

NUTRITION INFORMATION

	XPhe for2		XPhe for2 LC	
	100 g	1 sachet/ 33 g	100 g	1 sachet/ 29 g
Energy	KJ	1798	593	1300
	kcal	428	141	377
Fat	g	15	5	<0,3
of which saturates	g	3	1	<0,05
Carbohydrate	g	44	14	6
of which sugars	g	3	1	0,05
Protein eqv.	g	30	10	69
Amino acids	g	36	12	82
Salt	g	0	0	0,7
				0,2

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

DOSAGE AND USAGE

- 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/XPhe for2 LC or of a combination of several amino acid mixtures suitable for use in the dietary management of PKU/HPA. We especially recommend our XPhe for2 minis but also other products from the XPHE-SYSTEM are possible to use.

XPhe for2



20 x 33 g
= 660 g

XPhe for2 LC



20 x 29 g
= 580 g

PREPARATION



Always prepare freshly!

- Each of the practical sachets at 33 g XPhe for2 contains 10 g protein eqv. at 29 g XPhe for2 LC contains 20 g protein eqv.
- Recommendation for the standard dilution of XPhe for2 and XPhe for2 LC:
Pour 100 – 200 ml of beverage (non-carbonated) into a shaker, add contents of one portion sachet and shake – ready!
- XPhe for2 LC can also be prepared with less volume:
Gel, size XS
1 sachet + 25 ml water
stir – eat with a spoon!
Drink, size S
1 sachet + 50 ml water
stir – eat with a spoon or drink!
Shake, size M
1 sachet + 75 ml water
shake – ready to drink!
Shake, size L or XL
1 sachet + 150 ml water
shake – ready to drink!
- We recommend to drink a glass of water or other drink directly after taking XPhe for2 LC in one of the three concentrations XS, S or M.
- Our tip: XPhe for2 LC taken in apple juice tastes especially delicious.



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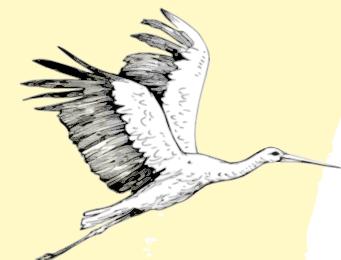


Product Information

FOR THE DIETARY MANAGEMENT OF PHENYLKETONURIA (PKU) OR HYPERPHENYLALANINEMIA (MHP/HPA)

Food for Special Medical Purposes

ESPECIALLY
FOR WOMEN



for2 AND for2 LC
XPHE extra energy
low in calories

- ✓ **XPhe for2** and **XPhe for2 LC** are Phenylalanine-free protein supplements for the dietary management of maternal Phenylketonuria (PKU) or Hyperphenylalaninemia (MHP/HPA).
- ✓ In order to ensure an adequate supply with all nutrients in the PKU diet, the low protein nutrition must be complemented with a protein supplement for the dietary management of PKU/HPA. **XPhe for2** and **XPhe for2 LC** from metaX exactly meet this requirement.

XPhe for2

- ✓ optimal for the period before and during pregnancy as well as during breastfeeding – since the diet of the mother also has an influence on the composition of mother's milk
- ✓ provides the mother with sufficient protein, as the protein requirements are increased in pregnancy and breastfeeding
- ✓ contains all essential vitamins, minerals and trace elements – adapted to pregnant and nursing women – vital since they are not contained sufficiently in the low protein diet.
- ✓ additionally, and this applies for women without PKU as well, 400 µg of folic acid per day should be taken in order to avoid a neural tube defect in your baby
- ✓ contains **141 kcal** per sachet at **10 g protein equiv.**
- ✓ supplies mother and child with valuable essential fatty acids
- ✓ for those who need extra energy
- ✓ when additional energy is required and for those who cannot get sufficient energy via natural foods
- ✓ counteracts unwanted weight loss, especially important in loss of appetite or sickness (nausea)
- ✓ can be used as an in between meal – with no other foods in addition

XPhe for2 LC

- ✓ contains **89 kcal** per sachet at **20 g protein equiv.**
- ✓ no fat added, low in energy (LC = Low Calorie), for those who have no extra need for energy
- ✓ recommended if weight gain follows recommendations for pregnant women
- ✓ concentrated protein supplement
- ✓ easy to dissolve – also in small volume

XPhe for2 and **XPhe for2 LC** are neutral in taste and therefore flexible in use. You can take them in many different ways. This is especially helpful to those pregnant women, who suffer from poor appetite or emesis. It also helps those women, who resume their PKU-diet and restart taking the amino acid mixture.

- ✓ in apple-, pineapple- or any other fruit juice – tastes deliciously fresh and fruity
- ✓ in vegetable- or tomato juice – a special tip for all those, who love it especially savoury (also try puréed vegetables!)
- ✓ in fruit puree (e.g. apple puree) or in smoothie
- ✓ in lemonade, such as Fanta® or mixed lemonades
- ✓ in syrup and water – just as you like, more or less intense
- ✓ with drink powder
- ✓ in instant tea, e.g. lemon tea
- ✓ or with AroMaxx, aroma modules from metaX.

→ Please consider the Phe-content of drinks or purees. Attention with drinks containing gas – carefully lift shaker lid when mixing!

More ideas:

- drink with a straw
- After intake of **XPhe for2** or **XPhe for2 LC** enjoy a sour or peppermint sweet or a chewing gum.

- ✓ tastes pleasantly light
- ✓ is neutral in taste – which makes the intake easier, especially for pregnant women

- ✓ simple calculation, since packed in portions
- ✓ easy handling, no weighing and measuring – this is convenient and saves time
- ✓ mix in a shaker or stir into a jar – fruity or savoury
- ✓ ideal for two, because **XPhe for2** or **XPhe for2 LC** plus low protein diet results in a well-balanced, adequate nutrition for both: mother and child.



You can also combine them with **XPhe for2 minis**, the Phe-free protein supplement in form of tablets. Interested? Please ask us!

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) for the time period before and during pregnancy – maternal PKU – and while nursing.