

Product Information

– for professionals only –



XPhe smart K, J, A

In Short

- XPhe smart is a Food for Special Medical Purposes (FSMP) for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)
- for 3 age groups (K, J, A):
 - > XPhe smart K: 3 to 6 years of age
 - > XPhe smart J: 7 to 14 years of age
 - > XPhe smart A: from 15 years of age
- highly concentrated powdered protein supplements free of Phenylalanine
- low in calories: small amount of carbohydrate – no fat
- flexible in preparation – different concentrations possible, also low volume
- in 4 different options: neutral, lemon, wild berries, vanilla
- highly purified L-amino acids
- micronutrients in balanced, age-based amounts
- in 500 g tin or in convenient portion sachets at 5 g protein equivalent (K), 10 g protein equivalent (J) or 20 g protein equivalent (A)

Product Profile

XPhe smart is a highly concentrated powdered mixture of highly purified L-amino acids free of Phenylalanine.

XPhe smart contains a small amount of carbohydrate but no fat. Thus the energy intake from XPhe smart is conveniently low.

There are different options for preparation. They facilitate the intake and can improve compliance.

XPhe smart is light in taste, available in 4 different options: neutral, lemon, wild berries, vanilla.

XPhe smart is supplemented with vitamins, minerals and trace elements in balanced amounts that meet the needs of the age group.

XPhe smart for 3 age groups

- > XPhe smart K from 3 to 6 years
- > XPhe smart J from 7 to 14 years
- > XPhe smart A from 15 years onwards

Administration

XPhe smart should always be taken along with calculated quantities of Phe containing foods.

Preparation

XPhe smart is flexible in preparation. See box "Preparation" – page 2.

Tip: XPhe smart neutral taken in apple juice tastes especially delicious!

Notice: We recommend to drink a glass of water or other beverage directly after taking

XPhe smart in one of the concentrations XS, S or M. Always prepare freshly!

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

Indication XPhe smart is 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 smart 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 for the – for each of the three products – indicated age group.

Amino acids per 100 g powder

XPhe smart		K	J	A
L-Alanine	g	3,4	3,8	3,8
L-Arginine	g	3,1	3,4	3,4
L-Aspartic acid	g	9,0	10,1	10,1
L-Cystine	g	1,8	2,0	2,0
L-Glutamine	g	5,8	6,4	6,5
Glycine	g	7,2	8,1	8,1
L-Histidine	g	2,8	3,1	3,1
L-Isoleucine	g	4,0	4,4	4,5
L-Leucine	g	6,8	7,6	7,6
L-Lysine	g	4,4	4,9	4,9
L-Methionine	g	1,3	1,5	1,5
L-Phenylalanine	g	–	–	–
L-Proline	g	4,8	5,4	5,4
L-Serine	g	4,3	4,8	4,8
L-Threonine	g	4,8	5,4	5,4
L-Tryptophan	g	1,3	1,5	1,5
L-Tyrosine	g	6,0	6,7	6,7
L-Valine	g	4,3	4,8	4,8

Amino acids per 1 sachet

XPhe smart		K	J	A
L-Alanine	g	0,27	0,55	1,10
L-Arginine	g	0,25	0,50	1,00
L-Aspartic acid	g	0,72	1,46	2,93
L-Cystine	g	0,15	0,29	0,59
L-Glutamine	g	0,46	0,93	1,87
Glycine	g	0,58	1,17	2,34
L-Histidine	g	0,22	0,45	0,90
L-Isoleucine	g	0,32	0,64	1,30
L-Leucine	g	0,55	1,11	2,22
L-Lysine	g	0,35	0,71	1,42
L-Methionine	g	0,11	0,21	0,43
L-Phenylalanine	g	–	–	–
L-Proline	g	0,39	0,78	1,57
L-Serine	g	0,34	0,69	1,38
L-Threonine	g	0,39	0,78	1,57
L-Tryptophan	g	0,11	0,21	0,43
L-Tyrosine	g	0,48	0,97	1,95
L-Valine	g	0,34	0,69	1,38

