



## DESCRIPTION

### Powdered Phenylalanine-free Medical Food

A blend of essential and non-essential amino acids, carbohydrate, docosahexaenoic acid (DHA), 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 express plus provides 15 g of protein equivalent.

Each 34 g packet of PKU express plus provides 20 g of protein equivalent.

## PREPARATION GUIDELINES

1. Empty the contents of the packet into a cup with a lid.
2. Add 90 ml (3 fl oz) of cold water or other permitted beverage.
3. Secure the lid and shake well for 10 seconds until powder dissolves.

The product should be freshly prepared and consumed immediately. If this is not possible, any prepared product must be tightly covered and consumed within 4 hours if kept at room temperature or within 24 hours if refrigerated. Re-shake before use.



## IMPORTANT NOTICE

Must only be consumed by people with proven 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.

Water or permitted drinks should be taken after product consumption.

## STORAGE

Store in a cool dry place.

Packets are designed for single use and should be used immediately once opened. Any unused powder in a packet must be tightly sealed and used within 24 hours.

## Ordering and Reimbursement Information

PKU express plus15				
Flavor	Packaging	Net Weight	Reimbursement Code	HCPCS Code
Unflavored	30 x 25 g (0.88 oz) packets	750 g (26 oz) (1.65 lb)	12539024873	B4162 & B4157
Tropical			12539024903	
Orange			12539024897	
Lemon			12539024880	
Raspberry			12539025214	
PKU express plus20				
Flavor	Packaging	Net Weight	Reimbursement Code	HCPCS Code
Unflavored	30 x 34 g (1.2 oz) packets	1.0 kg (36 oz) (2.25 lb)	12539024910	B4162 & B4157
Tropical			12539024941	
Orange			12539024934	
Lemon			12539024927	
Raspberry			12539025221	

## PKU express plus Nutrition Information

	Units	Unflavored			Flavored		
		per 100 g	per 25 g (1 packet express plus15)	per 34 g (1 packet express plus20)	per 100 g	per 25 g (1 packet express plus15)	per 34 g (1 packet express plus20)
Calories	kcal	316	79	107	306	77	104
Protein equivalent	g	60	15	20	60	15	20
Total carbohydrate	g	14	3.5	4.8	11.5	2.9	3.9
Sugars	g	1.2	0.3	0.4	2.9	0.7	1.0
Total fat	g	2.2	0.6	0.8	2.2	0.6	0.8
Saturated fat	g	0.7	0.2	0.2	0.7	0.2	0.2
Docosahexaenoic acid (DHA)	mg	400	100	136	400	100	136
<b>VITAMINS</b>							
Vitamin A	µg RE	690	172	235	690	172	235
Vitamin D	µg	24	6.0	8.2	24	6.0	8.2
Vitamin E	mg α TE	12	3.0	4.1	12	3.0	4.1
Vitamin C	mg	97	24	33	97	24	33
Vitamin K	µg	62	15	21	62	15	21
Thiamin	mg	1.7	0.42	0.58	1.7	0.42	0.58
Riboflavin	mg	2.0	0.50	0.68	2.0	0.50	0.68
Niacin	mg	8.8	2.2	3.0	8.8	2.2	3.0
Vitamin B6	mg	2.4	0.60	0.82	2.4	0.60	0.82
Folic acid	µg	266	66	90	266	66	90
Vitamin B12	µg	4.2	1.0	1.4	4.2	1.0	1.4
Pantothenic acid	mg	5.0	1.2	1.7	5.0	1.2	1.7
Biotin	µg	33	8.2	11	33	8.2	11
Choline	mg	533	133	181	533	133	181
<b>MINERALS</b>							
Sodium	mg	373	93	127	373	93	127
Potassium	mg	648	162	220	648	162	220
Chloride	mg	373	93	127	373	93	127
Calcium	mg	1060	265	360	1060	265	360
Phosphorus	mg	951	238	323	951	238	323
Magnesium	mg	293	73	100	293	73	100
Iron	mg	19	4.7	6.5	19	4.7	6.5
Copper	mg	1.6	0.40	0.54	1.6	0.40	0.54
Zinc	mg	15	3.7	5.1	15	3.7	5.1
Manganese	mg	1.3	0.32	0.44	1.3	0.32	0.44
Iodine	µg	222	55	75	222	55	75
Molybdenum	µg	62	15	21	62	15	21
Selenium	µg	71	18	24	71	18	24
Chromium	µg	37	9.2	13	37	9.2	13
<b>AMINO ACIDS</b>							
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	5.10	1.28	1.73	5.10	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	4.68	1.17	1.59	4.68	1.17	1.59
L-Serine	g	2.91	0.73	0.99	2.91	0.73	0.99
L-Threonine	g	4.54	1.13	1.54	4.54	1.13	1.54
L-Tryptophan	g	1.41	0.35	0.48	1.41	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	56	14	19	56	14	19
Taurine	mg	117	29	40	117	29	40

\*No added phenylalanine.

### Osmolality

PKU express plus15: 25 g (1 packet) + 90 ml (3 fl oz) water = 1705 mOsm/kg

PKU express plus20: 34 g (1 packet) + 90 ml (3 fl oz) water = 2155 mOsm/kg

Manufactured in Germany for: Vitaflo USA, LLC.

