

## NUTRITION INFORMATION

### XPhe Infant Mix<sup>LCP</sup>

		100 g powder	100 ml ready-to-use formula*
• Energy			
	kJ	2072	311
	kcal	496	74
• Fat	g	28	4
of which			
saturates	g	12	2
mono-unsaturates	g	10	1,6
polyunsaturates	g	5	0,7
DHA	mg	112	17
• Carbohydrate	g	51	8
of which sugars	g	24	3,6
Lactose	g	23	3,4
Maltodextrin	g	27	4
• <b>Protein eqv.</b>	g	11	<b>1,7</b>
Amino acids	g	13	2
• Salt	g	0,6	0,1

- \*Standard dilution: 15 g XPhe Infant Mix<sup>LCP</sup> + 90 ml drinking water = 100 ml ready-to-use formula
- Osmolality: 350 - 360 mosmol/kg
- The enclosed scoop measures approx. 5 g powder.



### XPhe Infant Mix<sup>LCP</sup>

✓ tin, 6 x 500 g

✓ XPhe Infant Mix<sup>LCP</sup>

Soon attractive also for your child!



*Tastes good!*

Large choice of  
protein-reduced  
and low protein  
foodstuffs

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INFORMATION FOR PARENTS



XPhe Infant Mix<sup>LCP</sup>

- food for special medical purposes
- free of Phenylalanine
- for use in dietary management of PKU or HPA

formula for Infants

- contains highly purified L-amino acids
- enriched with vitamins, minerals and trace elements in balanced amounts
- with LCPUFA lipids
- with lactose, according to mother's milk standard



## ✓ Definition and Indication

- **XPhe Infant Mix<sup>LCP</sup>** is an infant formula free of Phenylalanine for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA) in infants. **XPhe Infant Mix<sup>LCP</sup>** consists of amino acids, fat and carbohydrate and is enriched with vitamins, minerals and trace elements. Like breast milk **XPhe Infant Mix<sup>LCP</sup>** contains lactose as main carbohydrate and is enriched with LCPUFA lipids.

## ✓ Dosage

- The correct dosage of **XPhe Infant Mix<sup>LCP</sup>** is determined by the physician and/or dietitian and should be re-examined and adjusted in accordance with the results of regular monitoring. The dosage depends on age, body weight, protein requirements and the infant's individual Phenylalanine tolerance. The daily amount is given to the infant along with calculated amounts of breast milk/ regular infant formula or low protein weaning food (beikost).

### Advice for Dental Health

Carbohydrates are indispensable for the nutrition of your child. Like breast milk and other infant formulas also **XPhe Infant Mix<sup>LCP</sup>** contains carbohydrates. Incorrect use of the bottle (frequent or continuous sucking) however can result in tooth decay (caries) and related damages to tooth health. Thus a bottle feed should only last for the time required for the food intake. Do not leave the bottle with your child for continuous sucking.

## ✓ Directions for Use

- The daily amount of **XPhe Infant Mix<sup>LCP</sup>** and other food (e.g. breast milk, infant formula or beikost) in the dietary management of PKU is determined in a diet plan. The total daily quantity of **XPhe Infant Mix<sup>LCP</sup>**, given as a bottle feed or a weaning food, should be divided into 3 - 5 single meals.
- When prepared with drinking water, **XPhe Infant Mix<sup>LCP</sup>** gives a Phenylalanine (Phe)-free bottle feed or weaning food, which can also be used for lowering the blood Phe level.
- **XPhe Infant Mix<sup>LCP</sup>** must not be given without other (Phe containing) foods (e.g. breast milk or regular infant formula) over a longer period of time. Medical supervision is essential in any case!



## ✓ Preparation



Clean and boil bottle and teat before use.



Boil water and leave to cool down to approx. 40 °C. Pour water into the bottle.



Loosen the powder with the scoop.



Take powder up loosely with the scoop.



Strip off powder with the back of a knife.



Determine the tara weight of the bottle. Carefully empty the scoop into the bottle. Weigh out and thus verify the amount of powder.



Put the lid safely on the bottle and shake.



Open bottle and fix the teat. Check drinking temperature (cheek test).

- For preparing a Phe-reduced weaning food **XPhe Infant Mix<sup>LCP</sup>** is mixed with calculated amounts of starch, low protein biscuits and/or fruits.
- Always prepare the bottle feed or the weaning food with **XPhe Infant Mix<sup>LCP</sup>** freshly. Do never reuse any rest.