

PERFECT „TO GO“

- 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 take

easy and practical

TOOTH-FRIENDLY

- the coated tablets are tooth-friendly
- taking them with (mineral) water makes an important contribution to oral hygiene
- helps to prevent possible damage to the teeth caused by caries

protect teeth from caries



PRODUCT INFORMATION



XPhe
minis

**TABLETS
SUPPLEMENTED WITH**

Vitamins
Minerals
Trace elements

FROM 7 YEARS OF AGE

XPhe
minis

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

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

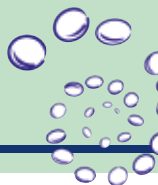
✉ service@metax.org
🛒 metax-shop.org
🌐 metax.org

84/08/06 d21/11/12

FOOD FOR SPECIAL MEDICAL PURPOSES
FOR THE DIETARY MANAGEMENT OF

**PHENYLKETONURIA (PKU)
OR HYPERPHENYLALANINEMIA (HPA)**

XPhe minis



TABLETS — EASY & PRACTICAL

- protein supplement free of Phenylalanine in tablet form
- with vitamins, minerals and trace elements
- protein substitute high in protein and low in energy
- without carbohydrate and only a small amount of fat
- suitable from 7 years of age

highly concentrated and balanced

CONVENIENT

- ready for application, absolutely no preparation necessary
- can be consumed discreetly
- do not draw attention to your dietary product – this is what makes good compliance rather easy
- packed in sachets – convenient and time saving – quick to calculate

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

DISCREET

- no unpleasant aftertaste
- no awkward bad breath
- no annoying belching

very pleasant – even after taking

INDISPENSABLE FOR PKU/HPA

- **XPhe minis** replace that amount of protein in the diet, which may not be taken in from natural foods. Healthy people meet their requirements of amino acids through food rich in protein, people with PKU/HPA through their protein supplement, e.g. **XPhe minis**.

DOSAGE

- The daily total amount of amino acid mixture depends on age, body weight and individual medical condition and/or protein tolerance. The dosage should be re-examined and adjusted according to the results of regular medical monitoring.
- The daily dosage of protein substitute should at best be divided into 3 – 5 single portions.
- **XPhe minis** can also easily be combined with other **XPhe**-products from our large product portfolio for PKU/HPA.
- The PKU-diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities.

INTAKE

- **XPhe minis** should be swallowed unchewed as whole tablets. They should always be taken with a sufficient quantity of liquid. **XPhe minis** are not meant to dissolve in the mouth. Do not dissolve the tablets in water or other liquids. We recommend to take the tablets in an upright position. Once sachet is opened, tablets should be taken within the next 6 hours.
Note: XPhe minis are coated with a flavour-neutral layer. This outer coating makes the tablets easy to swallow. The protective coating is extremely thin and water-soluble. If this coating were to dissolve, the tablets would taste like a typical amino acid mixture.
- **XPhe minis** should preferably be taken along with calculated amounts of Phe-containing food according to individual protein tolerance.

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 from 7 years of age with proven Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).

Tip Especially for women, before and during pregnancy and during breastfeeding, **XPhe for2 minis** are available: A protein supplement in tablet form, free of Phenylalanine, enriched with vitamins, minerals and trace elements – in amounts, according to the special needs in this special time of life.

NUTRITION INFORMATION

		100 g	24 tablets (1 sachet)
• Energy	kJ	1175	186
	kcal	278	44
• Fat	g	2	0,3
of which saturates	g	2	0,3
• Carbohydrate	g	0	0
of which sugars	g	0	0
• Fibre	g	16	2,5
• Protein eqv.	g	62	10
Amino acids	g	74	12
• Salt	g	0	0

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



30 sachets at 24 tablets
1 box: 475 g