



## 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 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 24 g packet of PKU gel provides  
10 g of protein equivalent.

## PREPARATION GUIDELINES

PKU gel can be prepared as a semi-solid spoonable consistency or as a low volume drink.

### **For a semi-solid consistency:**

1. Add 30 ml (1 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. Leave to stand for 2 minutes, allowing a smooth semi-solid consistency to form. Consume with a spoon.

### **For drink:**

1. Add approximately 80 ml (approx 3 fl oz) of cold water or other permitted beverage into a container with a lid.
2. Empty the contents of the packet into the container.
3. Secure the lid and shake well until powder dissolves.
4. Drink immediately.

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

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



## 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.

## STORAGE

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

## PACK SIZE

30 x 24 g (0.84 oz) packets

## NET WT.

720 g (25.3 oz) (1.58 lb)

Available in Unflavored, Orange and Raspberry flavors.

PKU gel Nutrition Information					
Units	Unflavored			Flavored	
	Per 100 g	Per 24 g (1 packet)	Per 100 g	Per 24 g (1 packet)	
Calories	kcal	338	81	316	76
Protein Equivalent	g	41.7	10	41.7	10
Total Carbohydrate	g	43	10.3	37.1	8.9
Sugars	g	27	6.5	20	4.8
Total Fat	g	0	0	0	0
Saturated Fat	g	0	0	0	0
<b>VITAMINS</b>					
Vitamin A	µg RE	530	127	530	127
Vitamin D	µg	13	3.1	13	3.1
Vitamin E	mg α TE	8	1.9	8	1.9
Vitamin C	mg	56	13	56	13
Vitamin K	µg	36	8.6	36	8.6
Thiamin	mg	0.89	0.21	0.89	0.21
Riboflavin	mg	1.1	0.26	1.1	0.26
Niacin	mg	12	2.9	12	2.9
Vitamin B6	mg	0.98	0.24	0.98	0.24
Folic Acid	µg	180	43	180	43
Vitamin B12	µg	1.8	0.43	1.8	0.43
Biotin	µg	22	5.3	22	5.3
Pantothenic Acid	mg	4.4	1.1	4.4	1.1
Choline	mg	250	60	250	60
<b>MINERALS</b>					
Sodium	mg	379	91	379	91
Potassium	mg	830	200	830	200
Chloride	mg	520	125	520	125
Calcium	mg	1080	260	1080	260
Phosphorus	mg	730	175	730	175
Magnesium	mg	150	36	150	36
Iron	mg	12.4	3.0	12.4	3.0
Copper	mg	0.70	0.17	0.70	0.17
Zinc	mg	10	2.4	10	2.4
Manganese	mg	1.5	0.36	1.5	0.36
Iodine	µg	120	29	120	29
Molybdenum	µg	44	11	44	11
Selenium	µg	31	7.4	31	7.4
Chromium	µg	63	15	63	15
<b>AMINO ACIDS</b>					
L-Alanine	g	1.80	0.43	1.80	0.43
L-Arginine	g	2.91	0.70	2.91	0.70
L-Aspartic acid	g	4.60	1.10	4.60	1.10
L-Cystine	g	1.20	0.29	1.20	0.29
L-Glutamine	g	3.60	0.86	3.60	0.86
Glycine	g	4.60	1.10	4.60	1.10
L-Histidine	g	1.80	0.43	1.80	0.43
L-Isoleucine	g	3.10	0.74	3.10	0.74
L-Leucine	g	4.70	1.13	4.70	1.13
L-Lysine	g	3.20	0.77	3.20	0.77
L-Methionine	g	0.90	0.22	0.90	0.22
L-Phenylalanine*	g	0	0	0	0
L-Proline	g	3.30	0.79	3.30	0.79
L-Serine	g	2.00	0.48	2.00	0.48
L-Threonine	g	3.20	0.77	3.20	0.77
L-Tryptophan	g	1.00	0.24	1.00	0.24
L-Tyrosine	g	4.60	1.10	4.60	1.10
L-Valine	g	3.60	0.86	3.60	0.86
L-Carnitine	mg	46	11	46	11
Taurine	mg	92	22	92	22

\*No added phenylalanine.

Manufactured in Germany for Vitaflo USA, LLC.  
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## UNFLAVORED

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

## RASPBERRY (ARTIFICIALLY FLAVORED)

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

## ORANGE (ARTIFICIALLY FLAVORED)

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

**Contains:** Soy.

### Osmolality:

24 g (1 packet) + 30 ml (1 fl oz) water = 3000 mOsm/kg

24 g (1 packet) + 80 ml (2.7 fl oz) water = 1540 mOsm/kg



Enhancing Lives Together  
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