



### Description

#### A food for special medical purposes.

PKU air<sup>®</sup> is a ready-to-drink, phenylalanine free protein substitute, containing essential and non-essential amino acids, carbohydrate, vitamins, minerals, trace elements and the omega-3 long chain polyunsaturated fatty acids (LCPs); docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). With sugar and sweeteners.

Available in a choice of flavours.

### Indications

PKU air is for use in the dietary management of Phenylketonuria (PKU) from 3 years onwards.

### 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.

PKU air15 (130ml) = 15g PE    PKU air20 (174ml) = 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 air.
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



1

Shake well



2

Open



3

Drink

Water or permitted drinks should be taken after PKU air.

### IMPORTANT NOTICE

Must only be given to patients 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

		Per 100ml	Per PKU air15 130ml	Per PKU air20 174ml
Energy	kJ	243	316	423
	kcal	57	75	100
Fat	g	0.6	0.8	1.0
	of which saturates	g	0.1	0.2
Carbohydrate	g	1.5	2.0	2.6
	of which sugars	g	0.1	0.2
Protein equivalent	g	11.5	15	20
L-Phenylalanine	g	0	0	0
Salt	g	0.25	0.32	0.43
<b>Vitamins and minerals</b>				
Vitamin A (RE)	µg	160	208	278
Vitamin E (αTE)	mg	3.0	3.9	5.2
Vitamin D	µg	5.8	7.5	10
Vitamin K	µg	19	25	33
Vitamin C	mg	21	27	37
Thiamin	mg	0.40	0.52	0.70
Riboflavin	mg	0.44	0.57	0.77
Vitamin B6	mg	0.46	0.60	0.80
Niacin	mg (mg NE)	4.8 (9.6)	6.2 (13)	8.4 (17)
Folic acid	µg	77	100	134
Vitamin B12	µg	0.92	1.2	1.6
Pantothenic Acid	mg	1.5	2.0	2.6
Biotin	µg	36	47	63
Sodium	mg	98	127	171
	mmol	4.2	5.5	7.3
Chloride	mg	140	182	244
	mmol	3.9	5.1	6.8
Potassium	mg	180	234	313
	mmol	4.5	5.9	7.8
Calcium	mg	230	299	400
	mmol	5.8	7.5	10
Phosphorus	mg	210	273	365
Phosphate	mmol	6.7	8.7	12
Magnesium	mg	72	94	126
	mmol	3.0	3.9	5.2
Iron	mg	4.2	5.5	7.3
Zinc	mg	4.2	5.5	7.3
Copper	mg	0.42	0.55	0.73
Iodine	µg	49	64	85
Selenium	µg	17	22	30
Manganese	mg	0.60	0.78	1.0
Chromium	µg	17	22	30
Molybdenum	µg	28	36	48

## Nutritional Information

		Per 100ml	Per PKU air <sup>15</sup> 130ml	Per PKU air <sup>20</sup> 174ml
<b>Others</b>				
Choline	mg	110	143	191
DHA	mg	77	100	134
EPA	mg	18	23	31
<b>Amino Acids</b>				
L-Alanine	g	0.53	0.69	0.92
L-Arginine	g	0.86	1.12	1.50
L-Aspartic Acid	g	1.36	1.77	2.37
L-Cystine	g	0.35	0.46	0.61
L-Glutamine	g	0	0	0
Glycine	g	1.35	1.76	2.35
L-Histidine	g	0.53	0.69	0.92
L-Isoleucine	g	0.93	1.21	1.62
L-Leucine	g	1.46	1.90	2.54
L-Lysine	g	0.96	1.25	1.67
L-Methionine	g	0.26	0.34	0.45
L-Proline	g	0.97	1.26	1.69
L-Serine	g	0.60	0.78	1.04
L-Threonine	g	0.93	1.21	1.62
L-Tryptophan	g	0.29	0.38	0.50
L-Tyrosine	g	1.37	1.78	2.38
L-Valine	g	1.07	1.39	1.86
L-Carnitine	mg	13	17	23
Taurine	mg	25	33	44
<b>Osmolality:</b>				
PKU air green:		1375mOsm/kg	PKU air gold:	1425mOsm/kg
PKU air red:		1491mOsm/kg	PKU air white:	1485mOsm/kg

### Allergen Declaration

Contains fish (tuna oil)

Contains soya (soya lecithin)

Contains milk (milk protein)

### Pack Size/Weight

**air<sup>15</sup>**

30 x 130ml e pouches = 3.9L

**air<sup>20</sup>**

30 x 174ml e pouches = 5.22L

### Flavours

Green<sup>®</sup> (citrus twist),

gold<sup>®</sup> (coffee fusion), red (berry blast)

and white (caribbean crush)

### Storage

Store in a cool, dry place.

Once opened drink immediately or recap,  
refrigerate and use within 24 hours.

