

PKU express[®]

Description

A 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.

Indications

PKU express 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 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.

Ideally the product should be freshly prepared and used immediately.

Any unused portions should be refrigerated and used within 24 hours. Reshake before use.

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

		Flavoured			Unflavoured		
		Per 100g	Per 25g sachet	Per 34g sachet	Per 100g	Per 25g sachet	Per 34g sachet
Energy	kJ	1192	298	405	1260	315	429
	kcal	281	70	95	297	74	101
Fat	g	0.20	0.05	0.07	0.20	0.05	0.07
of which saturates	g	0	0	0	0	0	0
Carbohydrate	g	9.7	2.4	3.3	13.7	3.4	4.7
of which sugars	g	3.6	0.9	1.2	1	0.2	0.3
Protein equivalent	g	60	15	20	60	15	20
L-Phenylalanine	g	0	0	0	0	0	0
Salt	g	1.3	0.32	0.43	1.3	0.32	0.43

Nutritional Information

		Flavoured			Unflavoured		
		Per 100g	Per 25g sachet	Per 34g sachet	Per 100g	Per 25g sachet	Per 34g sachet
Vitamins and minerals							
Vitamin A (RE)	µg	832	208	283	832	208	283
Vitamin D	µg	13.2	3.3	4.5	13.2	3.3	4.5
Vitamin E (αTE)	mg	15.6	3.9	5.3	15.6	3.9	5.3
Vitamin K	µg	100	25	34	100	25	34
Vitamin C	mg	108	27	36.7	108	27	36.7
Thiamin	mg	2.0	0.50	0.68	2.0	0.50	0.68
Riboflavin	mg	2.3	0.57	0.78	2.3	0.57	0.78
Vitamin B6	mg	2.8	0.70	1.0	2.8	0.70	1.0
Niacin	mg (mg NE)	24.8 (48)	6.2 (12.0)	8.4 (16.3)	24.8 (48)	6.2 (12.0)	8.4 (16.3)
Folic acid	µg	400	100	136	400	100	136
Vitamin B12	µg	4.8	1.2	1.6	4.8	1.2	1.6
Pantothenic Acid	mg	8.0	2.0	2.7	8.0	2.0	2.7
Biotin	µg	188	47	63.9	188	47	63.9
Sodium	mg	508	127	173	508	127	173
	mmol	22	5.5	7.5	22	5.5	7.5
Chloride	mg	728	182	248	728	182	248
	mmol	20.4	5.1	6.9	20.4	5.1	6.9
Potassium	mg	940	235	320	940	235	320
	mmol	23.6	5.9	8.0	23.6	5.9	8.0
Calcium	mg	1196	299	407	1196	299	407
	mmol	30	7.5	10.2	30	7.5	10.2
Phosphorus	mg	1068	267	363	1068	267	363
	mmol	33.6	8.4	11.4	33.6	8.4	11.4
Magnesium	mg	376	94	128	376	94	128
	mmol	15.6	3.9	5.3	15.6	3.9	5.3
Iron	mg	21.6	5.4	7.3	21.6	5.4	7.3
Zinc	mg	21.6	5.4	7.3	21.6	5.4	7.3
Copper	mg	2.2	0.55	0.75	2.2	0.55	0.75
Iodine	µg	252	63	85.7	252	63	85.7
Selenium	µg	88	22	29.9	88	22	29.9
Manganese	mg	3.2	0.80	1.1	3.2	0.80	1.1
Chromium	µg	88	22	29.9	88	22	29.9
Molybdenum	µg	144	36	49	144	36	49
Others							
Choline	mg	600	150	204	600	150	204

Nutritional Information

		Flavoured			Unflavoured		
		Per 100g	Per 25g sachet	Per 34g sachet	Per 100g	Per 25g sachet	Per 34g sachet
Amino Acids							
L-Alanine	g	2.56	0.64	0.87	2.56	0.64	0.87
L-Arginine	g	4.14	1.04	1.41	4.14	1.04	1.41
L-Aspartic acid	g	6.56	1.64	2.23	6.56	1.64	2.23
L-Cystine	g	5.10	1.28	1.73	1.67	0.42	0.57
L-Glutamine	g	6.53	1.63	2.22	5.10	1.28	1.73
Glycine	g	1.67	0.42	0.57	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-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
L-Carnitine	mg	64	16	22	64	16	22
Taurine	mg	132	33	45	132	33	45

Osmolality:

25g + 80ml = 1896mOsm/kg

34g + 80ml = 2380mOsm/kg

25g + 100ml = 1470mOsm/kg

Allergen Declaration

Contains soya (soya lecithin).

Pack Size/Weight

express15[®]

30 x 25g e sachets = 750g


express20[®]

30 x 34g e sachets = 1.02kg

Flavours

Unflavoured, orange, lemon and tropical.

Storage

Store in a cool, dry place.

Ideally sachets should be used immediately after opening.

Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

