

NUTRITION INFORMATION

XPhe smart K

		100 g				1 sachet/8 g			
		neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla
Energy	kJ	1291	1279	1301	1285	103	102	104	103
	kcal	304	301	306	303	24	24	24	24
Fat	g	<0,3	<0,3	<0,3	<0,3	<0,1	<0,1	<0,1	<0,1
of which									
saturates	g	<0,1	<0,1	<0,1	<0,1	<0,01	<0,01	<0,01	<0,01
Carbohydrate	g	11	11	12	10	1	0,8	1	0,8
of which sugars	g	9	7	8	7	0,7	0,6	0,6	0,6
Fibre	g	1	1,2	1,1	4	0,08	0,1	0,09	0,3
Protein eqv.	g	63	63	63	63	5	5	5	5
Amino acids	g	75	75	75	75	6	6	6	6
Salt	g	0	0	0	0,27	0	0	0	0,02

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

XPhe smart J

		100 g				1 sachet/14,5 g			
		neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla
Energy	kJ	1310	1310	1310	1310	190	190	190	190
	kcal	309	309	309	309	45	45	45	45
Fat	g	<0,3	<0,3	<0,3	<0,3	<0,04	<0,04	<0,04	<0,04
of which									
saturates	g	<0,1	<0,1	<0,1	<0,1	<0,02	<0,02	<0,02	<0,02
Carbohydrate	g	5	5	5	5	0,7	0,7	0,7	0,7
of which sugars	g	0,04	0,7	0,6	4	0,01	0,1	0,08	0,5
Fibre	g	1,2	1,2	1,2	3	0,17	0,17	0,17	0,4
Protein eqv.	g	70	70	70	70	10	10	10	10
Amino acids	g	84	84	84	84	12	12	12	12
Salt	g	0	0	0	0,4	0	0	0	0,06

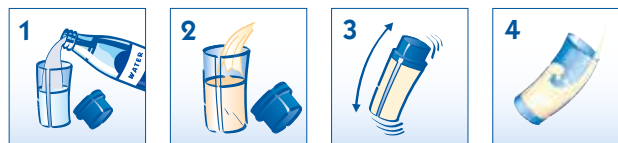
Supplemented with vitamins, minerals and trace elements in balanced amounts.

XPhe smart A

		100 g				1 sachet/29 g			
		neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla
Energy	kJ	1321	1327	1340	1315	383	385	388	381
	kcal	311	312	315	310	90	91	91	90
Fat	g	<0,2	<0,2	<0,2	<0,3	<0,1	<0,1	<0,1	<0,09
of which									
saturates	g	<0,02	<0,02	<0,02	<0,1	<0,01	<0,01	<0,01	<0,03
Carbohydrate	g	6	5	6	5	2	1,5	1,8	1,5
of which sugars	g	<0,1	<0,01	0,6	4	<0,1	<0,01	0,16	1
Fibre	g	1,2	1,2	1,2	3	0,35	0,35	0,35	0,8
Protein eqv.	g	70	70	70	70	20	20	20	20
Amino acids	g	84	84	84	84	24	24	24	24
Salt	g	0	0	0	0,4	0	0	0	0,10

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

PREPARATION



Always prepare XPhe smart freshly!

Flexible in use – eat with a spoon or drink

Gel, size XS

- XPhe smart K: 1 sachet/8 g + 10 ml water
 - XPhe smart J: 1 sachet/14,5 g + 15 ml water
 - XPhe smart A: 1 sachet/29 g + 25 ml water
- stir – eat with a spoon!

Drink, size S

- XPhe smart K: 1 sachet/8 g + 15 ml water
 - XPhe smart J: 1 sachet/14,5 g + 25 ml water
 - XPhe smart A: 1 sachet/29 g + 50 ml water
- stir – eat with a spoon or drink!

Shake, size M

- XPhe smart K: 1 sachet/8 g + 25 ml water
 - XPhe smart J: 1 sachet/14,5 g + 40 ml water
 - XPhe smart A: 1 sachet/29 g + 75 ml water
- shake – ready to drink!

