



# PKU express™

## Description

### Food for special medical purposes.

PKU express™ is a powdered phenylalanine free\* protein substitute, containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements. With sugars and sweeteners. Available in a choice of flavours. Flavoured options with sugar and sweeteners.

## Indications

PKU express is for the dietary management of Phenylketonuria (PKU) from 3 years onwards.

## Recommended intake and administration

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

PKU express15 (25g) = 15g PE      PKU express20 (34g) = 20g PE

The product can be used individually or interchanged to meet individual protein requirements.

1. The daily protein substitute requirement is given as PKU express.
2. Additional protein is provided from exchanges of natural protein, to provide phenylalanine in controlled amounts, which is essential for 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

PKU express can be either taken as a paste, a mini (low volume) drink or a flexi (dilute) drink.

### For a paste:



Empty the contents of the sachet, plus a flavour pac sachet if desired, into the beaker.



Add approximately 10 - 20ml of cold water. Mix well with a spoon until a smooth paste is formed.



Consume immediately.

### For a mini or flexi drink:



1 Empty the contents of the sachet, plus a flavour pac sachet if desired, into the beaker.



2 Add approximately 80 - 100ml (for mini drink) or as much cold water as desired (for flexi drink). Secure lid and shake well for 10 seconds.



3 Consume immediately.

Water or permitted drinks should be taken after PKU express.

#### IMPORTANT NOTICE

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

Suitable from 3 years onwards.

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

Not for use as a sole source of nutrition.

For enteral use only.

#### Nutritional Information

|                    |      | Unflavoured |                     |                     | Flavoured |                     |                     |
|--------------------|------|-------------|---------------------|---------------------|-----------|---------------------|---------------------|
|                    |      | Per 100g    | Per PKU express 25g | Per PKU express 34g | Per 100g  | Per PKU express 25g | Per PKU express 34g |
| Energy             | kJ   | 1292        | 324                 | 434                 | 1241      | 310                 | 422                 |
|                    | kcal | 304         | 76                  | 102                 | 292       | 73                  | 99                  |
| Fat                | g    | 0           | 0                   | 0                   | 0         | 0                   | 0                   |
| of which saturates | g    | 0           | 0                   | 0                   | 0         | 0                   | 0                   |
| Carbohydrate       | g    | 16          | 4                   | 5.4                 | 13        | 3.3                 | 4.4                 |
| of which sugars    | g    | 0.5         | 0.13                | 0.17                | 1.7       | 0.43                | 0.58                |
| Protein equivalent | g    | 60          | 15                  | 20                  | 60        | 15                  | 20                  |
| Salt               | g    | 1.05        | 0.26                | 0.36                | 1.05      | 0.26                | 0.36                |

