

Product Information

– for professionals only –



for2minis
XPHE

metaX
INSTITUT FÜR DIÄTETIK GmbH

In Short

- **XPhe for2 minis** are a Food for Special Medical Purposes (FSMP) for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (MHP/HPA)
- in tablet form – coated
- optimal in the time before and during pregnancy and in the period of breast-feeding
- highly concentrated Phe-free protein supplement
- highly purified L-amino acids
- with vitamins, minerals and trace elements
- low in calories: no carbohydrate – small amount of fat
- easy to swallow – ready to use – ideal also for “ready to go”
- neutral in smell and taste – ideal, when taste/odour is an issue
- in convenient sachets: 1 sachet \triangleq 24 tablets \triangleq 10 g protein equivalent

Product Profile

XPhe for2 minis are a highly concentrated mixture of highly purified L-amino acids free of Phenylalanine in tablet form – optimal in the time before and during pregnancy and in the period of breastfeeding.

XPhe for2 minis do not contain carbohydrate and only a small amount of fat, thus low in calories.

XPhe for2 minis are a pressed and coated protein supplement.

XPhe for2 minis allow a tasteless intake of the amino acid mixture. This supports compliance during pregnancy, especially when taste/odour is an issue. The tasteless tablets also support PKU women who want/need to restart PKU-diet – with regard to a planned pregnancy.

The tablets can be consumed discreetly and directly, no preparation necessary. They offer more flexibility, e.g. concerning intake outside the home and with regard to a wider choice of drinks suitable for intake, without drawing attention to the PKU diet – a big plus with regard to good compliance.

Since packed in sachets the daily taking is especially easy:

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

Vitamins, Minerals and Trace Elements (Micronutrients)

XPhe for2 minis are supplemented with vitamins, minerals and trace elements.

The level of enrichment is in accordance

with the latest published Reference Values for Nutrient Intake from Germany, Austria and Switzerland (D-A-CH 2020) for the daily intake of micronutrients for pregnant women: explained below using the example of Calcium. An additional supplementation with folic acid is required.

Calcium

Milk and dairy products are the main suppliers of calcium. However these products are (almost) not allowed in a low protein diet.

With 8 sachets **XPhe for2 minis** covers 100 % of the daily calcium requirement.

Folic Acid

Folic acid reduces risk of neural tube defects (spina bifida). It is important, that folic acid is substituted in sufficient amounts – already at the time when pregnancy is being planned. In combination with the low protein food, **XPhe for2 minis** supplies that amount of folic acid, that is in accordance with the official recommendations for the daily intake for pregnant women. N.B.: It is recommended that PKU women follow the national guidelines for fertile and pregnant women of taking a folic acid supplementation of an extra **400 µg/day** before and during pregnancy. This additional amount of folic acid is **not covered** by **XPhe for2 minis** and should be **prescribed by the physician**.

Amino acids

		100 g	15,8 g/ 24 tab./ 1 sachet
XPhe for2 minis			
L-Alanine	g	4,1	0,65
L-Arginine	g	2,8	0,44
L-Aspartic acid	g	8,9	1,41
L-Cystine	g	1,1	0,18
L-Glutamine	g	4,5	0,71
L-Glutamic acid	g	3,7	0,59
Glycine	g	2,8	0,44
L-Histidine	g	2,8	0,44
L-Isoleucine	g	3,7	0,59
L-Leucine	g	6,1	0,97
L-Lysine	g	4,4	0,70
L-Methionine	g	1,1	0,18
L-Phenylalanine	g	–	–
L-Proline	g	5,9	0,93
L-Serine	g	3,8	0,60
L-Threonine	g	3,8	0,60
L-Tryptophan	g	1,3	0,21
L-Tyrosine	g	6,5	1,03
L-Valine	g	5,0	0,80

Products for Pregnancy and Lactation

- > **XPhe for2 minis** – tablets
- > **XPhe for2** – neutral – sachet
- > **XPhe for2 LC** – neutral – sachet

All three products are equivalent in respect of their fortification with micronutrients calculated on gram protein equivalent.

XPhe for2 minis, **XPhe for2** and **XPhe for2 LC** can be used in combination during the MPKU period.

The possibility to exchange the products is only given according to and after calculation of the individual nutrient supply and medical advice.

Administration

XPhe for2 minis should always be taken with a sufficient quantity of liquid and at best along with precalculated amounts of food.

