

## ✓ dosage/usage

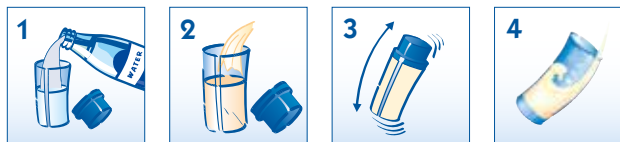
- The daily amount depends on age, body weight and individual Phenylalanine tolerance and is determined under medical supervision.
- For a change, instead of using water, prepare with fresh, well chilled fruit juice. Or: mix with drinks containing sugar, or mix with syrup with water or mix with fruit purées.
- Take in 3–5 single portions distributed throughout the day and, at best, always along with calculated amounts of regular food according to individual protein tolerance.
- The PKU-diet must be supplemented with energy, natural protein, and other nutrients in prescribed quantities.

## ✓ examples and ideas for intake

For a change and for taste improvement each 1/3 – 1/5 of the daily amount of **XPhe Kid/Junior/Advance** can also be taken as follows. Please take into consideration the respective Phe-content.

- FRUIT JUICE**  
100 ml e. g. apple-grape juice
- JUICE MIX**  
70 ml apple juice  
50 ml orange juice  
20 ml lemon juice
- JUICE-SYRUP MIX**  
50 ml orange juice  
50 ml pineapple juice  
10 ml lemon juice  
2 tbsp raspberry syrup
- FRUITS (JAR)**  
90 g (1/2 jar) e. g. peach in apple-pineapple
- FRUIT PUDDING**  
1 sachet instant fruit pudding mix, apricot or lemon  
500 ml water  
75 g sugar  
Prepare pudding according to instruction on the sachet. Put in a glass bowl and chill for 4–5 hours. Divide into 3–5 portions. Stir in **XPhe** before consumption.
- ICE TEA, THE „COOL“ WAY**  
100–150 ml Ice Tea or  
100–150 ml water with 15 g Ice Tea Mix  
If there is still not enough „ice“, then add an ice cube made from lemon juice. A real insiders' tip!

## ✓ preparation



Always prepare freshly.

- XPhe Kid**, standard dilution:  
80–100 ml of still water into a shaker, add the contents of one sachet or 6,9 g powder respectively, shake, ready.  
Each portion sachet of **XPhe Kid** contains 6,7 g of powder, this corresponds to 5 g protein equivalent.
  - XPhe Junior**, standard dilution:  
100–150 ml of still water into a shaker, add the contents of one sachet or 13,3 g powder respectively, shake, ready.  
Each portion sachet of **XPhe Junior** contains 13,3 g of powder, this corresponds to 10 g protein equivalent.
  - XPhe Advance**, standard dilution:  
200 ml of still water into a shaker, add the contents of one sachet or 25,8 g powder respectively, shake, ready.  
Each portion sachet of **XPhe Advance** contains 25,8 g of powder, this corresponds to 20 g protein equivalent.
- ✓ **XPhe Kid/Junior/Advance** may also be prepared with more or less amount of water, if desired.
- ✓ Always prepare freshly. Always follow the individually defined daily amount.

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FOOD FOR SPECIAL MEDICAL PURPOSES

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

NO CARBOHYDRATE, NO FAT

FOR 3 AGE GROUPS

**XPhe** Kid  
**XPhe** Junior  
**XPhe** Advance

### ✓ highly concentrated – balanced

- Food for special medical purposes for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).
- Three products for three age groups: for children, children/adolescents and adolescents/adults.
- Highly concentrated Phenylalanine-free protein supplement (pure L-amino acids) – without carbohydrate and fat.
- With vitamins, minerals and trace elements in balanced amounts that meet the needs of the age group.
- Available in 500 g tin or in convenient portion sachets.

### ✓ indispensable in PKU/HPA

- Replaces that amount of protein in the diet, which may not be taken in from natural food.
- Contains – 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 Kid/Junior/Advance**.

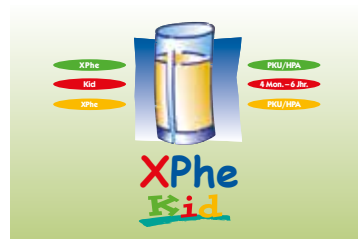
### ✓ classical – typical – neutral

- Protein supplement with typical neutral taste – slightly bitter.
- Can be prepared in many different ways – see section “Examples and ideas for intake” in this leaflet.
- EXTRA TIP:** Once opened, store the reclosed tin in the freezer compartment of your refrigerator: the smell of the powder is almost gone!

**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 for the – for each of the three products – indicated age group.

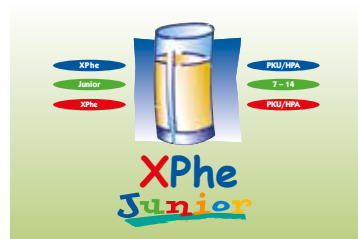
### ✓ highly concentrated – balanced – indispensable

#### XPhe Kid from 1 to 6 years of age



- ✓ tin with 500 g
- ✓ box with 30 x 6,7 g = 201 g

#### XPhe Junior from 7 to 14 years of age



- ✓ tin with 500 g
- ✓ box with 30 x 13,3 g = 399 g

#### XPhe Advance from 15 years of age



- ✓ tin with 500 g
- ✓ box with 30 x 25,8 g = 774 g

### ✓ in tin or sachets

### NUTRITION DECLARATION

XPhe Kid	100 g	1 sachet/6,7 g
• Energy	KJ 1263	85
	kcal 297	20
• Fat	g 0	0
• of which saturates	g 0	0
• Carbohydrate	g 0	0
• of which sugars	g 0	0
• <b>Protein eqv.</b>	<b>g 74</b>	<b>5</b>
• Amino acids	g 89	6
• Salt	g 0	0

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

XPhe Junior	100 g	1 sachet/13,3 g
• Energy	KJ 1275	170
	kcal 300	40
• Fat	g 0	0
• of which saturates	g 0	0
• Carbohydrate	g 0	0
• of which sugars	g 0	0
• <b>Protein eqv.</b>	<b>g 75</b>	<b>10</b>
• Amino acids	g 90	12
• Salt	g 0	0

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

XPhe Advance	100 g	1 sachet/25,8 g
• Energy	KJ 1315	340
	kcal 309	79
• Fat	g 0	0
• of which saturates	g 0	0
• Carbohydrate	g 0	0
• of which sugars	g 0	0
• <b>Protein eqv.</b>	<b>g 77</b>	<b>20</b>
• Amino acids	g 92	24
• Salt	g 0	0

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

### ✓ for 3 age groups