

Product Information



XPhe Kid, Junior, Advance



In Short

- XPhe Kid/Junior/Advance are foods for special medical purposes for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)
- for 3 age groups (K, J, A):
 - > XPhe Kid: 1 to 6 years of age
 - > XPhe Junior: 7 to 14 years of age
 - > XPhe Advance: from 15 years of age
- highly concentrated powdered protein supplements free of Phenylalanine
- no additional calories: no carbohydrate – no fat
- neutral or rather characteristic taste
- 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 Kid/Junior/Advance are highly concentrated powdered mixtures of pure L-amino acids free of Phenylalanine.

XPhe Kid/Junior/Advance contain neither carbohydrate nor fat and therefore no additional calories. All 3 products have a neutral or rather characteristic taste. They are enriched with vitamins, minerals and trace elements in balanced, age-based amounts.

XPhe Kid/Junior/Advance for 3 age groups

- > XPhe Kid from 1 to 6 years
- > XPhe Junior from 7 to 14 years
- > XPhe Advance from 15 years onwards

Administration

Each of the 3 products should always be taken along with calculated quantities of Phe containing foods.

Preparation

Fill still water into a shaker, empty 1 sachet (sa) XPhe Kid/Junior/Advance into it. Shake – ready!

We recommend the following amounts of water:

80–100 ml + 1 sa/6,7 g Kid ($\hat{=}$ 5 g PE)

100–150 ml + 1 sa/13,3 g Junior ($\hat{=}$ 10 g PE)

200 ml + 1 sa/25,8 g Advance ($\hat{=}$ 20 g PE)

PE = protein equivalent

Can also be prepared with more or less amount of water, as desired.

The spoon enclosed in the tin XPhe Kid/Junior/Advance measures approx. 10 g powder when levelled.

Always prepare freshly!

Function XPhe Kid/Junior/Advance substitute that part of the protein in the diet which may not be taken up from natural food sources.

Indication XPhe Kid/Junior/Advance are foods for special medical purposes and as protein supplements 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 Kid/Junior/Advance or of several products suitable for use in the dietary management of PKU or HPA.

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

Amino acids per 100 g powder

| XPhe | Kid | Junior | Advance |
|-------------------|------|--------|---------|
| L-Alanine g | 4,0 | 4,1 | 5,0 |
| L-Arginine g | 3,6 | 3,7 | 3,5 |
| L-Aspartic acid g | 10,5 | 10,8 | 11,4 |
| L-Cystine g | 2,2 | 2,2 | 1,4 |
| L-Glutamine g | 3,3 | 3,4 | 5,5 |
| L-Glutamic acid g | 5,6 | 6,0 | 4,3 |
| Glycine g | 8,2 | 7,9 | 5,2 |
| L-Histidine g | 2,2 | 2,3 | 3,5 |
| L-Isoleucine g | 4,8 | 4,8 | 4,7 |
| L-Leucine g | 8,2 | 8,2 | 7,8 |
| L-Lysine g | 5,3 | 5,3 | 5,5 |
| L-Methionine g | 1,6 | 1,6 | 1,4 |
| L-Phenylalanine g | 0 | 0 | 0 |
| L-Proline g | 5,6 | 5,7 | 7,9 |
| L-Serine g | 5,1 | 5,1 | 4,7 |
| L-Threonine g | 5,7 | 5,8 | 4,7 |
| L-Tryptophan g | 1,6 | 1,6 | 1,6 |
| L-Tyrosine g | 6,7 | 6,8 | 8,1 |
| L-Valine g | 5,1 | 5,1 | 6,3 |

Amino acids per 1 sachet

| XPhe (powder quantity) | Kid 6,7 g | Junior 13,3 g | Advance 25,8 g |
|------------------------|-----------|---------------|----------------|
| L-Alanine g | 0,27 | 0,54 | 1,3 |
| L-Arginine g | 0,25 | 0,49 | 0,9 |
| L-Aspartic acid g | 0,70 | 1,44 | 3 |
| L-Cystine g | 0,15 | 0,29 | 0,36 |
| L-Glutamine g | 0,23 | 0,45 | 1,4 |
| L-Glutamic acid g | 0,37 | 0,80 | 1,1 |
| Glycine g | 0,55 | 1,05 | 1,3 |
| L-Histidine g | 0,15 | 0,30 | 0,9 |
| L-Isoleucine g | 0,33 | 0,64 | 1,2 |
| L-Leucine g | 0,55 | 1,09 | 2 |
| L-Lysine g | 0,36 | 0,70 | 1,4 |
| L-Methionine g | 0,11 | 0,21 | 0,36 |
| L-Phenylalanine g | 0 | 0 | 0 |
| L-Proline g | 0,38 | 0,76 | 2 |
| L-Serine g | 0,34 | 0,68 | 1,2 |
| L-Threonine g | 0,39 | 0,77 | 1,2 |
| L-Tryptophan g | 0,11 | 0,21 | 0,4 |
| L-Tyrosine g | 0,45 | 0,90 | 2 |
| L-Valine g | 0,34 | 0,68 | 1,6 |

