

# Product Information



## XPhe minis



### In Short

- XPhe minis are a food for special medical purposes for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)
- suitable from 7 years of age
- highly concentrated Phe-free protein supplement – in tablet form
- low in calories: no carbohydrate – small amount of fat
- easy to swallow – easy application – ready “to go”
- neutral in smell and taste
- pure L-amino acids and micronutrients
- in convenient sachets: 1 sachet  $\cong$  24 tablets  $\cong$  10 g protein equivalent

### Product profile

XPhe minis are a highly concentrated mixture of pure L-amino acids free of Phenylalanine in tablet form. XPhe minis do not contain carbohydrate and only a small amount of fat, thus low in calories.

XPhe minis are a pressed and coated protein supplement. They allow a tasteless intake of the amino acid mixture. The tablets can be consumed discreetly and directly, no preparation necessary. They offer more flexibility, e.g. concerning intake outside the home and with regard to a wider choice of drinks suitable for intake, without drawing attention to the PKU diet – a big plus with regard to good compliance. Since packed in sachets the daily taking is especially easy: 1 sachet  $\cong$  24 tablets  $\cong$  10 g protein eqv.

XPhe minis are supplemented with vitamins, minerals and trace elements.

### Convenience product

XPhe minis are a convenient option for the intake of an amino acid mixture, especially when on the way: discreetly, in tablet form. Suitable from 7 years of age.

### Administration

XPhe minis should always be taken with a sufficient quantity of liquid and at best along with precalculated amounts of food.

### Intake

The tablets should be swallowed unchewed as whole tablets. XPhe minis should always be taken with a sufficient quantity of liquid. The tablets are not intended to be dissolved in water or other drinks prior to intake. XPhe minis are not meant to dissolve in the mouth. We recommend to take the tablets in an upright position. Once sachet is opened, the tablets should be taken within the next 6 hours.

Note: The tablets are covered with a tasteless coating. This makes it easy to swallow XPhe minis. However the layer is very thin. Thus, if the tablets were kept in the mouth for too long, this layer would dissolve and release the typical taste of an amino acid mixture. This is why we recommend the administration above.

**Function** XPhe minis substitute that part of the protein in the diet which may not be taken up from natural food sources.

**Indication** XPhe minis are a food for special medical purposes and as protein supplement suitable for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).

**Dosage** The daily total amount of amino acid mixture depends on age, body weight and individual medical condition/ Phenylalanine tolerance and should be reexamined and adjusted in accordance with the results of regular

monitoring. The daily dosage of amino acid mixture should at best be divided into 3 - 5 single portions. The daily dosage of amino acid mixture can consist either exclusively of XPhe minis or of several products suitable for use in the dietary management of Phenylketonuria. The PKU-diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities.

Amino acids XPhe minis		
	100 g	15,8 g/ 24 tab./ 1 sachet
L-Alanine	g 4	0,6
L-Arginine	g 3	0,4
L-Aspartic acid	g 9	1,4
L-Cystine	g 1,1	0,18
L-Glutamine	g 4	0,7
L-Glutamic acid	g 3,5	0,6
Glycine	g 4	0,7
L-Histidine	g 3	0,4
L-Isoleucine	g 4	0,6
L-Leucine	g 6	1
L-Lysine	g 4	0,7
L-Methionine	g 1,1	0,18
L-Phenylalanine	g 0	0
L-Proline	g 6	1
L-Serine	g 4	0,6
L-Threonine	g 4	0,6
L-Tryptophan	g 1,3	0,2
L-Tyrosine	g 7	1
L-Valine	g 5	0,8

**Important Notice** Must only be used under medical supervision. Not for use

as a sole source of nutrition. For enteral use only. Only for people with proven Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA). Suitable from 7 years of age.

## INGREDIENTS

For nutrition specialists the list of ingredients is provided on our website [www.metax.org](http://www.metax.org).

### NUTRITION INFORMATION

XPhé minis		100 g	24 tablets (1 sachet)
Energy	kJ	1175	186
	kcal	278	44
Fat	g	2	0,3
of which saturates	g	2	0,3
Carbohydrate	g	0	0
of which sugars	g	0	0
Fibre	g	16	2,5
Protein eqv.	g	62	10
Amino acids	g	74	12
Salt	g	0	0

Vitamins		g protein		
Vitamin A	µg	931	147	15
Vitamin D3	µg	7	1,1	0,12
Vitamin E	mg	16	2,5	0,25
Vitamin K1	µg	68	11	1
Vitamin C	mg	81	13	1,3
Thiamin (Vit. B1)	mg	1,6	0,25	0,025
Riboflavin (Vit. B2)	mg	1,7	0,3	0,03
Niacin	mg	25	4	0,4
Vitamin B6	mg	1,7	0,3	0,03
Folic acid	µg	559	88	9
Vitamin B12	µg	6	0,9	0,09
Biotin	µg	155	25	2,5
Pantothenic acid	mg	9	1,5	0,15
Minerals				
Potassium	mg	931	147	15
Calcium	mg	1651	262	27
Phosphorus	mg	652	103	11
Magnesium	mg	401	63	6
Trace elements				
Iron	mg	19	3	0,3
Zinc	mg	9	1,5	0,15
Copper	mg	1,6	0,25	0,025
Manganese	mg	4	0,7	0,07
Selenium	µg	48	8	0,8
Chromium	µg	62	10	1
Molybdenium	µg	93	15	1,5
Iodine	µg	217	34	3,5

### FURTHER NUTRITION INFORMATION

L-Carnitine	mg	43	7	0,7
Choline	mg	155	25	2,5
myo-Inositol	mg	93	15	1,5

Delivery Unit	box, sachets (sa)	box, sachets (sa)
	1 x 30 sa at 24 tablets = 475 g	4 x 30 sa at 24 tablets = 1900 g



[www.metax.org](http://www.metax.org)

Article Number	xx-001-25600	xx-001-25602
Delivery to	Pharmacies, clinics	
Storage	Store in a cool, dry place.	

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