

My  **express™**

Freedom in a sachet



How to get the most out of your express

- Includes hints and tips on how to enjoy express
- 11 brand new recipes for you to try

VitaFlo™

Enhancing Lives Together



Express gives you full control over your own protein substitute

You can make it up any way you like, as a spoonable semi-solid, a mini drink, a flexi drink or as an express boost!

Spoonable



Express as a spoonable semi-solid consistency the solution to those who like a really low volume.

1. Empty the contents of the **express sachet** and **flavour pac sachet** if desired into the shaker.
2. Add 10-20ml or 2-4 teaspoons of water.
3. Stir well for 10 seconds and eat with a spoon.

Mini Drink



Express mini drink the solution to taking it quickly.

1. Empty the contents of the **express sachet** and **flavour pac sachet** if desired into the shaker.
2. Add 80-100ml of water.
3. Secure lid and shake well for 10 seconds.

Flexi Drink



Express flexi drink the solution to making it your own.

1. Empty the contents of the **express sachet** and **flavour pac sachet** if desired into the shaker.
2. Add as much water as you like!
3. Secure lid and shake well for 10 seconds.

Boost



Express boost the ideal option when extra energy is required or to boost your flavours.

1. Empty the contents of the **express sachet** and **flavour pac sachet** if desired into the shaker.
2. Add 100-200ml of ProZero* or the volume that best suits you.
3. Secure lid and shake well for 10 seconds.

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



How to get the most out of express



Use ice cold water for a refreshing cool drink.



Once you've made up your express, drink it immediately — the fresher the better.



Refresh your taste buds!

If you take unflavoured express, you could try it with one of the different flavour pacs** Vitaflo has available:

- **Blackcurrant**
- **Orange**
- **Raspberry**
- **Tropical**

You can add as much or as little of the flavour pac as you like to your own taste. Simply add the flavour pac powder into the beaker with the express before adding the liquid and shake.

Add your own twist

Try adding permitted flavourings such as cordials, coffee syrups or fresh fruit purées. Make your own frappuccino, milkshake or smoothie by adding a permitted low protein milk alternative.



** Flavour pacs are flavoured powders in a sachet format. They are available in orange, tropical, blackcurrant and raspberry.



Recipe ideas for express™

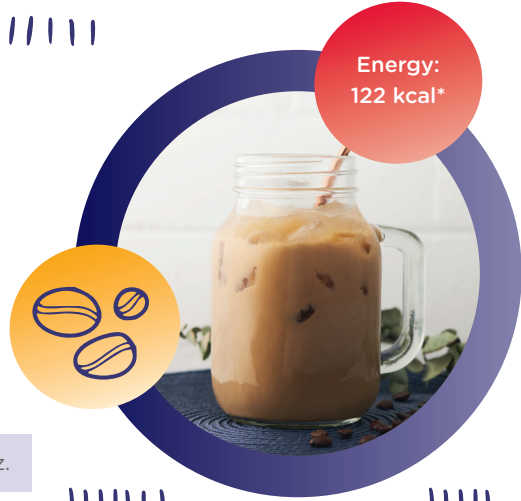
These recipes have been specifically designed for use in a low protein diet. Refer to labels for allergen and other product information. All recipes are exchange free.



Coffee Frappuccino

- 1 sachet express 15 or express 20, unflavoured
- 1 tsp instant coffee dissolved in 50ml boiling water and cooled
- 150ml permitted coconut drink
- 1 tsp maple syrup
- 40g ice

1. Place all the ingredients into a blender and blitz.



Cranberry & Raspberry Fizz

- 1 sachet express 15 or express 20, unflavoured
- 80ml cranberry and raspberry juice drink
- 80ml permitted lemon and lime sparkling water

1. Shake the express unflavoured, cranberry juice and raspberry juice together in an express beaker.
2. Top up with 80ml lemon and lime sparkling water.
3. Add ice before serving.



* For these recipes, energy (kcal) has been calculated using express 15.



Energy:
138 kcal*

Cola Fizz

- 1 sachet express 15 or express 20, unflavoured
- 150ml permitted Cola

1. Shake together into an express beaker.
Open carefully!
2. Add ice before serving.



Mockito

- 1 sachet express 15 or express 20, unflavoured
- 30ml Robinson's crushed lime and mint cordial
- 150ml sparkling water

1. Shake the unflavoured express and the cordial together in an express beaker.
2. Top up with 150ml sparkling water.
3. Add ice before serving.

Energy:
106 kcal*

Lemon & Elderflower Fizz

- 1 sachet express 15 or express 20, unflavoured
- 30ml elderflower cordial
- 80ml permitted lemon and lime sparkling water

1. Shake the express unflavoured and cordial together in an express beaker.
2. Top up with 80ml lemon and lime sparkling water.
3. Add ice before serving.



Energy:
157 kcal*



Energy:
146 kcal*



Apple & Mango Fusion

- 1 sachet express 15 or express 20, unflavoured
- 50g tinned mango slices in light syrup
- 100ml apple juice

1. Add all the ingredients into a blender and blitz.
2. Add ice before serving.



Can you taste the Caribbean? Shake

- 1 sachet express 15 or express 20, unflavoured
- 3 tsp banana Nesquik
- 150ml permitted coconut drink

1. Add all the ingredients into an express beaker and shake.
2. Add ice before serving.



Energy:
155 kcal*



Energy:
112 kcal*

Tomato Crush

- 1 sachet express 15 or express 20, unflavoured
- 150ml tomato juice
- Drops of Tabasco sauce to taste

1. Shake together in an express beaker.
2. Add ice.

* For these recipes, energy (kcal) has been calculated using express 15.

Energy:
184 kcal*

Peach Melba

- 1 sachet express 15 or express 20, unflavoured plus a raspberry flavour pac sachet
- 50g peach slices, in light syrup
- 100ml ProZero

1. Place all the ingredients into a blender and blitz.
2. Add ice.



Pink Ice Ice Baby

- 1 sachet express 15 or express 20, unflavoured plus a raspberry flavour pac sachet
- 100g permitted lemon sorbet (slightly melted)

1. Place all the ingredients into a blender and blitz.

Energy:
210 kcal*



Pineapple & Coconut Shake

- 1 sachet express 15 or express 20, unflavoured
- 70g tinned pineapple chunks in juice
- 100ml permitted coconut drink

1. Place all the ingredients into a blender and blitz.
2. Add ice before serving.

Energy:
129 kcal*





Express, ProZero and flavour pacs are Foods for Special Medical Purposes. For the dietary management of proven inborn errors of protein metabolism. Express and flavour pacs are suitable from 3 years of age. ProZero is suitable from 6 months onwards. Use under medical supervision. Not for use as a sole source of nutrition. For enteral use only. Energy content of each recipe has been calculated using Nutrimer, a web based professional dietary analysis package.



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