

• PKU gel •



Description

A food for special medical purposes.

PKU gel is a powdered phenylalanine free protein substitute, available in **unflavoured**, **orange** and **raspberry** flavoured options, containing essential and non essential amino acids, carbohydrate, sugar, vitamins, minerals and trace elements. Flavoured options contain sweeteners.

Indications

PKU gel is for use in the dietary management of Phenylketonuria (PKU).

Unflavoured option suitable from 6 months to 10 years of age.

Flavoured options suitable from 1 to 10 years of age.

Separate FlavourPac sachets available for use with unflavoured options. Suitable from 1 year of age. Available in blackcurrant, lemon and tropical flavours.

Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.



= 10g PE

24g

1. The daily protein requirement is given as PKU gel.
2. Additional protein is provided from exchanges of natural protein, to provide phenylalanine in controlled amounts, which is essential for growth and development.
3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy.

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Preparation Guidelines

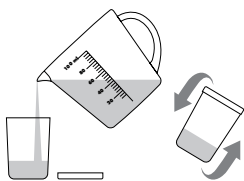
PKU gel can be either taken as a gel or as a low volume drink.

For gel:

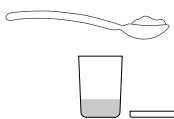
1. Empty the contents of the sachet, plus ½ - 1 FlavourPac sachet if desired, into the beaker.



2. Add approximately 30ml of cold water. Secure the lid and shake well for 10 seconds.



3. Leave to stand for 2 minutes, allowing a smooth gel to form. Consume with a spoon.

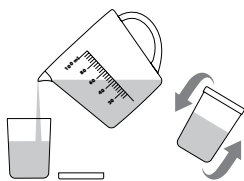


For low volume drink:

1. Empty the contents of the sachet, plus ½ - 1 FlavourPac sachet if desired, into the beaker.



2. Add approximately 80ml (half way up the beaker) of cold water. Secure the lid and shake well for 10 seconds.



3. Drink immediately.



Ideally the product should be freshly prepared and used immediately.

Any unused portions should be refrigerated and used within 24 hours. Reshake before use.

Water or permitted drinks should be taken after the gel.

IMPORTANT NOTICE

Must only be given to patients with proven PKU under strict medical supervision.

PKU gel unflavoured option is suitable from 6 months to 10 years of age.

PKU gel orange and raspberry are suitable from 1 to 10 years of age.

Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply phenylalanine, fluid and general nutritional requirements.

Not for use as a sole source of nutrition.

For enteral use only.

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Nutritional Information

		UNFLAVOURED		FLAVOURED	
		per 100g	per 24g sachet	per 100g	per 24g sachet
Energy	kJ	1413	339	1325	318
	kcal	338	81	317	76
Protein equivalent	g	41.7	10	41.7	10
Carbohydrate	g	42.9	10.3	37.1	8.9
	of which sugars	g	27.1	6.5	20
Fat	g	0.05	0.02	0.05	0.02
	of which saturates	g	0	0	0
Fibre	g	0	0	0	0
Vitamins					
Vitamin A	µg RE	600	144	600	144
Vitamin D	µg	14.6	3.5	14.6	3.5
Vitamin E	mg α TE	9.0	2.2	9.0	2.2
Vitamin C	mg	63	15	63	15
Vitamin K	µg	41	9.8	41	9.8
Thiamin	mg	1.0	0.24	1.0	0.24
Riboflavin	mg	1.2	0.29	1.2	0.29
Niacin	mg	14	3.4	14	3.4
	Niacin equivalent	mg	30.7	7.4	30.7
Vitamin B6	mg	1.1	0.26	1.1	0.26
Folic acid	µg	208	50	208	50
Vitamin B12	µg	2.0	0.48	2.0	0.48
Biotin	µg	25	6.0	25	6.0
Pantothenic acid	mg	5.0	1.2	5.0	1.2
Choline	mg	279	67	279	67
Myo-Inositol	mg	0	0	0	0
Minerals					
Sodium	mg	379	91	379	91
	mmol	16.3	3.9	16.3	3.9
Potassium	mg	938	225	938	225
	mmol	23.5	5.6	23.5	5.6
Chloride	mg	583	140	583	140
	mmol	16.3	3.9	16.3	3.9
Calcium	mg	1083	260	1083	260
	mmol	27.1	6.5	27.1	6.5
Phosphorus	mg	825	198	825	198
	mmol	26.4	6.3	26.4	6.3
Magnesium	mg	167	40	167	40
	mmol	6.8	1.6	6.8	1.6
Trace Elements					
Iron	mg	14	3.4	14	3.4
Copper	µg	800	192	800	192
Zinc	mg	11	2.6	11	2.6
Manganese	mg	1.7	0.41	1.7	0.41
Iodine	µg	138	33.1	138	33.1
Molybdenum	µg	50	12	50	12
Selenium	µg	35	8.4	35	8.4
Chromium	µg	71	17	71	17

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Nutritional Information

		UNFLAVOURED		FLAVOURED	
		per 100g	per 24g sachet	per 100g	per 24g sachet
Amino Acids					
L-Alanine	g	1.80	0.43	1.80	0.43
L-Arginine	g	2.91	0.70	2.91	0.70
L-Aspartic acid	g	4.60	1.10	4.60	1.10
L-Cystine	g	1.20	0.29	1.20	0.29
L-Glutamine	g	3.60	0.86	3.60	0.86
Glycine	g	4.60	1.10	4.60	1.10
L-Histidine	g	1.80	0.43	1.80	0.43
L-Isoleucine	g	3.10	0.74	3.10	0.74
L-Leucine	g	4.70	1.13	4.70	1.13
L-Lysine	g	3.20	0.77	3.20	0.77
L-Methionine	g	0.90	0.22	0.90	0.22
L-Phenylalanine	g	0.00	0.00	0.00	0.00
L-Proline	g	3.30	0.79	3.30	0.79
L-Serine	g	2.00	0.48	2.00	0.48
L-Threonine	g	3.20	0.77	3.20	0.77
L-Tryptophan	g	1.00	0.24	1.00	0.24
L-Tyrosine	g	4.60	1.10	4.60	1.10
L-Valine	g	3.60	0.86	3.60	0.86
L-Carnitine	mg	46	11	46	11
Taurine	mg	92	22	92	22

Osmolality

24g + 30ml = 3000mOsm/kg

24g + 80ml = 1540mOsm/kg

Allergen Declaration

PKU gel **orange** flavour contains soya lecithin.

Storage

Store in a cool, dry place.

Ideally sachets should be used immediately after opening.

Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

Pack size/Weight

30 x 24g e sachets - 720g

Shelf life

18 months.

