	24	6.0
Thiamin	mg	0.90	0.22
Riboflavin	mg	1.4	0.35
Niacin	mg	6.2	1.5
Vitamin B6	mg	1.0	0.25
Folic Acid	µg	200	50
Vitamin B12	µg	3.3	0.82
Pantothenic acid	mg	6.6	1.6
Biotin	µg	21	5.2
Choline	mg	405	101
MINERALS			
Sodium	mg	200	50
Potassium	mg	450	112
Chloride	mg	450	112
Calcium	mg	1100	275
Phosphorus	mg	650	162
Magnesium	mg	120	30
Iron	mg	14.2	3.5
Copper	mg	0.72	0.18
Zinc	mg	10.0	2.5
Manganese	mg	0.23	0.06
Iodine	µg	134	33
Molybdenum	µg	36	9.0
Selenium	µg	28	7.0
Chromium	µg	27	6.7
AMINO ACIDS			
L-Alanine	g	1.71	0.43
L-Arginine	g	2.76	0.69
L-Aspartic acid	g	4.38	1.10
L-Cystine	g	1.11	0.28
L-Glutamine	g	3.45	0.86
Glycine	g	4.36	1.09
L-Histidine	g	1.70	0.43
L-Isoleucine	g	2.98	0.75
L-Leucine	g	4.69	1.17
L-Lysine	g	3.10	0.78
L-Methionine	g	0.83	0.21
L-Proline	g	3.12	0.78
L-Serine	g	1.94	0.49
L-Threonine	g	3.03	0.76
L-Tryptophan	g	0.94	0.24
L-Tyrosine	g	4.40	1.10
L-Valine	g	3.45	0.86
L-Carnitine	mg	44	11
Taurine	mg	88	22

*No added phenylalanine.

Manufactured in Germany for Vitaflor USA, LLC.

1007 US Highway 202/206, Building JR-2, Bridgewater, NJ 08807

Tel: 888-848-2356 | Fax: 631-693-2002 | E-mail: vitaflorNAM@vitaflorusa.com

www.vitaflorUSA.com | Code: VFUSA_PKUEX10DS_032020

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ORANGE (NATURAL ORANGE FLAVOR)

Ingredients: Sugar, L-lysine L-aspartate, Corn starch, Modified corn starch, L-leucine, L-tyrosine, Glycine, L-arginine L-aspartate, L-glutamine, L-valine, L-proline, L-threonine, L-isoleucine, Dried glucose syrup, Calcium phosphate, Citric acid, L-serine, L-alanine, L-histidine, Choline bitartrate, Natural flavor, L-cystine, Magnesium phosphate, L-tryptophan, Potassium chloride, L-methionine, L-arginine, High oleic sunflower oil, Refined tuna oil (fish), Calcium glycerophosphate, Maltodextrin, Sodium citrate, Sodium ascorbate, M. alpina oil**, Salt, Taurine, Zinc gluconate, L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, Mono- and diglycerides, DL-alpha-tocopheryl acetate, Dipotassium phosphate, Vitamin D3, Calcium pantothenate, Niacinamide, Sodium selenite, Copper gluconate, Retinyl acetate, Vitamin B12, Chromium chloride, Folic acid, Biotin, Potassium iodide, Manganese gluconate, Riboflavin, Pyridoxine hydrochloride, Thiamine hydrochloride, Sodium molybdate, Vitamin K1, Tocopherols, Ascorbyl palmitate.

Contains: fish (tuna). **May contain:** milk.

****A source of arachidonic acid (ARA).**

RASPBERRY (NATURAL RASPBERRY FLAVOR)

Ingredients: Sugar, L-lysine L-aspartate, Corn starch, Modified corn starch, L-leucine, L-tyrosine, Glycine, L-arginine L-aspartate, L-glutamine, L-valine, L-proline, L-threonine, L-isoleucine, Natural flavor, Dried glucose syrup, Calcium phosphate, Malic acid, L-serine, L-alanine, L-histidine, Choline bitartrate, L-cystine, Magnesium phosphate, L-tryptophan, Potassium chloride, L-methionine, L-arginine, High oleic sunflower oil, Refined tuna oil (fish), Calcium glycerophosphate, Maltodextrin, Sodium citrate, Sodium ascorbate, M. alpina oil**, Salt, Taurine, Zinc gluconate, L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, Mono- and diglycerides, DL-alpha-tocopheryl acetate, Dipotassium phosphate, Vitamin D3, Calcium pantothenate, Niacinamide, Sodium selenite, Copper gluconate, Retinyl acetate, Vitamin B12, Chromium chloride, Folic acid, Biotin, Potassium iodide, Manganese gluconate, Riboflavin, Pyridoxine hydrochloride, Thiamine hydrochloride, Sodium molybdate, Vitamin K1, Tocopherols, Ascorbyl palmitate.

Contains: fish (tuna). **May contain:** milk.

****A source of arachidonic acid (ARA).**

Osmolality when prepared as a low volume drink:

25 g (1 packet) + 80 ml (2.7 fl oz) water = 1550 mOsm/kg.



Innovation in Nutrition

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