Intake

The tablets should be swallowed unchewed as whole tablets. **XPhe for2 minis** should always be taken with a sufficient quantity of liquid. The tablets are not intended to be dissolved in water or other drinks prior to intake. **XPhe for2 minis** are not meant to dissolve in the mouth.

We recommend to take the tablets in an upright position.

Once sachet is opened, the tablets should be taken within the next 6 hours.

XPhe for2 minis are coated with a flavour- and odour-neutral layer – therefore they do not produce an unpleasant aftertaste or breath malodour and there is no annoying belching.

Thanks to their protective coating the tablets are easy to swallow. This coating is extremely thin and water-soluble. If it were to dissolve, the tablets would taste like a typical amino acid mixture.

XPhe for2 minis are tooth-friendly. Intake of the coated tablets with water (including mineral water) contributes to oral hygiene and helps prevent possible tooth damage caused by caries.

Function XPhe for2 minis substitute that part of the protein in the diet which may not be taken up from natural food sources.

Indication XPhe for2 minis are a food for special medical purposes and as protein supplement suitable for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (MHP/HPA).

Dosage 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.

XPhe for2 minis can be combined with other products from the XPhe-system – at best with XPhe for2 or XPhe for2 LC, both are also products specially designed for the MPKU period (see section “Products for Pregnancy and Lactation” page 1).

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 (MHP/HPA) – especially in the time before and during pregnancy and in the period of breastfeeding.

Delivery Unit	box, sachets (sa) 1 x 30 sa at 15,8 g = 475 g
Article Number	xx-001-27120
Delivery to	Pharmacies, clinics
Storage	Store in a cool, dry place.

NUTRITION INFORMATION

XPhe for2 minis

100 g

24 tab./
1 sachet

Energy			
	kJ	1151	182
	kcal	273	43
Fat	g	1	0,1
of which saturates	g	1	0,1
Carbohydrate	g	0	0
of which sugars	g	0	0
Fibre	g	16	2,5
Protein eqv.	g	60	10
Amino Acids	g	72	12
Salt	g	0	0

g protein

Vitamins

Vitamin A	µg	700	111	12
Vitamin D3	µg	10	1,6	0,16
Vitamin E	mg	11	1,7	0,17
Vitamin K1	µg	68	11	1,1
Vitamin C	mg	81	13	1,3
Thiamin (Vit. B1)	mg	1,2	0,2	0,02
Riboflavin (Vit. B2)	mg	2	0,3	0,03
Niacin	mg	19	3	0,3
Niacin NE	mg	40	6	0,7
Vitamin B6	mg	1,7	0,3	0,03
Folic acid	µg	330	52	5
Vitamin B12	µg	6	1	0,1
Biotin	µg	31	5	0,5
Pantothenic acid	mg	6	1	0,1

Minerals

Potassium	mg	996	158	17
Calcium	mg	1118	177	19
Phosphorus	mg	746	118	12
Magnesium	mg	331	53	5

Trace elements

Iron	mg	30	5	0,5
Zinc	mg	11	1,7	0,17
Copper	mg	1,2	0,2	0,02
Manganese	mg	3	0,5	0,05
Selenium	µg	62	10	1
Chromium	µg	33	5	0,5
Molybdenum	µg	74	12	1,2
Iodine	µg	217	34	3,6

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	124	20	2
Choline	mg	341	54	6
myo-Inositol	mg	279	44	5

INGREDIENTS

Bulking agents: microcrystalline cellulose & silicon dioxide, L-lysine-L-aspartate, L-tyrosine, L-leucine, L-proline, potassium-L-glutamate, L-valine, L-arginine-L-aspartate, L-glutamine, L-alanine, L-threonine, L-serine, L-isoleucine, calcium phosphate, magnesium L-aspartate, glycine, L-histidine, anti-caking agents: calcium silicate & magnesium stearate & magnesium carbonate, L-cystine, L-tryptophan, choline, N-acetyl-L-methionine, glazing agents: E 464 & E 463, zinc sulphate, vitamin E, inositol, folic acid, ferrous sulphate, pantothenic acid, vitamin B6, vitamin B2, vitamin B1, vitamin C, L-carnitine, potassium iodide, cupric sulphate, vitamin A, chromium (III) chloride, niacin, sodium molybdate, vitamin K, sodium selenite, manganese sulphate, biotin, vitamin D, vitamin B12.