



DESCRIPTION

Powdered Phenylalanine-free Medical Food

A blend of essential and non-essential amino acids, carbohydrate, vitamins and minerals.

USE UNDER MEDICAL SUPERVISION

INDICATIONS

For use in the dietary management of Phenylketonuria (PKU) from 3 years 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 express15 provides 15 g of protein equivalent.

Each 34 g packet of PKU express20 provides 20 g of protein equivalent.

PREPARATION GUIDELINES

Step 1: Empty the contents of the packet into a cup with lid.

Step 2: Add 80 ml (approx. 3 fl oz) of cold water or other permitted beverages. Secure the lid and shake well until powder dissolves.

Step 3: For best results the product should be freshly prepared and used immediately.

IMPORTANT: Water or permitted drinks should be taken after product consumption.

STORAGE

Store in a cool dry place. Packets are designed for single use. The product should be freshly prepared and consumed immediately.

However, if this is not possible, any prepared product must be tightly covered and consumed within 6 hours at room temperature or within 24 hours if refrigerated. Re-shake before use.

PACK SIZE

PKU express15: 30 x 25 g (0.88 oz) packets

PKU express20: 30 x 34 g (1.2 oz) packets

NET WT.

PKU express15: 750 g (26.4 oz) (1.65 lb)

PKU express20: 1.02 kg (35.9 oz) (2.24 lb)

Available in Unflavored, Orange, Lemon, and Tropical 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.

PKU express Nutrition Information

		Unflavored			Flavored		
Units	per 100 g	per 25 g (1 packet express15)	per 34 g (1 packet express20)	per 100 g	per 25 g (1 packet express15)	per 34 g (1 packet express20)	
Calories	kcal	297	74	101	281	70	95
Protein equivalent	g	60	15	20	60	15	20
Total carbohydrate	g	13.7	3.4	4.7	9.7	2.4	3.3
Sugars	g	1.0	0.2	0.3	3.6	0.9	1.2
Total fat	g	0.2	0.05	0.07	0.2	0.05	0.07
Saturated fat	g	0	0	0	0	0	0
VITAMINS							
Vitamin A	µg RE	740	185	252	740	185	252
Vitamin D	µg	11.7	2.9	4.0	11.7	2.9	4.0
Vitamin E	mg α TE	14	3.5	4.7	14	3.5	4.7
Vitamin C	mg	96	24	33	96	24	33
Vitamin K	µg	89	22	30	89	22	30
Thiamin	mg	1.8	0.45	0.61	1.8	0.45	0.61
Riboflavin	mg	2.0	0.50	0.68	2.0	0.50	0.68
Niacin	mg	22	5.5	7.5	22	5.5	7.5
Vitamin B6	mg	2.5	0.63	0.85	2.5	0.63	0.85
Folic acid	µg	360	90	122	360	90	122
Vitamin B12	µg	4.3	1.1	1.5	4.3	1.1	1.5
Biotin	µg	170	43	58	170	43	58
Pantothenic acid	mg	7.1	1.8	2.4	7.1	1.8	2.4
Choline	mg	530	133	180	530	133	180
MINERALS							
Sodium	mg	510	128	173	450	113	153
Potassium	mg	840	210	286	840	210	286
Chloride	mg	650	163	221	650	163	221
Calcium	mg	1090	273	371	1090	273	371
Phosphorus	mg	990	248	337	990	248	337
Magnesium	mg	330	83	112	330	83	112
Iron	mg	19	4.8	6.5	19	4.8	6.5
Copper	mg	2.0	0.50	0.68	2.0	0.50	0.68
Zinc	mg	19	4.8	6.5	19	4.8	6.5
Manganese	mg	2.8	0.70	0.95	2.8	0.70	0.95
Iodine	µg	220	55	75	220	55	75
Molybdenum	µg	130	33	44	130	33	44
Selenium	µg	78	20	27	78	20	27
Chromium	µg	78	20	27	78	20	27
AMINO ACIDS							
L-Alanine	g	2.56	0.64	0.87	2.56	0.64	0.87
L-Arginine	g	4.14	1.04	1.41	4.14	1.04	1.41
L-Aspartic acid	g	6.56	1.64	2.23	6.56	1.64	2.23
L-Cystine	g	1.67	0.42	0.57	1.67	0.42	0.57
L-Glutamine	g	5.12	1.28	1.73	5.12	1.28	1.73
Glycine	g	6.53	1.63	2.22	6.53	1.63	2.22
L-Histidine	g	2.55	0.64	0.87	2.55	0.64	0.87
L-Isoleucine	g	4.47	1.12	1.52	4.47	1.12	1.52
L-Leucine	g	7.02	1.76	2.39	7.02	1.76	2.39
L-Lysine	g	4.64	1.16	1.58	4.64	1.16	1.58
L-Methionine	g	1.24	0.31	0.42	1.24	0.31	0.42
L-Phenylalanine*	g	0	0	0	0	0	0
L-Proline	g	4.67	1.17	1.59	4.67	1.17	1.59
L-Serine	g	2.91	0.73	0.99	2.91	0.73	0.99
L-Threonine	g	4.54	1.14	1.54	4.54	1.14	1.54
L-Tryptophan	g	1.40	0.35	0.48	1.40	0.35	0.48
L-Tyrosine	g	6.59	1.65	2.24	6.59	1.65	2.24
L-Valine	g	5.17	1.29	1.76	5.17	1.29	1.76
L-Carnitine	mg	64	16	22	64	16	22
Taurine	mg	132	33	45	132	33	45

*No added phenylalanine.

