



Zero Met Piccos



In Short

- ZeroMet Piccos are a Food for Special Medical Purposes (FSMP) for use in the dietary management of Homocystinuria
- prolonged release of amino acids – Slow Release
- in form of very small tablets/pellets – coated
- suitable from 3 years of age
- highly concentrated protein supplement free of Methionine (Met), supplemented with Cystine
- 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 dosing aid for individual and flexible dosing
- 1 dosing aid filled to the mark of 11,25 ml \cong 8,4 g product \cong 5 g protein eqv.
- 1 Securibox® contains 100 g ZeroMet Piccos \cong 60 g protein eqv.

Amino acids

| ZeroMet Piccos | 100 g | 8,4 g |
|-----------------|-------|-------|
| L-Alanine | 9 | 0,34 |
| L-Arginine | 9 | 0,25 |
| L-Aspartic acid | 9 | 0,69 |
| L-Cystine | 9 | 0,23 |
| L-Glutamine | 9 | 0,15 |
| L-Glutamic acid | 9 | 0,53 |
| Glycine | 9 | 0,42 |
| L-Histidine | 9 | 0,12 |
| L-Isoleucine | 9 | 0,29 |
| L-Leucine | 9 | 0,45 |
| L-Lysine | 9 | 0,36 |
| L-Methionine | 9 | – |
| L-Phenylalanine | 9 | 0,22 |
| L-Proline | 9 | 0,59 |
| L-Serine | 9 | 0,31 |
| L-Threonine | 9 | 0,33 |
| L-Tryptophan | 9 | 0,10 |
| L-Tyrosine | 9 | 0,25 |
| L-Valine | 9 | 0,40 |

Product Profile

ZeroMet Piccos are a highly concentrated mixture of highly purified L-amino acids free of Methionine (Met), supplemented with Cystine, in form of very small tablets/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.



Good to know Slow Release

The individual 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.

(see p. 2)

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

ZeroMet Piccos are a pressed and coated protein supplement.

ZeroMet 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.

ZeroMet 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 diet – a big plus with regard to good compliance.

Met-free ZeroMet Piccos provide an alternative for all those patients who wish to benefit from the advantages of our ZeroMet minis but cannot swallow them. Since packed in a plastic container (Securibox®) with a dosing aid for individual and flexible measuring, handling is particularly easy:

1 dosing aid filled with 11,25 ml \cong 8,4 g product \cong 5 g protein equivalent.
1 Securibox® contains 100 g ZeroMet Piccos \cong 60 g protein equivalent.

ZeroMet Piccos are supplemented with vitamins, minerals and trace elements. Suitable from 3 years of age.

Convenience Product

ZeroMet 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

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

Measuring or Weighing?

The following applies to the enclosed dosing aid:

5 g protein eqv. \cong 11,25 ml

This corresponds to a filling between the 10 ml indication and the mark above it.



It might be helpful to mark the corresponding spot with a permanent marker.

Nevertheless, we recommend weighing the desired amount of Piccos if possible:

5 g protein eqv. \cong 8,4 g product.

Tip: If you check the first measurements using a scale (display with at least 1 digit after the decimal point), you will quickly get a feeling for how full the dosing aid is when the target value of 8,4 g is reached.



Intake

The tablets/pellets should be swallowed unchewed as whole. ZeroMet 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. ZeroMet Piccos are not meant to dissolve in the mouth.

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

ZeroMet Piccos should be used within

three weeks – the original Securibox® being closed tightly after every use.

ZeroMet 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.

ZeroMet 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

ZeroMet 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 CO₂ efficient.

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

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

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

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 post-prandial glucose and insulin peaks.

Reference:

- de Jesus Raposo MF, de Moraes AM, de Moraes RM. Emergent Sources of Prebiotics: Seaweeds and Microalgae. *Mar Drugs*. 2016.

| NUTRITION INFORMATION | | | |
|-----------------------|----------|-------|--|
| ZeroMet Piccos | 100 g | 8,4 g | |
| Energy | kJ 1165 | 98 | |
| | kcal 276 | 23 | |
| Fat | g 1 | 0,08 | |
| of which saturates | g 1 | 0,08 | |
| Carbohydrate | g 0 | 0 | |
| of which sugars | g 0 | 0 | |
| Fibre | g 13 | 1,1 | |
| Protein eqv. | g 60 | 5 | |
| Amino acids | g 72 | 6 | |
| Salt | g 2,4 | 0,2 | |

| Vitamins | | | |
|----------------------|---------|-----------|-------|
| | | g protein | |
| Vitamin A | µg 1080 | 91 | 18 |
| Vitamin D3 | µg 39 | 3 | 0,6 |
| 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 360 | 30 | 6 |
| Vitamin B12 | µg 6 | 0,5 | 0,1 |
| Biotin | µg 48 | 4 | 0,8 |
| Pantothenic acid | mg 9 | 0,8 | 0,15 |

| Minerals | | | |
|------------|---------|-----------|----|
| | | g protein | |
| Sodium | mg 950 | 80 | 16 |
| Potassium | mg 1514 | 127 | 25 |
| Calcium | mg 1507 | 127 | 25 |
| Phosphorus | mg 976 | 82 | 16 |
| Magnesium | mg 372 | 31 | 6 |

| Trace elements | | | |
|----------------|--------|-----------|-------|
| | | g protein | |
| 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 |
| Fluroide | mg 0,9 | 0,08 | 0,015 |
| Selenium | µg 87 | 7 | 1,5 |
| Chromium | µg 120 | 10 | 2 |
| Molybdenium | 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: sodium alginate & microcrystalline cellulose & silicium dioxide & isomalt, L-lysine-L-aspartate, potassium-L-glutamate, L-proline, L-leucine, L-arginine-L-aspartate, glycine, calcium phosphate, L-valine, L-alanine, 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, 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.

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|----------------|--|
| Delivery Unit | box, Securibox® 7 x Securibox® at 100 g = 700 g |
| Article Number | xx-001-31370 |
| Delivery to | Pharmacies, clinics |
| Storage | Store in a cool, dry place. |