

Product Information

– for professionals only –



xPhe HELLO¹⁰

In Short

- xPhe Hello¹⁰ is a Food for Special Medical Purposes (FSMP) for use in the dietary management of Phenylketonuria (PKU) and Hyperphenylalaninemia (HPA)
- suitable from 3 years of age
- protein supplement containing only some very small amount of Phenylalanine* – fruit bar
- additional calories, mainly from carbohydrate and some very small amount of fat
- contains fibre
- ready-to-eat – perfect “to go” and as a snack
- pleasant natural and fruity taste
- highly purified L-amino acids and micronutrients
- individually wrapped: 1 bar at 40 g $\triangleq$ 10 g protein eqv.

* from the natural ingredients

Product Profile

xPhe Hello¹⁰ is a pleasant tasting amino acid mixture, ready-to-eat, in the form of a fruit bar. xPhe Hello¹⁰ contains highly purified L-amino acids. Due to its natural ingredients it contains a small amount of Phenylalanine.

xPhe Hello¹⁰ is a protein supplement with carbohydrate, fibre and a small amount of fat.

xPhe Hello¹⁰ offers a fruity, ready-to-eat option for taking the amino acid mixture. 1 bar at 40 g $\triangleq$ 10 g protein eqv.

The bar is individually wrapped and can easily be eaten, e.g. when being out or travelling (no problems at airports) – without drawing attention to the PKU diet.

This easy way of intake – simply ready to eat! – as well as the pleasant taste help to improve compliance.

xPhe Hello¹⁰ is supplemented with vitamins, minerals and trace elements.

Suitable from 3 years of age.

Convenience Product

xPhe Hello¹⁰ is a ready-to-eat protein supplement in form of a fruit bar – a convenient option especially when on the go.

Administration

xPhe Hello¹⁰ can well be eaten as an in-between-meal. Due to its Phe-content there is no need for a concurrent intake of other food along with xPhe Hello¹⁰. Thus the bar provides great flexibility in use. Water or other permitted drinks should be taken after eating xPhe Hello¹⁰.

Function xPhe Hello¹⁰ substitutes that part of the protein in the diet which may not be taken up from natural food sources.

Indication xPhe Hello¹⁰ is a food for special medical purposes and as a protein supplement suitable for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (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 Hello¹⁰ can be combined with other products from the xPhe-system.

The PKU-diet must be supplemented with energy, natural protein, other nutrients and water 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 (HPA). Suitable from 3 years of age.

Amino acids

xPhe Hello ¹⁰		100 g	40 g (1 bar)
L-Alanine	g	1,3	0,53
L-Arginine	g	1,2	0,48
L-Aspartic acid	g	3,4	1,35
L-Cystine	g	0,7	0,28
L-Glutamine	g	2,2	0,90
Glycine	g	2,8	1,12
L-Histidine	g	1,1	0,43
L-Isoleucine	g	1,5	0,62
L-Leucine	g	2,7	1,06
L-Lysine	g	1,7	0,68
L-Methionine	g	0,5	0,20
L-Phenylalanine	mg	36	14
L-Proline	g	1,9	0,75
L-Serine	g	1,7	0,66
L-Threonine	g	1,9	0,75
L-Tryptophan	g	0,5	0,20
L-Tyrosine	g	2,3	0,93
L-Valine	g	1,7	0,66

NUTRITION INFORMATIONXPhe Hello¹⁰

		100 g	40 g (1 bar)
Energy	kJ	1225	490
	kcal	290	116
Fat	g	0,4	0,16
	of which saturates	g 0,15	0,05
Carbohydrate	g	39	16
	of which sugars	g 30	12
Fibre	g	13	5
Protein eqv.	g	25	10
Amino acids	g	29	12
Salt	g	0,1	0,04

Vitamins

g protein

Vitamin A	µg	380	152	15
Vitamin D3	µg	10	4	0,4
Vitamin E	mg	9	3,5	0,34
Vitamin K1	µg	31	13	1,2
Vitamin C	mg	55	22	2
Thiamin (Vit. B1)	mg	0,9	0,35	0,035
Riboflavin (Vit. B2)	mg	1	0,4	0,04
Niacin	mg	20	8	0,8
Vitamin B6	mg	0,8	0,3	0,03
Folic acid	µg	97	39	4
Vitamin B12	µg	2	0,8	0,08
Biotin	µg	20	8	0,8
Pantothenic acid	mg	3	1,3	0,13

Minerals

Potassium	mg	218	87	9
Calcium	mg	692	277	27
Phosphorus	mg	341	136	14
Magnesium	mg	131	53	5

Trace elements

Iron	mg	9	4	0,4
Zinc	mg	9	3,5	0,35
Copper	mg	1	0,4	0,04
Manganese	mg	3	1	0,1
Fluoride	mg	0,4	0,16	0,016
Selenium	µg	35	14	1,4
Chromium	µg	49	19	2
Molybdenum	µg	35	14	1,4
Iodine	µg	109	44	4

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	22	9	0,9
Choline	mg	219	88	9
myo-Inositol	mg	114	46	4,5
Taurine	mg	24	10	1

INGREDIENTS

Dried apples, agave syrup, maize dextrin, starch, L-lysine-L-aspartate, apple fibre, glycine, L-leucine, L-tyrosine, L-glutamine, colour: black carrot concentrate, L-arginine-L-aspartate, sugar, freeze-dried raspberries, blueberry powder, L-threonine, L-proline, L-serine, L-valine, L-isoleucine, calcium phosphate, L-alanine, magnesium L-aspartate, L-histidine, calcium carbonate, L-cystine, N-acetyl-L-methionine, L-tryptophan, acid: citric acid, flavouring, inositol, choline, ferrous sulphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, sweetener: sucralose, antioxidant: **sulphur dioxide**, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

Delivery Unit	30 x 40 g = 1200 g
Article Number	xx-001-25630
Delivery to	Pharmacies, clinics
Storage	Store in a cool, dry place. Protect from direct sunlight. Once opened, use up the single bar within 24 hours.