Product Information
– for professionals only –

XPhe Piccos

SLOW RELEASE

In Short

- XPhe Piccos are a Food for Special Medical Purposes (FSMP) for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)
- prolonged release of amino acids – Slow Release
- in a tiny tablet form/pellets – coated
- suitable from 3 years of age
- 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
- very easy to swallow
- ready to use – ideal also for "ready to go"
- neutral in smell and taste
- in resealable and environmentally friendly plastic container (Securibox®), with practical measuring cup for individual and flexible dosing
- 1 measuring cup filled to the mark of 22,5 ml ≙ 10 g protein eqv.
- 1 Securibox® contains 100 g XPhe Piccos ≙ 60 g protein eqv.

Product Profile

XPhe Piccos are a highly concentrated mixture of highly purified L-amino acids free of Phenylalanine in a very small tablet form/pellets.

The amino acid mixture is embedded in sodium alginate. This leads to a slow/prolonged release of amino acids within the gastrointestinal tract – Slow Release.

SLOW RELEASE

Good to know Slow Release

Slow Release protein substitutes are characterised by a prolonged release of amino acids.

By embedding the amino acid formulation in alginate, a natural polymer from brown algae forming a hydrophilic gel, the amino acids are gradually released within the gastrointestinal tract over an extended period of time. This contributes to a digestion of the amino acids similar to that of natural protein. The prolonged absorption kinetics of Slow Release protein substitutes promote endogenous protein synthesis and prevent catabolism. In animal and human studies, Slow Release amino acid formulations have been shown to lead to improved metabolic control and lower peak concentrations of individual amino acids in the blood. Alginates exhibit a prebiotic effect by promoting the microbiome. In addition, various clinical studies have demonstrated that alginates have the potential to reduce body weight and cholesterol levels and to prevent diabetes by reducing postprandial glucose and insulin peaks.

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

XPhe Piccos are a pressed and coated protein supplement.

XPhe Piccos allow a tasteless intake of the amino acid mixture. They do not leave an unpleasant aftertaste and do not cause breath malodour or belching.

The very small tablets/pellets can be consumed discreetly and directly, no preparation necessary.

XPhe Piccos 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.

Phe-free XPhe Piccos also provide an alternative for all those patients who wish to benefit from the advantages of our XPhe minis but cannot swallow them.

Since packed in a plastic container (Securibox®) with a practical measuring cup for individual and flexible dosing, handling is particularly easy:

1 measuring cup filled to the mark of 22,5 ml ≙ 10 g protein equivalent.

Amino acids

XPhe Piccos		100 g	16,7 g/ (1 measuring cup)
L-Alanine	g	3,3	0,54
L-Arginine	g	3,0	0,49
L-Aspartic acid	g	8,7	1,45
L-Cystine	g	1,7	0,29
L-Glutamine	g	2,7	0,45
L-Glutamic acid	g	4,8	0,80
Glycine	g	6,3	1,05
L-Histidine	g	1,8	0,30
L-Isoleucine	g	3,8	0,64
L-Leucine	g	6,6	1,09
L-Lysine	g	4,2	0,71
L-Methionine	g	1,3	0,21
L-Phenylalanine	g	–	–
L-Proline	g	4,6	0,76
L-Serine	g	4,1	0,68
L-Threonine	g	4,6	0,77
L-Tryptophan	g	1,3	0,21
L-Tyrosine	g	5,4	0,90
L-Valine	g	4,1	0,68

1 Securibox® contains 100 g XPhe Piccos ≙ 60 g protein equivalent.

XPhe Piccos are supplemented with vitamins, minerals and trace elements.

Suitable from 3 years of age.

Convenience Product

XPhe Piccos are a convenient, ready to use option for the intake of an amino acid mixture, also when on the way: discreetly, in tablet form/pellets.

Administration

XPhe Piccos should always be taken with a sufficient quantity of liquid.

Intake

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

We recommend to take the tablets/pellets in an upright position.

XPhe Piccos should be used within three weeks – the original Securibox® being closed tightly after every use.

XPhe Piccos 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/pellets are easy to swallow. This coating is extremely thin and water-soluble. If it were to dissolve, the tablets/pellets would taste like a typical amino acid mixture.
XPhe Piccos are tooth-friendly. Intake of the coated tablets/pellets with water (including mineral water) contributes to oral hygiene and helps prevent possible tooth damage caused by caries.

Environmentally friendly Packaging
XPhe Piccos are packed in a plastic container. The plastic of this so called Securibox® consists of renewable, plant-based raw material obtained from controlled, eco-friendly cultivation – sustainable and CO_2 efficient.

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

Indication XPhe Piccos are a food for special medical purposes and as 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 Piccos can be combined with other products from the XPhe-system.
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 (HPA). Suitable from 3 years of age.

References:
- Daly A, Evans S, Pinto A, Ashmore C, MacDonald A. Protein Substitutes in PKU; Their Historical Evolution. Nutrients. 2021.
- de Jesus Raposo MF, de Morais AM, de Morais RM. Emergent Sources of Prebiotics: Seaweeds and Microalgae. Mar Drugs. 2016.

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NUTRITION INFORMATION

XPhe Piccos		100 g	16,7 g (1 measuring cup)
Energy	kJ	1168	195
	kcal	277	46
Fat	g	1	0,16
of which saturates	g	1	0,16
Carbohydrate	g	0	0
of which sugars	g	0	0
Fibre	g	13	2,2
Protein eqv.	g	**60**	**10**
Amino acids	g	72	12
Salt	g	2,4	0,4

Vitamins				g protein
Vitamin A	µg	1085	181	18
Vitamin D3	µg	39	7	0,6
Vitamin E	mg	21	3,6	0,35
Vitamin K1	µg	78	13	1,3
Vitamin C	mg	126	21	2
Thiamin (Vit. B1)	mg	2,1	0,35	0,035
Riboflavin (Vit. B2)	mg	2,4	0,4	0,04
Niacin	mg	48	8	0,8
Vitamin B6	mg	2	0,3	0,03
Folic acid	µg	362	60	6
Vitamin B12	µg	6	1	0,1
Biotin	µg	49	8	0,8
Pantothenic acid	mg	9	1,5	0,15
Minerals				
Sodium	mg	950	158	16
Potassium	mg	1219	203	20
Calcium	mg	1507	251	25
Phosphorus	mg	976	163	16
Magnesium	mg	375	63	6
Trace elements				
Iron	mg	22	3,6	0,36
Zinc	mg	22	3,6	0,36
Copper	mg	2,4	0,4	0,04
Manganese	mg	7	1,1	0,11
Fluroide	mg	0,9	0,15	0,015
Selenium	µg	87	15	1,5
Chromium	µg	121	20	2
Molybdenium	µg	102	17	1,7
Iodine	µg	271	45	4,5

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	54	9	0,9
Choline	mg	542	90	9
myo-Inositol	mg	283	47	5
Taurine	mg	60	10	1

INGREDIENTS

Bulking agents: sodium alginate & microcrystalline cellulose & silicium dioxide, L-lysine-L-aspartate, L-leucine, glycine, potassium-L-glutamate, L-tyrosine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium L-aspartate, L-glutamine, anti-caking agents: calcium silicate & magnesium stearate & magnesium carbonate, L-histidine, L-cystine, N-acetyl-L-methionine, glazing agents: E 464 & E 463, L-tryptophan, calcium carbonate, choline, inositol, ferrous sulphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, 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	box, Securibox® 7 x Securibox® at 100 g = 700 g
Article Number	xx-001-25806
Delivery to	Pharmacies, clinics
Storage	Store in a cool, dry place.

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