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|                       |      | Unflavoured |                       |                       | Flavoured |                       |                       |
|-----------------------|------|-------------|-----------------------|-----------------------|-----------|-----------------------|-----------------------|
|                       |      | Per 100g    | Per PKU express15 25g | Per PKU express20 34g | Per 100g  | Per PKU express15 25g | Per PKU express20 34g |
| <b>Vitamins</b>       |      |             |                       |                       |           |                       |                       |
| Vitamin A (RE)        | µg   | 780         | 195                   | 265                   | 780       | 195                   | 265                   |
| Vitamin D             | µg   | 30          | 7.5                   | 10                    | 30        | 7.5                   | 10                    |
| Vitamin E (αTE)       | mg   | 16          | 4.0                   | 5.4                   | 16        | 4.0                   | 5.4                   |
| Vitamin K             | µg   | 70          | 18                    | 24                    | 70        | 18                    | 24                    |
| Vitamin C             | mg   | 110         | 28                    | 37                    | 110       | 28                    | 37                    |
| Thiamin               | mg   | 2.0         | 0.50                  | 0.68                  | 2.0       | 0.50                  | 0.68                  |
| Riboflavin            | mg   | 2.3         | 0.58                  | 0.78                  | 2.3       | 0.58                  | 0.78                  |
| Niacin (Niacin Eq)    | mg   | 10 (32)     | 2.5 (8)               | 3.4 (11)              | 10 (32)   | 2.5 (8.0)             | 3.4 (11)              |
| Vitamin B6            | mg   | 2.8         | 0.70                  | 0.95                  | 2.8       | 0.70                  | 0.95                  |
| Folic acid            | µg   | 300         | 75                    | 102                   | 300       | 75                    | 102                   |
| Vitamin B12           | µg   | 4.8         | 1.2                   | 1.6                   | 4.8       | 1.2                   | 1.6                   |
| Biotin                | µg   | 38          | 9.5                   | 13                    | 38        | 9.5                   | 13                    |
| Pantothenic acid      | mg   | 5.7         | 1.4                   | 1.9                   | 5.7       | 1.4                   | 1.9                   |
| <b>Minerals</b>       |      |             |                       |                       |           |                       |                       |
| Sodium                | mg   | 420         | 105                   | 143                   | 420       | 105                   | 143                   |
|                       | mmol | 18          | 4.5                   | 6.1                   | 18        | 4.5                   | 6.1                   |
| Potassium             | mg   | 700         | 175                   | 238                   | 700       | 175                   | 238                   |
|                       | mmol | 18          | 4.4                   | 6                     | 18        | 4.4                   | 6                     |
| Chloride              | mg   | 420         | 105                   | 143                   | 420       | 105                   | 143                   |
|                       | mmol | 12          | 2.9                   | 4.0                   | 12        | 2.9                   | 4.0                   |
| Calcium               | mg   | 1200        | 300                   | 408                   | 1200      | 300                   | 408                   |
|                       | mmol | 30          | 7.5                   | 10                    | 30        | 7.5                   | 10                    |
| Phosphorus            | mg   | 1070        | 268                   | 364                   | 1070      | 268                   | 364                   |
|                       | mmol | 34          | 8.6                   | 12                    | 34        | 8.6                   | 12                    |
| Magnesium             | mg   | 330         | 83                    | 112                   | 330       | 83                    | 112                   |
|                       | mmol | 14          | 3.4                   | 4.6                   | 14        | 3.4                   | 4.6                   |
| <b>Trace Elements</b> |      |             |                       |                       |           |                       |                       |
| Iron                  | mg   | 22          | 5.5                   | 7.5                   | 22        | 5.5                   | 7.5                   |
| Zinc                  | mg   | 17          | 4.3                   | 5.8                   | 17        | 4.3                   | 5.8                   |
| Copper                | mg   | 1.8         | 0.45                  | 0.61                  | 1.8       | 0.45                  | 0.61                  |
| Manganese             | mg   | 1.5         | 0.38                  | 0.51                  | 1.5       | 0.38                  | 0.51                  |
| Selenium              | µg   | 80          | 20                    | 27                    | 80        | 20                    | 27                    |
| Chromium              | µg   | 42          | 11                    | 14                    | 42        | 11                    | 14                    |
| Molybdenum            | µg   | 70          | 18                    | 24                    | 70        | 18                    | 24                    |
| Iodine                | µg   | 250         | 63                    | 85                    | 250       | 63                    | 85                    |
| Taurine               | mg   | 132         | 33                    | 45                    | 132       | 33                    | 45                    |
| L-Carnitine           | mg   | 64          | 16                    | 22                    | 64        | 16                    | 22                    |
| Choline               | mg   | 600         | 150                   | 204                   | 600       | 150                   | 204                   |

## Nutritional Information

|                    |   | Unflavoured |                       |                       | Flavoured |                       |                       |
|--------------------|---|-------------|-----------------------|-----------------------|-----------|-----------------------|-----------------------|
|                    |   | Per 100g    | Per PKU express15 25g | Per PKU express20 34g | Per 100g  | Per PKU express15 25g | Per PKU express20 34g |
| <b>Amino Acids</b> |   |             |                       |                       |           |                       |                       |
| L-Arginine         | g | 4.14        | 1.04                  | 1.41                  | 4.14      | 1.04                  | 1.41                  |
| L-Alanine          | g | 2.56        | 0.64                  | 0.87                  | 2.56      | 0.64                  | 0.87                  |
| 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           | 0.00                  | 0.00                  | 0         | 0.00                  | 0.00                  |
| 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                  |

### Osmolality:

25g + 80ml = 1900mOsm/kg

34g + 100ml = 1950mOsm/kg

\* No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<10mg/100g or <4mg per serving).

### Allergen Declaration

Contains soya (soya lecithin).

### Pack Size/Weight

PKU

express™15

30 x 25g e sachets = 750g

PKU

express™20

30 x 34g e sachets = 1.02kg

### Flavours:

Unflavoured, orange, lemon and tropical.

### Storage

Store in a cool, dry place.

Sachets are designed for single use and should be used immediately once opened. Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

