

ACBS GMS PBS

Description

Food for Special Medical Purposes

PKU express™ plus is a powdered phenylalanine free* protein substitute, containing essential and non-essential amino acids, carbohydrate, vitamins, minerals, trace elements and docosahexaenoic acid (DHA). Available in a choice of flavours.

Flavoured options: with sugar and sweeteners.

Indications

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

Doseage and Administration

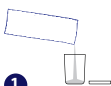
To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

PKU express plus15= 15g PE

PKU express plus20= 20gPE

Preparation Guidelines

PKU express plus15:



1
Empty the contents of the sachet into the beaker.

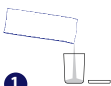


2
Add 80ml of cold water. Secure the lid and shake well for 10 seconds.

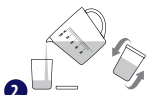


3
Consume immediately.

PKU express plus20:



1
Empty the contents of the sachet into the beaker.



2
Add 100ml of cold water. Secure the lid and shake well for 10 seconds.



3
Consume immediately.

Important - Water or permitted drinks should be taken after PKU express plus.

The product should be freshly prepared and consumed immediately.

If this is not possible all prepared product must be tightly covered and consumed within 4 hours if kept at room temperature, or within 24 hours if refrigerated.

Shake product before use.

IMPORTANT NOTICE

Must only be consumed by individuals with PKU.

Suitable from 3 years of age onwards.

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

Not suitable for use as a sole source of nutrition.

Use under medical supervision.

For enteral use only.

Nutritional Information

		Unflavoured			Flavoured		
		Per 100g	Per PKU express15 25g	Per PKU express20 34g	Per 100g	Per PKU express15 25g	Per PKU express20 34g
Energy	kJ	1339	335	455	1297	325	434
	kcal	316	79	107	306	77	102
Fat	g	2.2	0.55	0.75	2.2	0.55	0.75
of which							
Saturates	g	0.70	0.18	0.24	0.70	0.18	0.24
DHA	mg	400	100	136	400	100	136
Carbohydrate	g	14	3.5	4.8	11.5	2.9	3.9
of which sugars	g	1.2	0.30	0.41	2.9	0.73	0.99
Protein equivalent	g	60	15	20	60	15	20
Phenylalanine*	g	-	-	-	-	-	-
Salt	g	1.05	0.26	0.36	1.05	0.26	0.36
Vitamins							
Vitamin A (RE)	µg	780	195	265	780	195	265
Vitamin D	µg	30	7.5	10	30	7.5	10
Vitamin E (α TE)	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)	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

Nutritional Information

		Flavoured			Unflavoured		
		Per 100g	Per PKU express15 25g	Per PKU express20 34g	Per 100g	Per PKU express15 25g	Per PKU express20 34g
Minerals							
Sodium	mg	420	105	143	420	105	143
	mmol	18	4.5	6.1	18	4.5	6.1
Potassium	mg	730	183	248	730	183	248
	mmol	18	4.6	6.2	18	4.6	6.2
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
Trace Elements							
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

		Flavoured			Unflavoured		
		Per 100g	Per PKU express15 25g	Per PKU express20 34g	Per 100g	Per PKU express15 25g	Per PKU express20 34g
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	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	-	-	-	-	-	-
L-Proline	g	4.68	1.17	1.59	4.68	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

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

Osmolality 25g + 80ml = 1900 mOsm/kg
34g + 100ml = 1950 mOsm/kg

Osmolarity 25g + 80ml = 1700 mOsm/L
34g + 100ml = 2000 mOsm/L

Allergen Declaration

Contains fish, soya (soya lecithin).
Not suitable for individuals with a milk allergy.

Pack Size/Weight

PKU express plus15
30 x 25g e sachets = 750g

PKU express plus20

30 x 34g e sachets = 1.02kg

Flavours:

Unflavoured, orange, lemon, raspberry and tropical.

Storage

Store in a cool, dry place. Sachets are designed for single use. If your dietitian/clinician prescribes less than one full sachet; any unused powder in a sachet must be tightly sealed, and used within 24 hours.

Packaged in a protective atmosphere.