

Product Information



In Short

- XPhe for2 LC is a food for special medical purposes for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (MHP/HPA)
- optimal in the time before and during pregnancy and in the period of breastfeeding
- highly concentrated powdered protein supplement free of Phenylalanine
- low in calories (LC = Low Calorie): small amount of carbohydrate – no fat
- flexible in use, various options for preparation
- neutral in smell and taste
- highly purified L-amino acids
- micronutrients in adequate amounts
- in convenient sachets at 20 g protein equivalent

Product profile

XPhe for2 LC is a highly concentrated powdered mixture of pure L-amino acids free of Phenylalanine – optimal in the time before and during pregnancy and in the period of breastfeeding.

XPhe for2 LC contains a small amount of carbohydrate and thus only little calories.

XPhe for2 LC (LC=Low Calorie) contains less calorie than XPhe for2.

XPhe for2 LC is especially appropriate to support PKU women who want/need to restart PKU-diet – with regard to a planned pregnancy.

XPhe for2 LC is intended for those who have no need for extra energy and whose weight gain follows recommendations for pregnant women.

XPhe for2 LC is also ideal in the nursing period. During this period of time the mother has extra need for protein to produce milk for breastfeeding.

XPhe for2 LC provides this extra protein. There are various options for preparing XPhe for2 LC. Thus the intake can be adapted individually which supports compliance.

Vitamins, Minerals and Trace elements (Micronutrients)

XPhe for2 LC is supplemented with vitamins, minerals and trace elements.

The level of enrichment is in accordance with the latest published Reference Values for Nutrient Intake from Germany, Austria and Switzerland (D-A-CH 2000) for the daily intake of micronutrients for pregnant women: explained below using the example of Calcium.

An additional supplementation with folic acid is required.

Calcium

Milk and dairy products are the main suppliers of calcium. However these products are (almost) not allowed in a low protein diet.

With 3 sachets XPhe for2 LC covers 100 % of the daily calcium requirement.

Folic acid

Folic acid reduces risk of neural tube defects (spina bifida). It is important that folic acid is substituted in sufficient amounts – already at the time when pregnancy is being planned. In combination with the PKU-food, XPhe for2 LC supplies that amount of folic acid, that is in accordance with the official recommendations for the daily intake for pregnant women.

Amino acids

XPhe for2 LC	100 g	29 g/ 1 sachet
L-Alanine	g 3,7	1,1
L-Arginine	g 3,4	1,0
L-Aspartic acid	g 9,9	2,9
L-Cystine	g 2,0	0,6
L-Glutamine	g 6,3	1,8
Glycine	g 7,8	2,3
L-Histidine	g 3,0	0,9
L-Isoleucine	g 4,4	1,3
L-Leucine	g 7,5	2,2
L-Lysine	g 4,8	1,4
L-Methionine	g 1,4	0,4
L-Phenylalanine	-	-
L-Proline	g 5,3	1,5
L-Serine	g 4,7	1,4
L-Threonine	g 5,3	1,5
L-Tryptophan	g 1,4	0,4
L-Tyrosine	g 6,6	1,9
L-Valine	g 4,7	1,4

N.B.: It is recommended that PKU women follow the national guidelines for fertile and pregnant women of taking a folic acid supplementation of an extra **400 µg/day** before and during pregnancy. This additional amount of folic acid is **not covered** by XPhe for2 LC and should be **prescribed by the physician**.

Products for pregnancy and lactation

- > XPhe for2 minis – tablets
- > XPhe for2 – neutral – sachet
- > XPhe for2 LC – neutral – sachet

All three products are equivalent in respect of their fortification with micronutrients calculated on gram protein equivalent.

Preparation	Size	Product	Amount	Water
✓ Gel	XS > stir – ready to eat with a spoon	XPhe for2 LC	1 sachet	+ 25 ml
✓ Drink	S > stir – ready to eat with a spoon or drink	XPhe for2 LC	1 sachet	+ 50 ml
✓ Shake	M > shake – ready to drink	XPhe for2 LC	1 sachet	+ 75 ml
✓ Shake	L or XL > shake – ready to drink	XPhe for2 LC	1 sachet	+ 150 ml

Always prepare freshly!

XPhe for2 minis, XPhe for2 and XPhe for2 LC can be used in combination during the MPKU period.

The possibility to exchange the products is only given according to and after calculation of the individual nutrient supply and medical advice.

Administration

XPhe for2 LC should always be taken with a sufficient quantity of liquid and at best along with precalculated amounts of food.

Preparation

XPhe for2 LC is flexible in preparation.

See box „Preparation“ – page 1.

Notice: We recommend to drink a glass of water or other beverage directly after taking XPhe for2 LC in one of the three concentrations XS, S or M. Always prepare freshly!

Function XPhe for2 LC substitutes that part of the protein in the diet which may not be taken up from natural food sources.

Indication XPhe for2 LC is a food for special medical purposes and as a protein supplement suitable for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (MHP/HPA).

Dosage The daily total amount of amino acid mixture 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 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 for2 LC or of several products suitable for use in the dietary management of Phenylketonuria.

The PKU-diet must be supplemented with energy, natural protein, other nutrients and water 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 women with proven Phenylketonuria (PKU) or Hyperphenylalaninemia (MHP/HPA) – especially in the time before and during pregnancy and in the period of breastfeeding.

INGREDIENTS

For nutrition specialists the list of ingredients is provided on our website www.metax.org.

NUTRITION INFORMATION			
XPhe for2 LC			
		100 g	29 g/ 1 sachet
Energy	kJ	1300	377
	kcal	307	89
Fat	g	<0,3	<0,08
of which			
saturates	g	<0,05	<0,01
Carbohydrate	g	6	1,7
of which sugars	g	0,05	<0,02
Protein eqv.	g	69	20
Amino acids	g	82	24
Salt	g	0,7	0,2

g protein

Vitamins

Vitamin A	µg	824	239	12
Vitamin D3	µg	11	3	0,16
Vitamin E	mg	12	3,4	0,17
Vitamin K1	µg	72	21	1
Vitamin C	mg	89	26	1,3
Thiamin (Vit. B1)	mg	1,4	0,4	0,02
Riboflavin (Vit. B2)	mg	2	0,6	0,03
Niacin	mg	21	6	0,3
Vitamin B6	mg	2	0,6	0,03
Folic acid	µg	343	100	5
Vitamin B12	µg	7	2	0,1
Biotin	µg	34	10	0,5
Pantothenic acid	mg	7	2	0,1

Minerals

Sodium	mg	275	80	4
Potassium	mg	7	2	0,1
Calcium	mg	1236	358	18
Phosphorus	mg	824	239	12
Magnesium	mg	309	90	4,5

Trace elements

Iron	mg	34	10	0,5
Zinc	mg	12	3,4	0,17
Copper	mg	1,4	0,4	0,02
Manganese	mg	3,4	1	0,05
Selenium	µg	69	20	1
Chromium	µg	34	10	0,5
Molybdenium	µg	82	24	1,2
Iodine	µg	240	70	3,5

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	137	40	2
Choline	mg	378	110	6
myo-Inositol	mg	309	90	4,5

Delivery Unit	box, sachets (sa) 1 x 20 sa at 29 g = 580 g	box, sachets (sa) 4 x 20 sa at 29 g = 2320 g
Article Number	xx-001-27116	xx-001-27115
Delivery to	Pharmacies, clinics	
Storage	Store in a cool, dry place.	