Preparation

	Size	Product	Amount	Water
✓ Gel	XS	XPhe smart K XPhe smart J XPhe smart A	1 sachet or 8 g 1 sachet or 14,5 g 1 sachet oder 29 g	+ 10 ml + 15 ml + 25 ml
		> stir – eat with a spoon		
✓ Drink	S	XPhe smart K XPhe smart J XPhe smart A	1 sachet or 8 g 1 sachet or 14,5 g 1 sachet or 29 g	+ 15 ml + 25 ml + 50 ml
		> stir – eat with a spoon or drink		
✓ Shake	M	XPhe smart K XPhe smart J XPhe smart A	1 sachet or 8 g 1 sachet or 14,5 g 1 sachet or 29 g	+ 25 ml + 40 ml + 75 ml
		> shake – ready to drink		
✓ Shake	L oder XL	XPhe smart K XPhe smart J XPhe smart A	1 sachet or 8 g 1 sachet or 14,5 g 1 sachet or 29 g	+ 40 ml * + 50 ml * + 150 ml *
		> shake – ready to drink		
				* or more

The sachets in the box contain:XPhe smart K 8 g powder $\triangleq$ 5 g PEXPhe smart J 14,5 g powder $\triangleq$ 10 g PEXPhe smart A 29 g powder $\triangleq$ 20 g PE

PE = protein equivalent

The scoop in the tin measures approx.:XPhe smart K 8 g powder $\triangleq$ 5 g PEXPhe smart J 14,5 g powder $\triangleq$ 10 g PEXPhe smart A 14,5 g powder $\triangleq$ 10 g PE

Always prepare freshly!

Delivery Unit	XPhe smart K	tin 1 x 500 g/ 6 x 500 g = 3000 g	box, sachets (sa) 1 x 20 sa at 8 g = 160 g/ 4 x 20 sa at 8 g = 640 g
Article Number	neutral lemon wild berries vanilla	xx-001-21340/ xx-001-21342 xx-001-21345/ xx-001-21347 xx-001-21350/ xx-001-21352 xx-001-21355/ xx-001-21357	xx-001-21302/ xx-001-21303 xx-001-21307/ xx-001-21308 xx-001-21324/ xx-001-21325 xx-001-21330/ xx-001-21332
Delivery Unit	XPhe smart J	tin 1 x 500 g/ 6 x 500 g = 3000 g	box, sachets (sa) 4 x 20 sa at 14,5 g = 1160 g/ 8 x 20 sa at 14,5 g = 2320 g
Article Number	neutral lemon wild berries vanilla	xx-001-23340/ xx-001-23342 xx-001-23345/ xx-001-23347 xx-001-23350/ xx-001-23352 xx-001-23355/ xx-001-23357	xx-001-23313/ xx-001-23314 xx-001-23318/ xx-001-23319 xx-001-23323/ xx-001-23324 xx-001-23332/ xx-001-23333
Delivery Unit	XPhe smart A	tin 1 x 500 g/ 6 x 500 g = 3000 g	box, sachets (sa) 4 x 20 sa at 29 g = 2320 g/ 8 x 20 sa at 29 g = 4640 g
Article Number	neutral lemon wild berries vanilla	xx-001-25330/ xx-001-25332 xx-001-25335/ xx-001-25337 xx-001-25340/ xx-001-25346 xx-001-25347/ xx-001-25349	xx-001-25303/ xx-001-25304 xx-001-25308/ xx-001-25309 xx-001-25313/ xx-001-25314 xx-001-25322/ xx-001-25323
Delivery to	Pharmacies, clinics		
Storage	Store in a cool, dry place.		

INGREDIENTS

XPhe smart K neutral

Sugar, L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, calcium gluconate, L-alanine, magnesium L-aspartate, L-histidine, thickener: distarch phosphate, L-cystine, N-acetyl-L-methionine, L-tryptophan, emulsifier: sunflower lecithin, acid: citric acid, sweetener: sucralose, stabilizer: guar gum, magnesium carbonate, inositol, choline, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe smart K Lemon

L-lysine-L-aspartate, glycine, sugar, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, calcium gluconate, L-alanine, magnesium L-aspartate, L-histidine, thickener: distarch phosphate, L-cystine, N-acetyl-L-methionine, L-tryptophan, emulsifier: sunflower lecithin, acid: citric acid, sweetener: sucralose, natural flavouring, stabilizer: guar gum, magnesium carbonate, inositol, choline, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe smart K Wild Berries

L-lysine-L-aspartate, glycine, sugar, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, calcium gluconate, L-alanine,

magnesium L-aspartate, L-histidine, thickener: distarch phosphate, colouring food: beetroot powder, L-cystine, N-acetyl-L-methionine, L-tryptophan, emulsifier: sunflower lecithin, acid: citric acid, sweetener: sucralose, flavouring, stabilizer: guar gum, magnesium carbonate, inositol, choline, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe smart K Vanilla

