

Product Information



XPhe HELLO¹⁰

meta
INSTITUT FÜR DIÄTETIK
GmbH

In Short

- XPhe Hello¹⁰ is a food for special medical purposes for the dietary management of Phenylketonuria (PKU) and Hyperphenylalaninemia (HPA)
- suitable from 3 years of age
- protein supplement containing only some very small amount of Phenylalanine* – fruit bar
- additional calories, mainly from carbohydrate and some very small amount of fat
- contains fibre
- ready-to-eat – perfect “to go” and as a snack
- pleasant natural and fruity taste
- highly purified L-amino acids and micronutrients
- individually wrapped: 1 bar at 40 g $\hat{=}$ 10 g protein eqv.

* from the natural ingredients

Product profile

XPhe Hello¹⁰ is a special amino acid mixture, ready-to-eat, in the form of a fruit bar. XPhe Hello¹⁰ contains pure L-amino acids – containing only some very small amount of Phenylalanine from the natural ingredients.

XPhe Hello¹⁰ contains carbohydrate, fibre and a small amount of fat.

XPhe Hello¹⁰ offers a fruity, ready-to-eat option for taking the amino acid mixture. The individual wrapping of the bar provides great flexibility in use.

1 bar at 40 g $\hat{=}$ 10 g protein eqv.

The bar can easily be eaten, e.g. when being out or travelling (no problems at airports), without drawing attention to the PKU diet.

This easy way of intake as well as the pleasant taste help to improve compliance.

XPhe Hello¹⁰ is supplemented with vitamins, minerals and trace elements.

Convenience product

XPhe Hello¹⁰ is a convenient option for the intake of an amino acid mixture, especially when on the way: compact as a fruit bar. Suitable from 3 years of age.

Administration

There is no need for a concurrent intake of other food along with XPhe Hello¹⁰.

Intake

XPhe Hello¹⁰ can be eaten as an in-between-meal which can be supplemented by low protein food.

Water or other permitted drinks should be taken after eating XPhe Hello¹⁰.

Function XPhe Hello¹⁰ substitutes that part of the protein in the diet which may not be taken up from natural food sources.

Indication XPhe Hello¹⁰ is a food for special medical purposes and as a 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.

The daily dosage of amino acid mixture can consist either exclusively of XPhe Hello¹⁰ or of several products suitable for use in the dietary management of Phenylketonuria. The PKU-diet must be supplemented with energy, natural protein, other nutrients and water 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.

Amino acids

XPhe Hello ¹⁰		100 g	40 g (1 bar)
L-Alanine	g	1,3	0,52
L-Arginine	g	1,2	0,47
L-Aspartic acid	g	3,5	1,39
L-Cystine	g	0,7	0,28
L-Glutamic acid	g	2,2	0,89
Glycine	g	2,8	1,11
L-Histidine	g	1,1	0,43
L-Isoleucine	g	1,5	0,61
L-Leucine	g	2,6	1,05
L-Lysine	g	1,7	0,68
L-Methionine	g	0,5	0,20
L-Phenylalanine	mg	22	9
L-Proline	g	1,9	0,74
L-Serine	g	1,6	0,66
L-Threonine	g	1,9	0,74
L-Tryptophan	g	0,5	0,20
L-Tyrosine	g	2,3	0,93
L-Valine	g	1,6	0,66

INGREDIENTS

For nutrition specialists the list of ingredients is provided on our website www.metax.org.

NUTRITION INFORMATION

		100 g	40 g (1 bar)
Energy	kJ	1206	483
	kcal	285	114
Fat	g	0,7	0,3
of which			
saturates	g	0,13	0,05
Carbohydrate	g	40	16
of which sugars	g	35	14
Fibre	g	8	3
Protein eqv.	g	25	10
Amino acids	g	29	12
Salt	g	0,02	0,008

Vitamins g protein

Vitamin A	µg	290	116	11
Vitamin D3	µg	7	3	0,3
Vitamin E	mg	7	2,6	0,26
Vitamin K1	µg	24	10	1
Vitamin C	mg	31	13	1,2
Thiamin (Vit. B1)	mg	0,8	0,34	0,033
Riboflavin (Vit. B2)	mg	1	0,4	0,04
Niacin	mg	11	4	0,4
Vitamin B6	mg	1	0,4	0,04
Folic acid	µg	97	39	4
Vitamin B12	µg	2	0,9	0,09
Biotin	µg	97	39	4
Pantothenic acid	mg	4	1,7	0,17

Minerals

Potassium	mg	233	93	9
Calcium	mg	568	227	23
Phosphorus	mg	324	129	13
Magnesium	mg	106	43	4

Trace elements

Iron	mg	9	3,5	0,34
Zinc	mg	9	3,5	0,34
Copper	mg	1	0,4	0,04
Manganese	mg	2	0,8	0,08
Fluoride	mg	0,36	0,14	0,014
Selenium	µg	29	12	1,1
Chromium	µg	48	19	2
Molybdenum	µg	36	14	1,4
Iodine	µg	109	43	4

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	22	9	0,9
Choline	mg	97	39	4
myo-Inositol	mg	114	45	4,5
Taurine	mg	24	10	1

Delivery Unit	30 x 40 g = 1200 g
Article Number	xx-001-25630
Delivery to	Pharmacies, clinics
Storage	Store in a cool, dry place. Protect from direct sunlight. Once opened, use up the single bar within 24 hours.