

# ZeroMet minis

## In Short

- ZeroMet minis are a Food for Special Medical Purposes (FSMP) for use in the dietary management of Homocystinuria
- in tablet form – coated
- suitable from 3 years of age
- highly concentrated protein supplement free of Methionine (Met)
- 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
- in convenient sachets: 1 sachet  $\cong$  12 tablets  $\cong$  5 g protein equivalent

## Product Profile

ZeroMet minis are a highly concentrated mixture of highly purified L-amino acids free of Methionine (Met), containing i.a. L-Cystine, in tablet form.

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

ZeroMet minis are a pressed and coated protein supplement.

ZeroMet minis allow a tasteless intake of the amino acid mixture.

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 diet – a big plus with regard to good compliance. Since packed in sachets the daily taking is especially easy:

1 sachet  $\cong$  12 tablets  $\cong$  5 g protein eqv.

ZeroMet minis are supplemented with vitamins, minerals and trace elements.

Suitable from 3 years of age onwards.

## Convenience Product

ZeroMet minis are a convenient option for the intake of an amino acid mixture, also when on the way: discreetly, in tablet form.

## Administration

ZeroMet 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. ZeroMet 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. ZeroMet 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.

ZeroMet 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.

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

**Indication** ZeroMet minis are a food for special medical purposes and as protein supplement suitable for the dietary management of Homocystinuria.

Amino acids		100 g	8,4 g/ 12 tab./ 1 sachet
L-Alanine	g	4,0	0,34
L-Arginine	g	3,0	0,25
L-Aspartic acid	g	8,2	0,69
L-Cystine	g	2,7	0,23
L-Glutamine	g	1,8	0,15
L-Glutamic acid	g	6,3	0,53
Glycine	g	5,0	0,42
L-Histidine	g	1,4	0,12
L-Isoleucine	g	3,5	0,29
L-Leucine	g	5,4	0,45
L-Lysine	g	4,3	0,36
L-Methionine	g	-	-
L-Phenylalanine	g	2,6	0,22
L-Proline	g	7,1	0,59
L-Serine	g	3,7	0,31
L-Threonine	g	3,9	0,33
L-Tryptophan	g	1,2	0,10
L-Tyrosine	g	3,0	0,25
L-Valine	g	4,8	0,40

**Dosage** The daily total amount of amino acid mixture depends on age, body weight and individual medical condition/protein 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.

ZeroMet minis can be combined with other products from the ZeroMet-system. The 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 Homocystinuria. Suitable from 3 years of age.

NUTRITION INFORMATION		ZeroMet minis	
	100 g	12 tab./ 1 sachet	
Energy	kJ 1194	100	
	kcal 283	24	
Fat	g 1	0,08	
of which saturates	g 1	0,08	
Carbohydrate	g 0	0	
of which sugars	g 0	0	
Fibre	g 17	1,4	
Protein eqv.	g 60	5	
Amino acids	g 72	6	
Salt	g 0	0	

#### Vitamins g protein

Vitamin A	µg	1080	91	18
Vitamin D3	µg	24	2	0,4
Vitamin E	mg	21	1,8	0,35
Vitamin K1	µg	77	7	1,3
Vitamin C	mg	126	11	2
Thiamin (Vit. B1)	mg	2	0,17	0,035
Riboflavin (Vit. B2)	mg	2,4	0,2	0,04
Niacin	mg	48	4	0,8
Vitamin B6	mg	2	0,16	0,03
Folic acid	µg	240	20	4
Vitamin B12	µg	4	0,3	0,06
Biotin	µg	48	4	0,8
Pantothenic acid	mg	8	0,7	0,13

#### Minerals

Potassium	mg	1500	126	25
Calcium	mg	1680	141	28
Phosphorus	mg	798	67	13
Magnesium	mg	324	27	5

#### Trace elements

Iron	mg	22	1,8	0,36
Zinc	mg	22	1,8	0,36
Copper	mg	2,4	0,2	0,04
Manganese	mg	7	0,6	0,11
Fluoride	mg	0,9	0,08	0,015
Selenium	µg	87	7	1,5
Chromium	µg	120	10	2
Molybdenum	µg	102	9	1,7
Iodine	µg	270	23	4,5

#### FURTHER NUTRITION INFORMATION

L-Carnitine	mg	54	5	0,9
Choline	mg	540	45	9
myo-Inositol	mg	282	24	5
Taurine	mg	60	5	1

## INGREDIENTS

Bulking agents: microcrystalline cellulose & silicon dioxide & isomalt, L-lysine-L-aspartate, potassium-L-glutamate, L-proline, L-leucine, L-arginine-L-aspartate, glycine, L-valine, L-alanine, calcium phosphate, L-threonine, L-serine, L-isoleucine, L-tyrosine, magnesium-L-aspartate, L-cystine, L-phenylalanine, anti-caking agents: calcium silicate & magnesium stearate, L-glutamine, L-histidine, L-tryptophan, glazing agents: E 464 & E 463 & E 422, colouring food: spirulina & apple & safflower & lemon, colour: beetroot red, calcium carbonate, choline, L-carnitine, vitamin E, vitamin A, sodium molybdate, folic acid, inositol, niacin, ferrous sulphate, sodium selenite, vitamin C, zinc sulphate, pantothenic acid, taurine, vitamin K, sodium fluoride, manganese sulphate, chromium (III) chloride, vitamin B2, vitamin B1, vitamin B6, potassium iodide, cupric sulphate, biotin, vitamin D, vitamin B12.

Delivery Unit	box, sachets (sa) 1 x 35 sa at 12 tablets = 294 g
Article Number	xx-001-31360
Delivery to	Pharmacies, clinics
Storage	Store in a cool, dry place.



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