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, bourbon vanilla sugar, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium L-aspartate, L-histidine, sugar, thickener: distarch phosphate, L-cystine, N-acetyl-L-methionine, L-tryptophan, calcium carbonate, emulsifier: sunflower lecithin, acidity regulator: sodium carbonate, sweetener: sucralose, colour: beta carotene, flavouring, stabilizers: guar gum & carrageenan, citrus fibre, magnesium carbonate, inositol, choline, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe smart J neutral

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium L-aspartate, L-histidine, thickener: distarch phosphate, maltodextrin, L-cystine, N-acetyl-L-methionine, L-tryptophan, emulsifier: sunflower lecithin, acid: citric acid, sweetener: sucralose, stabilizer: guar gum, calcium carbonate, magnesium

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.

XPhe smart J Lemon

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium L-aspartate, L-histidine, thickener: distarch phosphate, acid: citric acid, natural flavouring, L-cystine, N-acetyl-L-methionine, L-tryptophan, emulsifier: sunflower lecithin, sweetener: sucralose, stabilizer: guar gum, calcium carbonate, magnesium 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.

XPhe smart J Wild Berries

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium L-aspartate, L-histidine, thickener: distarch phosphate, L-cystine, N-acetyl-L-methionine, L-tryptophan, flavouring, emulsifier: sunflower lecithin, colouring food: beetroot powder, acid: citric acid, sweetener: sucralose, stabilizer: guar gum, calcium carbonate, magnesium 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.

XPhe smart J**Vanilla**

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium L-aspartate, bourbon vanilla sugar, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, flavouring, citrus fibre, emulsifier: sunflower lecithin, colour: beta carotene, acidity regulator: sodium carbonate, sweetener: sucralose, stabilizers: guar gum & carrageenan, calcium carbonate, magnesium 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.

XPhe smart A**neutral**

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-proline, L-threonine, L-valine, L-serine, L-isoleucine, L-alanine, magnesium-L-aspartate, calcium phosphate, maltodextrin, L-histidine, thickener: distarch phosphate, L-cystine, N-acetyl-L-methionine, L-tryptophan, emulsifier: sunflower lecithin, acid: citric acid, stabilizer: guar gum, choline, calcium gluconate, ferrous sulphate, inositol, vitamin C, L-carnitine, zinc sulphate, niacin, sweetener: sucralose, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, vitamin A, folic acid, chromium (III) chloride, potassium iodide, sodium molybdate, sodium selenite, biotin, vitamin K, vitamin D, vitamin B12.

XPhe smart A**Lemon**

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-proline, L-threonine, L-valine,

L-serine, L-isoleucine, L-alanine, magnesium L-aspartate, calcium phosphate, L-histidine, thickener: distarch phosphate, acid: citric acid, natural flavouring, L-cystine, N-acetyl-L-methionine, L-tryptophan, maltodextrin, emulsifier: sunflower lecithin, stabilizer: guar gum, choline, ferrous sulphate, inositol, vitamin C, L-carnitine, zinc sulphate, niacin, sweetener: sucralose, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, vitamin A, folic acid, chromium (III) chloride, potassium iodide, sodium molybdate, sodium selenite, biotin, vitamin K, vitamin D, vitamin B12.

XPhe smart A**Wild Berries**

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-proline, L-threonine, L-valine, L-serine, L-isoleucine, L-alanine, magnesium L-aspartate, calcium phosphate, L-histidine, thickener: distarch phosphate, acid: citric acid, L-cystine, sweetener: sucralose, L-tryptophan, maltodextrin, stabilizer: guar gum, N-acetyl-L-methionine, colouring food: beetroot powder, flavouring, emulsifier: sunflower lecithin, inositol, choline, vitamin C, L-carnitine, ferrous sulphate, vitamin E, niacin, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, vitamin A, potassium iodide, sodium molybdate, zinc sulphate, manganese sulphate, folic acid, chromium (III) chloride, biotin, vitamin K, sodium selenite, vitamin D, vitamin B12.

