



*Introducing the*  
 **express™**  
plus<sup>+</sup>  
*experience*  
*for your patients*



**Freedom  
in a sachet**

**Working together  
for success**



Enhancing Lives Together

# Express, as you know it, has been renovated

Express became available in 2003 and since then, nutritional recommendations and guidelines for those with metabolic disorders, have been updated<sup>(1-8)</sup>. Therefore, express was in need of a renovation.

It now offers more than it ever has before; a new name, a new look and an updated nutritional profile.



Discrete non-medical packaging. Fits into your patient's everyday life so they won't stand out!

Express plus looks just like a shake their friends or colleagues may drink.

We've reduced colour from the packaging to make it more environmentally friendly.

Express plus is colour-coded by disorder to ensure the correct product gets to your patient every time.



# A range with your patients in mind

For many patients the convenience of a liquid protein substitute is key; but for those who require the flexibility of a powder product, Vitaflo™ has the ideal solution.

Product	For the dietary management of:	Free From†	Flavour	Pack Size
	Phenylketonuria	Phenylalanine	Raspberry, orange, tropical, lemon and unflavoured	15g & 20g protein equivalent
	Maple Syrup Urine Disease	Leucine, Isoleucine & Valine	Unflavoured	15g & 20g protein equivalent
	Homocystinuria	Methionine	Unflavoured	15g & 20g protein equivalent
	Tyrosinemia	Phenylalanine & Tyrosine	Unflavoured	15g & 20g protein equivalent
	Glutaric Aciduria Type 1	Lysine Low Tryptophan	Unflavoured	15g protein equivalent
	Methylmalonic Aciduria & Propionic Aciduria	Methionine, Threonine & Valine Low Isoleucine	Unflavoured	15g protein equivalent

† Specified amino acids have not been added to the product but may be present in trace amounts from other ingredients.

# All the features of a modern protein substitute



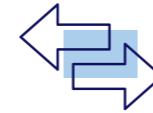
### Colour-coded by disorder for safety

Helping to ensure the right product gets to the right patient every time.



### Pre-measured sachets

Be confident an accurate amount of protein equivalent (PE) is consumed each time. Express plus offers convenience on the go with no weighing or measuring required. Lightweight and compact, making it easy to transport, store and use hygienically outside the home.



### Maintains the core features of Vitaflo's product range

The added flexibility, convenience, and interchangeability of express plus with cooler and PKU air, allows the patient to select the most appropriate product to suit them, without compromising their nutritional intake.



### Tailored protein equivalent (PE) intake

15g and 20g PE variants, allowing you to increase by 5g PE based on your patient's specific PE requirements.



### Product for life

Suitable from 3 years of age. Once a patient is established on express plus, they don't have to switch again.



### Full micronutrient profile

When express plus is consumed to meet age specific protein requirements, it also meets recommended micronutrient intakes that are restricted in a low protein diet<sup>(1)</sup>. No need for further supplementation.

## Make it. Shake it. Take it.

### Individually tailored volume

Allowing patients the freedom to make up express plus to suit their individual needs and preferences. This allows for flexibility and helps support adherence.

#### Spoonable



#### The low volume option.

A few spoonfuls and it's gone. Ideal for those transitioning from a semi-solid protein substitute or want to consume a low volume.

#### Mini Drink



#### The quick option.

Gone in seconds! Ideal for those wanting to take their protein substitute in one go.

#### Flexi Drink



#### The tailor-made option.

Ideal for those who want to choose their own volume, to make it up to their preferred size and taste.

#### Boost



#### The energy option.

Ideal for those who require extra energy or want to boost the flavours. Make up express plus with ProZero\*\* for an increased energy shake.

### Energy intake (kcal) of PROZERO™ and express plus at 60g PE per day.

			
321 kcal per day†	522 kcal per day†	723 kcal per day†	924 kcal per day†

Express plus combined with PROZERO offers a palatable drink solution.

† Energy (kcal) values in the table are for unflavoured express plus 20.

\*\* ProZero is a protein free liquid used in a similar way to milk

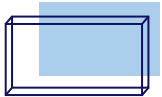
# Supporting materials for express plus



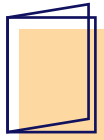
**Recipe booklet** includes easy ways for your patients to experiment with express plus using permitted flavours and ingredients.



**Preparation videos** including guidance on how to best prepare and mix express plus for the optimal patient experience.



**Sample packs and flavour pacs** allowing your patients to try all the express plus flavours and flavour pacs available for their disorder at home. A beaker is included.



**Practical guide** for healthcare professionals for express plus is available to download through VIA. Please visit [www.vitaflo-via.com](http://www.vitaflo-via.com) for more information.



**VitaFlo to You** home delivery service. You can register your patients, so they can receive their VitaFlo prescription products, free of charge, to an address of their choice in the UK including Northern Ireland.

## References

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10. SACN (2016). Vitamin D and Health report, Crown copyright 2016.
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The information in this booklet is intended for Healthcare professionals only.

Express plus, ProZero and flavour pacs are Foods for Special Medical Purposes for the dietary management of proven inborn errors of protein metabolism. Use under medical supervision. Not suitable for use as a sole source of nutrition. Express plus and flavour pacs are suitable for use from 3 years of age. ProZero is suitable from 6 months onwards.



**Enhancing Lives Together**  
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