Osmolality

PKU express15: 25 g (1 packet) + 80 ml (2.7 fl oz) water = 1896 mOsm/kg

PKU express20: 34 g (1 packet) + 80 ml (2.7 fl oz) water = 2380 mOsm/kg

Manufactured in Germany for: Vitaflou USA, LLC.

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UNFLAVORED

Ingredients: Dried Glucose Syrup, L-Lysine L-Aspartate, L-Leucine, L-Tyrosine, Glycine, L-Arginine L-Aspartate, L-Valine, L-Glutamine, L-Proline, L-Threonine, L-Isoleucine, Calcium Phosphate, L-Serine, Magnesium Phosphate Dibasic, Modified Corn Starch, Potassium Citrate, L-Alanine, L-Histidine, Choline Bitartrate, L-Cystine, L-Tryptophan, L-Methionine, Salt, L-Arginine, Maltodextrin, Xanthan Gum, Ascorbic Acid, Ferrous Gluconate, Soy Lecithin, Zinc Gluconate, Taurine, L-Carnitine L-Tartrate, DL-Alpha Tocopheryl Acetate, Manganese Gluconate, Niacinamide, Sodium Selenite, D-Biotin, Copper Gluconate, Chromium Chloride, Calcium Pantothenate, Retinyl Acetate, Vitamin D3, Vitamin B12, Folic Acid, Sodium Molybdate, Pyridoxine Hydrochloride, Potassium Iodide, Thiamine Hydrochloride, Riboflavin, Vitamin K.

Contains: Soy.

TROPICAL

Ingredients: L-Lysine L-Aspartate, L-Leucine, L-Tyrosine, Glycine, L-Arginine L-Aspartate, L-Valine, L-Glutamine, Sugar, L-Proline, L-Threonine, L-Isoleucine, Calcium Phosphate, Malic Acid, L-Serine, Magnesium Phosphate Dibasic, Modified Corn Starch, Potassium Citrate, L-Alanine, L-Histidine, Maltodextrin, Choline Bitartrate, L-Cystine, L-Tryptophan, L-Methionine, Salt, L-Arginine, Xanthan Gum, Ascorbic Acid, Artificial Flavoring, Ferrous Gluconate, Soy Lecithin, Zinc Gluconate, Taurine, Acesulfame Potassium, L-Carnitine L-Tartrate, Beta-Carotene (Color), Beet Juice (Color), DL-Alpha Tocopheryl Acetate, Manganese Gluconate, Niacinamide, Sodium Selenite, D-Biotin, Copper Gluconate, Chromium Chloride, Calcium Pantothenate, Retinyl Acetate, Vitamin D3, Vitamin B12, Folic Acid, Sodium Molybdate, Pyridoxine Hydrochloride, Potassium Iodide, Thiamine Hydrochloride, Riboflavin, Vitamin K.

Contains: Soy.

ORANGE

Ingredients: L-Lysine L-Aspartate, L-Leucine, L-Tyrosine, Glycine, L-Arginine L-Aspartate, L-Valine, L-Glutamine, L-Proline, L-Threonine, L-Isoleucine, Sugar, Citric Acid, Calcium Phosphate, L-Serine, Magnesium Phosphate Dibasic, Modified Corn Starch, Potassium Citrate, L-Alanine, L-Histidine, Maltodextrin, Choline Bitartrate, L-Cystine, Artificial Flavoring, L-Tryptophan, L-Methionine, Salt, L-Arginine, Xanthan Gum, Ascorbic Acid, Ferrous Gluconate, Soy Lecithin, Zinc Gluconate, Taurine, Acesulfame Potassium, L-Carnitine L-Tartrate, DL-Alpha Tocopheryl Acetate, Manganese Gluconate, Niacinamide, Beta-Carotene (Color), Beet Juice (Color), Sodium Selenite, D-Biotin, Copper Gluconate, Chromium Chloride, Calcium Pantothenate, Retinyl Acetate, Vitamin D3, Vitamin B12, Folic Acid, Sodium Molybdate, Pyridoxine Hydrochloride, Potassium Iodide, Thiamine Hydrochloride, Riboflavin, Vitamin K.

Contains: Soy.

LEMON

Ingredients: L-Lysine L-Aspartate, L-Leucine, L-Tyrosine, Glycine, Sugar, L-Arginine L-Aspartate, L-Valine, L-Glutamine, L-Proline, L-Threonine, L-Isoleucine, Citric Acid, Calcium Phosphate, L-Serine, Magnesium Phosphate Dibasic, Modified Corn Starch, Potassium Citrate, L-Alanine, L-Histidine, Maltodextrin, Choline Bitartrate, L-Cystine, L-Tryptophan, L-Methionine, Salt, L-Arginine, Natural and Artificial Flavoring, Xanthan Gum, Ascorbic Acid, Ferrous Gluconate, Soy Lecithin, Zinc Gluconate, Taurine, Acesulfame Potassium, L-Carnitine L-Tartrate, DL-Alpha Tocopheryl Acetate, Manganese Gluconate, Niacinamide, Beta-Carotene (Color), Sodium Selenite, D-Biotin, Copper Gluconate, Chromium Chloride, Calcium Pantothenate, Retinyl Acetate, Vitamin D3, Vitamin B12, Folic Acid, Sodium Molybdate, Pyridoxine Hydrochloride, Potassium Iodide, Thiamine Hydrochloride, Riboflavin, Vitamin K.

Contains: Soy.



Innovation in Nutrition

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