XPhe smart A**Vanilla**

L-lysine-L-aspartate, glycine, L-leucine, L-tyrosine, L-glutamine, L-arginine-L-aspartate, L-proline, L-threonine, L-valine, L-serine, L-isoleucine, L-alanine, bourbon vanilla sugar, magnesium L-aspartate, calcium phosphate, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, flavouring, stabilizers: guar gum & carrageenan, citrus fibre, emulsifier: sunflower lecithin, colour: beta carotene,

acidity regulator: sodium carbonate, sweetener: sucralose, inositol, choline, vitamin C, L-carnitine, ferrous sulphate, vitamin E, niacin, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, vitamin A, potassium iodide, sodium molybdate, zinc sulphate, manganese sulphate, folic acid, chromium (III) chloride, biotin, vitamin K, sodium selenite, vitamin D, vitamin B12.

NUTRITION INFORMATION

		XPhe smart K						XPhe smart J						XPhe smart A					
		100 g			8 g/ 1 sachet			100 g			14,5 g/ 1 sachet			100 g			99 g/ 1 sachet		
		neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla	neutral	lemon
Energy	kJ	1291	1279	1301	1285	103	102	104	103	1310	1310	1310	1310	190	190	190	190	1321	1327
	kcal	304	301	306	303	24	24	24	24	309	309	309	309	45	45	45	45	311	312
Fat	g	<0,3	<0,3	<0,3	<0,3	<0,1	<0,1	<0,1	<0,1	<0,3	<0,3	<0,3	<0,3	<0,04	<0,04	<0,04	<0,04	<0,2	<0,2
of which saturates	g	<0,1	<0,1	<0,1	<0,1	<0,01	<0,01	<0,01	<0,01	<0,1	<0,1	<0,1	<0,1	<0,02	<0,02	<0,02	<0,02	<0,02	<0,02
Carbohydrate	g	11	11	12	10	1	0,8	1	0,8	5	5	5	5	0,7	0,7	0,7	0,7	6	5
of which sugars	g	9	7	8	7	0,7	0,6	0,6	0,6	0,04	0,7	0,6	4	0,01	0,1	0,08	0,5	<0,1	<0,01
Fibre	g	1	1,2	1,1	4	0,08	0,1	0,09	0,3	1,2	1,2	1,2	3	0,17	0,17	0,17	0,4	1,2	1,2
Protein eqv.	g	63	63	63	63	5	5	5	5	70	70	70	70	10	10	10	10	70	70
Amino acids	g	75	75	75	75	6	6	6	6	84	84	84	84	12	12	12	12	84	84
Salt	g	0	0	0	0,27	0	0	0	0,02	0	0	0	0,4	0	0	0,4	0	0	0

		protein			protein			protein			protein			protein			protein		
Vitamin A	µg	877		70				1260		183				18			1052		305
Vitamin D3	µg	31		2,5				28		4				0,4			8		2,4
Vitamin E	mg	22		1,8				25		3,6				0,35			18		5
Vitamin K1	µg	81		6				90		13				1,3			77		92
Vitamin C	mg	81		7				147		21				2			91		26
Thiamin (B1)	mg	2		0,17				2,4		0,36				0,035			1,8		0,5
Riboflavin (B2)	mg	3		0,2				3		0,4				0,04			2		0,6
Niacin	mg	26		2				56		8				0,8			28		8
Vitamin B6	mg	2		0,13				2,3		0,3				0,03			2		0,6
Folic acid	µg	157		13				280		41				4			632		183
Vitamin B12	µg	6		0,5				5		0,7				0,065			6		2
Biotin	µg	31		2,5				56		8				0,8			175		51
Pantothenic acid	mg	6		0,5				9		1,3				0,13			11		3

		vanil.: 1,7			vanil.: 2			vanil.: 2			vanil.: 2			vanil.: 2			vanil.: 2		
Sodium	mg	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Calcium	mg	1960		157				1960		284				28			1090		316
Phosphorus	mg	833		67				931		135				13			733		213
Magnesium	mg	313		25				378		55				5			312		90

Trace elements

Iron	mg	28		2				25		4				0,36			21		6
Zinc	mg	23		1,8				25		4				0,36			11		3
Copper	mg	2,6		0,2				3		0,4				0,04			1,8		0,5
Manganese	mg	6		0,5				8		1,1				0,11			5		1,4
Fluoride	mg	1		0,08				1		0,15				0,015			—		—
Selenium	µg	75		6				102		15				1,5			54		16
Chromium	µg	63		5				140		20				2			70		20
Molybdenum	µg	138		11				119		17				1,7			105		31
Iodine	µg	313		25				315		46				4,5			246		71

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	56		4,5				63		9				0,9			49		14
Choline	mg	157		13				630		91				9			175		51
myo-Inositol	mg	994		24				399		48				5			105		31
Taurine	mg	63		5				70		10				1			—		—