



In Short

- XPhe enjoy GMP is a food for special medical purposes for use in the dietary management of Phenylketonuria (PKU) and Hyperphenylalaninemia (HPA)
- suitable from 3 years of age
- concentrated protein supplement, based on Glycomacropeptide (GMP), containing a small amount of Phenylalanine* – in powder form
- supplemented with indispensable and conditionally indispensable highly purified L-amino acids
- contains small amounts of carbohydrate and fat as well as fibre
- tasty milkshake-like drink
- in 3 different options: neutral, chocolate and vanilla
- with micronutrients
- in convenient portion sachets at 10 g (enjoy¹⁰) and 20 g (enjoy²⁰) protein equivalent

* from the natural raw material

Product profile

XPhe enjoy GMP is a concentrated powdered protein supplement, based on Glycomacropeptide (GMP) – supplemented with the highly purified L-amino acids Alanine, Arginine, Aspartic acid, Glycine, Histidine, Leucine, Lysine, Tryptophan and Tyrosine.

XPhe enjoy GMP

- has a small amount of Phenylalanine, deriving from the natural raw material GMP
- contains some carbohydrate and fat as well as fibre
- is available in 2 sizes: XPhe enjoy¹⁰ GMP contains 10 g protein equivalent in 16,5 g of powder and XPhe enjoy²⁰ GMP contains 20 g protein equivalent in 33 g of powder
- gives a tasty milkshake-like drink and is available in 3 different options: neutral, chocolate and vanilla
- offers a palatable option to a conventional amino acid mixture for the dietary management of PKU/HPA
- thus can contribute to an improved acceptance and compliance in the PKU diet
- may help “off diet” adults with PKU to go back to the low protein diet
- is supplemented with vitamins, minerals and trace elements
- is suitable from 3 years of age.

Glycomacropeptide (GMP), the base of XPhe enjoy GMP

GMP is the natural protein source in XPhe enjoy GMP. GMP is a casein-derived peptide in milk protein. During the process of cheese-making through rennet clotting this peptide is released from casein and passes into the liquid whey. From there it is isolated and purified by means of special technological processes.

Pure GMP is initially free from Phenylalanine, during the production process however, it receives a slight contamination with Phe. Some indispensable and conditionally indispensable amino acids (e.g. Arginine, Histidine, Leucine, Tryptophan and Tyrosine) are not or almost not present in GMP. When these are supplemented, however – according to the amino acid profile of human milk – (as it is the case in XPhe enjoy GMP) the protein supplement shows a high biological value.

A protein supplement based on GMP

- is characterized by good gastrointestinal tolerance
- has a mild taste and thus supports compliance
- creates a good feeling of satiety after intake
- leads to lower Phe-levels in blood and brain as compared to an amino acid mixture
- shows positive effects on bone metabolism
- supports the formation of a healthy gut flora through prebiotic effects

Amino acids		enjoy ¹⁰	enjoy ²⁰
XPhe enjoy GMP	100 g	16,5 g	33 g
L-Alanine	g	6,4	2,1
L-Arginine	g	2,2	0,7
L-Aspartic acid	g	5,8	1,9
L-Cystine	g	0,03	0,01
L-Glutamic acid	g	6,6	2,2
Glycine	g	9,3	3,1
L-Histidine	g	1,4	0,4
L-Isoleucine	g	3,6	1,2
L-Leucine	g	5,6	1,8
L-Lysine	g	3,4	1,1
L-Methionine	g	0,7	0,2
L-Phenylalanine	mg	100	33
L-Proline	g	4,1	1,4
L-Serine	g	2,6	0,9
L-Threonine	g	5,9	1,9
L-Tryptophan	g	1,0	0,3
L-Tyrosine	g	6,5	2,1
L-Valine	g	2,9	1,0

- acts anti-inflammatory against metabolic stress
- leads to more stable blood-Phe-levels and improved nitrogen-retention
- leads, due to delayed breakdown, to a slower increase of plasma amino acids in comparison to an amino acid mixture.

Administration

When switching from a Phenylalanine-free amino acid mixture (AAM) to XPhe enjoy GMP, or restarting the low protein diet with a protein supplement (returner), the following should be kept in mind:

XPhe enjoy GMP can be introduced gradually, i.e.: replacing the AAM by XPhe enjoy GMP or incorporating XPhe enjoy GMP into the daily diet step by step. Depending on Phe-tolerance either a part or the total amount of AAM may be replaced by XPhe enjoy GMP.

Important: Regular monitoring of blood-Phe-levels.

For returners to the diet supplementary use of an AAM might be required for covering protein needs and keeping blood-Phe-levels in normal range.

Should the total needs of protein supplement be covered by XPhe enjoy GMP, an increase of Phe-levels may be observed in some circumstances. In this case consumption of natural, Phe-containing, foodstuffs should be restricted,

as appropriate – in consultation with the metabolic center.

