

PERFECT „TO GO“

XPhe Hello¹⁰

- simply take along – fits in every pocket
- ideal for on the go – for school and job, for leisure and sports
- ideal for traveling (e.g. by plane) – little pack size, low weight, instantly ready to eat

ADMINISTRATION

- XPhe Hello¹⁰ can well be eaten as an in-between-meal.
- We recommend to drink some water or other permitted drink after eating XPhe Hello¹⁰.

No need to shake, no need to stir:

Tear to open – ready-to-eat!

XPhe HELLO¹⁰ – so convenient for PKU!



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

✉ service@metax.org
🛒 metax-shop.org
🌐 metax.org

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



24/06/24 gb4/01/30



PRODUCT INFORMATION

XPhe HELLO¹⁰

FOOD FOR SPECIAL MEDICAL PURPOSES

FOR THE DIETARY MANAGEMENT OF

PHENYLKETONURIA (PKU) OR HYPERPHENYLALANINEMIA (HPA)

FROM 3 YEARS OF AGE

FRUIT BAR



READY-TO-EAT FRUIT BAR

XPhe Hello¹⁰

- is a pleasant tasting protein supplement in form of a fruit bar
- is supplemented with micronutrients – vitamins, minerals and trace elements
- contains valuable dietary fibre
- has some small amount of Phenylalanine from the natural fruit ingredients
- is suitable for people from 3 years of age

1 bar \triangleq 10 g protein eqv.

CONVENIENT AND DISCREET

XPhe Hello¹⁰

- is absolutely discreet – looks like any other fruit bar
- is wrapped up individually
- can directly be eaten, no further preparation necessary – just unwrap and enjoy the bite – convenient & discreet
- makes the daily intake of the amino acid mixture easy and especially comfortable

Have a bite!

NATURAL, FRUITY

XPhe Hello¹⁰

- has a pleasantly fruity taste and smell
- contains fruit – apple and raspberry – as natural ingredients



INDISPENSABLE FOR PKU/HPA

- XPhe Hello¹⁰ replaces that amount of protein in the diet, which may not be taken in from natural foods.
- XPhe Hello¹⁰ contains 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 Hello¹⁰.

Fits in every pocket!

DOSAGE

- 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.
- Can easily be combined with other products of the XPhe system and during pregnancy also with XPhe for 2 LC and XPhe for 2.
- 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.

The delicious fruit bar!

NUTRITION INFORMATION

		100 g	40 g (1 bar)
• Energy	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• Fat	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• of which saturates	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• Carbohydrate	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• of which sugars	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• Fibre	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• Protein eqv.	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• Amino acids	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• Salt	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>
• L-Phenylalanine	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>	<div><div></div><div><div></div><div></div></div></div> <div><div></div><div></div></div>

- supplemented with
- ✓ vitamins
 - ✓ minerals
 - ✓ trace elements



XPhe Hello¹⁰

- ✓ 30 x 40 g bar = 1200 g