

## NUTRITION INFORMATION

		100 g	1 sachet/ 24 tablets
• Energy			
	kJ	1151	182
	kcal	273	43
• Fat	g	1	0,1
of which saturates	g	1	0,1
• Carbohydrate	g	0	0
of which sugars	g	0	0
• Fibre	g	16	2,5
• <b>Protein eqv.</b>	<b>g</b>	<b>60</b>	<b>10</b>
Amino acids	g	72	12
• Salt	g	0	0

Supplemented with vitamins, minerals and trace elements.

### XPhe for2 minis



30 sachets à 24 tablets  
= 475 g



☎ 008000-9963829  
(freecall from A, D, NL)  
or + 49 (0) 8432 - 94 86 0

✉ service@metax.org

🛒 metax-shop.org

visit us on 🌐 metax.org

metaX Institut fuer Diaetetik GmbH  
Am Strassbach 5 · 61169 Friedberg/Germany



✓ for the dietary management of PKU/HPA



## Product Information

**For use in the  
dietary management of Phenylketonuria  
or Hyperphenylalaninemia  
(PKU or MHP/HPA)**

Food for Special Medical Purposes

ESPECIALLY  
FOR WOMEN



### ✓ highly concentrated and balanced

- **XPhe for2 minis** a protein supplement free of Phenylalanine – in tablet form.
- **XPhe for2 minis** are a food for special medical purposes for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)).
- Optimal for women – for the period before and during pregnancy as well as during breastfeeding.
- **XPhe for2 minis** are a protein substitute high in protein and low in energy – without carbohydrate and only a small amount of fat.
- **XPhe for2 minis** contain vitamins, minerals and trace elements.
- **XPhe for2 minis** can also easily be combined with **XPhe for2 LC** and **XPhe for2** – our Phe-free protein supplement in powder form.

### ✓ indispensable

- **XPhe for2 minis** replace that amount of protein in the diet, which may not be taken in from natural food.
- **XPhe for2 minis** contain – with the exception of L-Phenylalanine – all indispensable, conditionally indispensable and dispensable amino acids for people with PKU/HPA, who have to restrict their phenylalanine intake, i.e. who must follow a low protein diet.
- Especially the indispensable amino acids must be taken in with the daily diet, since they cannot be synthesized in the human organism. Healthy people meet their requirements of amino acids through food rich in protein, people with PKU/HPA through their protein supplement, e.g. **XPhe for2 minis**.

### ✓ convenient and discreet

- **XPhe for2 minis** are ready for application, absolutely no preparation necessary.
- **XPhe for2 minis** can be consumed discreetly, they do not draw attention to your dietary product – this is what makes good compliance rather easy!
- **XPhe for2 minis** are packed in sachets – convenient and time saving – quick to calculate:  
1 sachet  $\triangleq$  24 tablets  $\triangleq$  10 g protein eqv.

### ✓ neutral and flexible

- **XPhe for2 minis** are neutral in taste and smell – they allow a tasteless intake of the amino acid mixture.
- With **XPhe minis** you have a wider choice of permitted drinks suitable for intake than for the products in powder form.

### ✓ easy and practical

- **XPhe for2 minis** are perfect „to go“.
- **XPhe for2 minis** are ideal for intake outside the home: For job, leisure and travel.
- **XPhe for2 minis** are practical – no cooling necessary!
- The surface of **XPhe for2 minis** is very smooth. This is why you can easily swallow the tablets.
- For taking **XPhe for2 minis** you simply need a glass of water or other permitted drink:  
**XPhe for2 minis** are practical, handy and easy!

**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.

### DOSAGE AND ADMINISTRATION

- The daily total amount of amino acid mixture depends on age, body weight and individual medical condition/ protein tolerance. The dosage should be re-examined and adjusted according to the results of regular medical 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 minis** or of several products suitable for use in the dietary management PKU/ HPA of pregnant women.
- **XPhe for2 minis** should be swallowed unchewed as whole tablets. They should always be taken with a sufficient quantity of liquid. We recommend to take the tablets in an upright position. **XPhe for2 minis** are not meant to dissolve in the mouth. Once sachet is opened, the tablets should be taken within the next 6 hours.  
**Note:** **XPhe for2 minis** sind mare covered with a tasteless coating. This makes it easy to swallow **XPhe for2 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.
- **XPhe for2 minis** should preferably be taken along with calculated amounts of food according to the individual protein tolerance.



✓ highly concentrated – balanced – indispensable

✓ **XPhe for2 minis** perfect „to go“

✓ 1 sachet  $\triangleq$  24 tablets  $\triangleq$  10 g protein eqv.