XPhe enjoy GMP may be taken, for example, as a snack in between or as a late snack, without the need for a concurrent consumption of Phe-containing foods. The energy sources contained prevent the GMP and the amino acids from being used for energy production after resorption.

Preparation

Fill drinking water into a shaker, empty 1 sachet **XPhe enjoy GMP** into it. Shake – ready!

We recommend the following amounts of water:

80 - 100 ml + 1 sachet enjoy¹⁰ (≙ 10 g PE)

160 - 180 ml + 1 sachet enjoy²⁰ (≙ 20 g PE)

It can also be prepared with more or less water, as requested.

Always prepare freshly!

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

Indication **XPhe enjoy GMP** is 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 protein supplements depends on age, body weight and individual medical condition/ Phenylalanine tolerance and should be re-examined and adjusted in accordance with the results of regular monitoring.

The daily dosage of protein supplements should at best be divided into 3 - 5 single portions. The daily dosage of protein supplements can consist either exclusively of **XPhe enjoy GMP** or of a combination of several protein supplements suitable for use in the dietary management of PKU/ HPA.

The PKU-diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities.

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 3 years of age.

INGREDIENTS

For nutrition specialists the lists of ingredients are provided on our website www.metax.org.

NUTRITION INFORMATION		XPhe enjoy GMP 100 g			XPhe enjoy ¹⁰ 16,5 g			XPhe enjoy ²⁰ 33 g		
		neutral	chocolate	vanilla	neutral	chocolate	vanilla	neutral	chocolate	vanilla
Energy	kJ	1362	1362	1362	225	225	225	449	449	449
	kcal	322	322	322	53	53	53	106	106	106
Fat	g	3,6	3,6	3,6	0,6	0,6	0,6	1,2	1,2	1,2
	saturates	g	1	1	0,17	0,17	0,17	0,34	0,34	0,34
	mono-unsaturates	g	1,3	1,3	0,2	0,2	0,2	0,4	0,4	0,4
	polyunsaturates	g	1,2	1,2	0,2	0,2	0,2	0,4	0,4	0,4
Carbohydrate	g	12	12	12	2	2	2	4	4	4
of which sugars	g	1,4	1,2	2,6	0,23	0,2	0,4	0,5	0,9	0,9
Fibre	g	0,8	1,4	1	0,13	0,23	0,16	0,25	0,3	0,3
Protein eqv.	g	60	60	60	10	10	10	20	20	20
Salt	g	1,7	1,7	1,7	0,3	0,3	0,3	0,6	0,6	0,6

Vitamins

										g protein		
Vitamin A	µg		1080			178			356			18
Vitamin D3	µg		24			4			8			0,4
Vitamin E	mg		21			3,5			7			0,35
Vitamin K1	µg		77			13			26			1,3
Vitamin C	mg		126			21			42			2
Thiamin (Vit. B1)	mg		2			0,35			0,7			0,035
Riboflavin (Vit. B2)	mg		2,4			0,4			0,8			0,04
Niacin	mg		48			8			16			0,8
Vitamin B6	mg		2			0,3			0,6			0,03
Folic acid	µg		240			40			79			4
Vitamin B12	µg		4			0,6			1,3			0,065
Biotin	µg		48			8			16			0,8
Pantothenic acid	mg		11			1,8			3,6			0,18

Minerals

Sodium	mg	674	748	674	111	123	111	222	247	222	11	12	11
Potassium	mg		875			144			289				15
Chloride	mg	42	152	42	7	25	7	14	50	14	0,7	2,5	0,7
Calcium	mg		1680			277			554				28
Phosphorus	mg		1036			171			342				17
Magnesium	mg		324			53			107				5

Trace elements

Iron	mg		22			3,6			7				0,36
Zinc	mg		22			3,6			7				0,36
Copper	mg		2,4			0,4			0,8				0,04
Manganese	mg		7			1,1			2,2				0,11
Fluoride	mg		0,9			0,15			0,3				0,015
Selenium	µg		87			14			29				1,5
Chromium	µg		120			20			40				2
Molybdenum	µg		102			17			34				1,7
Iodine	µg		270			45			89				4,5

FURTHER NUTRITION INFORMATION

L-Carnitine	mg		54			9			18				0,9
Choline	mg		540			89			178				9
myo-Inositol	mg		282			47			93				5
Taurine	mg		60			10			20				1

		XPhe enjoy ¹⁰ GMP	XPhe enjoy ²⁰ GMP
Delivery Unit		box, sachets (sa) 30 sa at 16,5 g = 495 g	box, sachets (sa) 30 sa at 33 g = 990 g
Article Number	<i>neutral</i> <i>chocolate</i> <i>vanilla</i>	xx-001-25652 xx-001-25662 xx-001-25672	xx-001-25657 xx-001-25667 xx-001-25677
Delivery to	Pharmacies, clinics		
Storage	Store in a cool, dry place.		