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### UNFLAVORED

**Ingredients:** L-lysine L-aspartate, Maltodextrin, L-leucine, L-tyrosine, Glycine, L-arginine L-aspartate, L-valine, L-glutamine, L-proline, L-threonine, L-isoleucine, Calcium phosphate, Corn starch, L-serine, Corn syrup, L-alanine, L-histidine, Magnesium phosphate, Refined tuna oil (fish), Potassium citrate, Choline bitartrate, L-cystine, L-tryptophan, L-methionine, L-arginine, Modified corn starch, Sodium chloride, Sodium citrate, Xanthan gum, Sodium ascorbate, Soy lecithin, Taurine, Zinc gluconate, L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, DL-alpha tocopheryl acetate, Mono- and diglycerides, Ascorbic acid, Sodium selenite, Copper gluconate, Vitamin D3, Manganese gluconate, Niacinamide, Vitamin A acetate, Calcium pantothenate, Chromium chloride, Vitamin B12, Biotin, Tocopherols (preservative), Pyridoxine hydrochloride, Potassium iodide, Folic acid, Thiamine hydrochloride, Riboflavin, Sodium molybdate, Vitamin K1.

**Contains:** Fish (tuna) and Soy. **May contain:** Milk.

### TROPICAL (artificially flavored)

**Ingredients:** 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, Corn starch, L-serine, Corn syrup, L-alanine, L-histidine, Malic acid, Magnesium phosphate, Refined tuna oil (fish), Natural and artificial flavor, Potassium citrate, Sugar, Choline bitartrate, L-cystine, L-tryptophan, L-methionine, Maltodextrin, L-arginine, Modified corn starch, Sodium chloride, Sodium citrate, Xanthan gum, Sodium ascorbate, Soy lecithin, Taurine, Zinc gluconate, Beet juice concentrate (color), Beta-carotene (color), L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, DL-alpha tocopheryl acetate, Acesulfame potassium, Mono- and diglycerides, Ascorbic acid, Sodium selenite, Copper gluconate, Vitamin D3, Manganese gluconate, Niacinamide, Vitamin A acetate, Sucralose, Calcium pantothenate, Chromium chloride, Vitamin B12, Biotin, Tocopherols (preservative), Pyridoxine hydrochloride, Potassium iodide, Folic acid, Thiamine hydrochloride, Riboflavin, Sodium molybdate, Vitamin K1.

**Contains:** Fish (tuna) and Soy. **May contain:** Milk.

### ORANGE (artificially flavored)

**Ingredients:** 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, Natural and artificial flavor, Corn starch, L-serine, Corn syrup, L-alanine, L-histidine, Magnesium phosphate, Refined tuna oil (fish), Potassium citrate, Sugar, Choline bitartrate, L-cystine, Citric acid, L-tryptophan, L-methionine, Maltodextrin, L-arginine, Modified corn starch, Sodium chloride, Sodium citrate, Xanthan gum, Sodium ascorbate, Soy lecithin, Taurine, Zinc gluconate, L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, DL-alpha tocopheryl acetate, Beet juice concentrate (color), Beta-carotene (color), Mono- and diglycerides, Ascorbic acid, Sodium selenite, Copper gluconate, Vitamin D3, Manganese gluconate, Niacinamide, Vitamin A acetate, Sucralose, Calcium pantothenate, Chromium chloride, Vitamin B12, Biotin, Tocopherols (preservative), Pyridoxine hydrochloride, Potassium iodide, Folic acid, Thiamine hydrochloride, Riboflavin, Sodium molybdate, Vitamin K1.

**Contains:** Fish (tuna) and Soy. **May contain:** Milk.

### LEMON (artificially flavored)

**Ingredients:** 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, Citric acid, Corn starch, L-serine, Corn syrup, L-alanine, L-histidine, Magnesium phosphate, Maltodextrin, Refined tuna oil (fish), Potassium citrate, Choline bitartrate, L-cystine, Sugar, L-tryptophan, L-methionine, L-arginine, Natural and artificial flavor, Modified corn starch, Sodium chloride, Sodium citrate, Xanthan gum, Sodium ascorbate, Soy lecithin, Taurine, Zinc gluconate, L-carnitine L-tartrate, Potassium phosphate, Acesulfame potassium, Ferrous sulfate, DL-alpha tocopheryl acetate, Beta-carotene (color), Mono- and diglycerides, Ascorbic acid, Sodium selenite, Copper gluconate, Vitamin D3, Manganese gluconate, Niacinamide, Vitamin A acetate, Calcium pantothenate, Chromium chloride, Vitamin B12, Biotin, Tocopherols (preservative), Pyridoxine hydrochloride, Potassium iodide, Folic acid, Thiamine hydrochloride, Riboflavin, Sodium molybdate, Vitamin K1.

**Contains:** Fish (tuna) and Soy. **May contain:** Milk.

### RASPBERRY (artificially flavored)

**Ingredients:** 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, Corn starch, L-serine, Corn syrup, Natural and artificial flavor, L-alanine, L-histidine, Magnesium phosphate, Refined tuna oil (fish), Malic acid, Potassium citrate, Sugar, Choline bitartrate, L-cystine, L-tryptophan, L-methionine, Maltodextrin, L-arginine, Modified corn starch, Sodium chloride, Sodium citrate, Xanthan gum, Sodium ascorbate, Soy lecithin, Taurine, Zinc gluconate, Beet juice concentrate (color), L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, DL-alpha tocopheryl acetate, Mono- and diglycerides, Ascorbic acid, Sodium selenite, Copper gluconate, Vitamin D3, Manganese gluconate, Niacinamide, Vitamin A acetate, Acesulfame potassium, Sucralose, Calcium pantothenate, Chromium chloride, Vitamin B12, Biotin, Tocopherols (preservative), Pyridoxine hydrochloride, Potassium iodide, Folic acid, Thiamine hydrochloride, Riboflavin, Sodium molybdate, Vitamin K1.

**Contains:** Fish (tuna) and Soy. **May contain:** Milk.



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