Shake, size L or XL

- XPhe smart K: 1 sachet/8 g + 40 ml water *
 - XPhe smart J: 1 sachet/14,5 g + 50 ml water *
 - XPhe smart A: 1 sachet/29 g + 150 ml water *
- * or more

shake – ready to drink!

- We recommend to drink a glass of water or other drink directly after taking XPhe smart in one of the three concentrations XS, S or M.
- Our tip: XPhe smart neutral taken in apple juice tastes especially delicious!

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dk nzw20/04/28
dk v18/04/30
dk 21/04/15
dk 18/03/18
dk v16/04/07

PRODUCT INFORMATION

XPhe
smart



FOOD FOR SPECIAL MEDICAL PURPOSES

FOR THE DIETARY MANAGEMENT OF

PHENYLKETONURIA (PKU) OR HYPERPHENYLALANINEMIA (HPA)

FOR CHILDREN, ADOLESCENTS AND ADULTS

LOW IN VOLUME AND LOW IN CALORIES

4 X GREAT TASTE

- WILD BERRIES
- VANILLA
- LEMON
- NEUTRAL

Have a **smart** day!



CLEVER AND SMART

- **XPhe smart** – for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).
- **XPhe smart** – a truly smart protein supplement – free of Phenylalanine.
- For 3 age groups: children, children/adolescents and adolescents/adults.
- **XPhe smart** – flexible in use: as gel, as drink, as shake.
- Available in 500 g tin or in convenient portion sachets.

4 x GREAT TASTE

- **wild berries** – fruity and delicious
- **lemon** – fresh and juicy
- **vanilla** – enticingly mild, with Bourbon vanilla
- **neutral** – light in taste, unflavoured

3 x LOW IN CALORIES

- So pleasant – so low in calories!

XPhe smart K contains just approx. 25 kcal per serving,
XPhe smart J contains just approx. 45 kcal per serving,
XPhe smart A contains just approx. 90 kcal per serving.

EASY AND FLEXIBLE

- Also available packed in portion sachets. Easy to handle – no scale nor scoop needed.

Easy to calculate:

1 sachet/ 8 g **XPhe smart K** $\triangleq$ 5 g protein eqv.
1 sachet/ 14,5 g **XPhe smart J** $\triangleq$ 10 g protein eqv.
1 sachet/ 29 g **XPhe smart A** $\triangleq$ 20 g protein eqv.

DOSAGE AND USAGE

- The daily total amount of amino acid mixture depends on age, body weight and individual medical condition/Phenylalanine tolerance and should be re-examined and adjusted in accordance with the results of regular monitoring.
- The daily dosage of amino acid mixture should, at best, be divided into 3–5 single portions and always be taken 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.
- The daily dosage of amino acid mixture can consist either exclusively of **XPhe smart** or of a combination of several amino acid mixtures suitable for use in the dietary management of Phenylketonuria. Products from the XPHE-SYSTEM are highly recommended.

XPhe smart K from 3 to 6 years of age



20 x 8 g
= 160 g

- XPhe smart K wild berries
- XPhe smart K vanilla
- XPhe smart K lemon
- XPhe smart K neutral



500 g

- XPhe smart K lemon
- XPhe smart K neutral
- XPhe smart K wild berries
- XPhe smart K vanilla

XPhe smart J from 7 to 14 years of age



20 x 14,5 g
= 290 g

- XPhe smart J wild berries
- XPhe smart J lemon
- XPhe smart J neutral
- XPhe smart J vanilla



500 g

- XPhe smart J neutral
- XPhe smart J lemon
- XPhe smart J wild berries
- XPhe smart J vanilla

XPhe smart A from 15 years of age



20 x 29 g
= 580 g

- XPhe smart A wild berries
- XPhe smart A lemon
- XPhe smart A neutral
- XPhe smart A vanilla



500 g

- XPhe smart A lemon
- XPhe smart A wild berries
- XPhe smart A vanilla
- XPhe smart A neutral

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.