

## NATURAL LOW-PHE SOURCE OF PROTEIN

- Glycomacropeptide (GMP) is the natural protein source in **XPhe enjoy GMP**. 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 - that's why **XPhe enjoy GMP** contains a small amount of Phenylalanine.

based on GMP

## HIGH BIOLOGICAL VALUE

- Some indispensable and conditionally indispensable amino acids (e.g. Arginine, Histidine, Leucine, Tryptophan and Tyrosine) are not or almost not present in GMP, the natural protein source in **XPhe enjoy GMP**. These amino acids are added to **XPhe enjoy GMP**: Therefore **XPhe enjoy GMP** is a protein supplement with high biological value.



## Nutrition Information

	100 g			enjoy <sup>10</sup> 18,5 g			enjoy <sup>20</sup> 37 g		
• Energy	kJ	1257	1257	1257	233	233	233	466	466
	kcal	298	298	298	55	55	55	111	110
• Fat	g	2	2	2	0,4	0,4	0,4	0,8	0,8
of which									
saturates	g	1	1	1	0,2	0,2	0,2	0,4	0,4
mono-unsaturates	g	0,8	0,8	0,8	0,15	0,15	0,15	0,3	0,3
polyunsaturates	g	0,3	0,3	0,3	0,05	0,05	0,05	0,1	0,1
• Carbohydrate	g	8	8	8	1,6	1,6	1,6	3	3
of which sugars	g	0,8	0,8	2	0,15	0,15	0,4	0,3	0,3
• Fibre	g	14	14	14	2,5	2,5	2,5	5	5
• Protein eqv.	g	55	55	55	10	10	10	20	20
Phenylalanine	mg	91	91	91	17	17	17	34	34
• Salt	g	1,5	1,5	1,5	0,3	0,3	0,3	0,6	0,6

Supplemented with vitamins, minerals and trace elements in adequate amounts.

**XPhe enjoy<sup>10</sup> GMP**  
1 box: 30 sachets at 18,5 g = 555 g

**XPhe enjoy<sup>20</sup> GMP**  
1 box: 30 sachets at 37 g = 1110 g

## PRODUCT INFORMATION

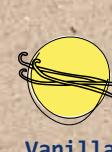


+ FIBRE

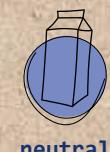
XPHE  
10  
20

enjoy  
GMP  
FOOD FOR  
SPECIAL MEDICAL PURPOSES

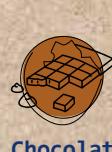
- for the dietary management of PKU/HPA
- based on GMP
- with fibre
- milkshake-like drink
- from 3 years



Vanilla



neutral



Chocolate

## PROTEIN SUPPLEMENT WITH GMP

- **XPhe enjoy GMP** is a concentrated protein supplement in powder form – based on the milk protein glycomacropeptide (GMP) – supplemented with the highly purified L-amino acids Alanine, Arginine, Aspartic acid, Glycine, Histidine, Leucine, Lysine, Tryptophan and Tyrosine.
- Food for special medical purposes for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).
- Suitable from 3 years of age.
- **XPhe enjoy GMP** presents a tasty alternative to a conventional amino acid mixture (AAM) in PKU/HPA, but can also be used in combination.
- **XPhe enjoy GMP** has a slight amount of Phenylalanine deriving from the natural raw material.
- **XPhe enjoy GMP** contains some carbohydrate and fat and is enriched with vitamins, minerals and trace elements.
- **XPhe enjoy GMP** is additionally enriched with a plant-based, soluble dietary fibre.

### XPhe enjoy GMP – with fibre

## FOR A HEALTHY GUT

- **XPhe enjoy GMP** is enriched with soluble fibre from partially hydrolyzed maize starch (polydextrose). This indigestible fibre shows prebiotic effects, improves the gastrointestinal function and positively influences the gut flora. Soluble fibre serve as food for beneficial bacteria and are metabolized by them in the large intestine to form short-chain fatty acids. These fatty acids reduce blood glucose levels and blood lipids.

## FOR THOSE WHO LIKE TO GET A BIT "MORE"

- Since **XPhe enjoy GMP** contains energy and some Phenylalanine, it can be taken independently from a meal.
- The GMP contained and the milkshake-like consistency of **XPhe enjoy GMP** create a good feeling of satiety and palatability.

### XPhe enjoy GMP – like a milkshake

## EASY TO HANDLE – IN PORTION SACHETS

- Packed in convenient portion sachets.
- Easy for calculation:  
1 sachet **XPhe enjoy<sup>10</sup> GMP**  $\triangleq$  10 g protein eqv.  
1 sachet **XPhe enjoy<sup>20</sup> GMP**  $\triangleq$  20 g protein eqv.
- Simple in use – no scale nor scoop needed. Fill water into a shaker and add the content of 1 sachet. Shake – and your palatable milkshake-like drink is ready!
- We recommend following amounts of water:  
80–100 ml + 1 sachet **XPhe enjoy<sup>10</sup> GMP**  
160–180 ml + 1 sachet **XPhe enjoy<sup>20</sup> GMP**  
Can also be prepared with more or less water, as you wish. Always prepare freshly!
- Simply convenient wherever you are – ideal for all your activities: e.g. at play, school, job, leisure and sports.

1 sachet  $\triangleq$  10 g/20 g protein eqv.

## DOSAGE/USE

- The daily total amount of protein supplements (GMP-based and/or AAM) depends on age, body weight and individual medical condition/ Phenylalanine tolerance and is determined under medical control.
- The total amount should at best be taken in 3 – 5 single portions during the day.
- **XPhe enjoy GMP** can easily be combined with other products of the XPhe-system.
- The PKU diet requires an adequate supply of energy, natural protein and other nutrients.

## 3 TASTY FLAVOURS



Vanilla



neutral



Chocolate

mild and aromatic

mild and pleasantly neutral

really chocolaty

**XPhe enjoy GMP – simply delicious**

**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.