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.

INGREDIENTS

For nutrition specialists the lists of ingredients are provided on our website www.metax.org.

| NUTRITION INFORMATION | XPhe Kid | | XPhe Junior | | XPhe Advance | | |
|-----------------------|----------|--------------------|-------------|---------------------|--------------|---------------------|-----|
| | 100 g | 6,7 g/ 1 sachet | 100 g | 13,3 g/ 1 sachet | 100 g | 25,8 g/ 1 sachet | |
| Energy | kJ | 1263 | 85 | 1275 | 170 | 1315 | 340 |
| | kcal | 297 | 20 | 300 | 40 | 309 | 79 |
| Fat | g | 0 | 0 | 0 | 0 | 0 | 0 |
| of which saturates | g | 0 | 0 | 0 | 0 | 0 | 0 |
| Carbohydrate | g | 0 | 0 | 0 | 0 | 0 | 0 |
| of which sugars | g | 0 | 0 | 0 | 0 | 0 | 0 |
| Protein eqv. | g | 74 | 5 | 75 | 10 | 77 | 20 |
| Amino acids | g | 89 | 6 | 90 | 12 | 92 | 24 |
| Salt | g | 0 | 0 | 0 | 0 | 0 | 0 |

| Vitamins | | g protein | | | g protein | | | g protein | | |
|----------------------|----|-----------|--------------------|-------|-----------|---------------------|-------|-----------|---------------------|-------|
| | | 100 g | 6,7 g/ 1 sachet | 14 g | 100 g | 13,3 g/ 1 sachet | 18 g | 100 g | 25,8 g/ 1 sachet | 15 g |
| Vitamin A | µg | 1040 | 70 | 14 | 1356 | 180 | 18 | 1164 | 300 | 15 |
| Vitamin D3 | µg | 37 | 2,5 | 0,5 | 30 | 4 | 0,4 | 9 | 2,3 | 0,12 |
| Vitamin E | mg | 26 | 1,8 | 0,35 | 27 | 3,5 | 0,35 | 19 | 5 | 0,25 |
| Vitamin K1 | µg | 96 | 6 | 1,3 | 97 | 13 | 1,3 | 85 | 22 | 1 |
| Vitamin C | mg | 97 | 6 | 1,3 | 158 | 21 | 2 | 100 | 26 | 1,3 |
| Thiamin (Vit. B1) | mg | 2,6 | 0,17 | 0,035 | 2,6 | 0,35 | 0,035 | 2 | 0,5 | 0,025 |
| Riboflavin (Vit. B2) | mg | 3 | 0,2 | 0,04 | 3 | 0,4 | 0,04 | 2 | 0,6 | 0,03 |
| Niacin | mg | 31 | 2 | 0,4 | 60 | 8 | 0,8 | 31 | 8 | 0,4 |
| Vitamin B6 | mg | 2 | 0,12 | 0,025 | 2,4 | 0,3 | 0,03 | 2 | 0,6 | 0,03 |
| Folic acid | µg | 186 | 12 | 2,5 | 301 | 40 | 4 | 698 | 180 | 9 |
| Vitamin B12 | µg | 7 | 0,5 | 0,1 | 5 | 0,6 | 0,065 | 7 | 1,8 | 0,09 |
| Biotin | µg | 37 | 2,5 | 0,5 | 61 | 8 | 0,8 | 194 | 50 | 2,5 |
| Pantothenic acid | mg | 7 | 0,5 | 0,1 | 10 | 1,3 | 0,13 | 12 | 3 | 0,15 |

| Minerals | | g protein | | | g protein | | | g protein | | |
|------------|----|-----------|--------------------|------|-----------|---------------------|------|-----------|---------------------|------|
| | | 100 g | 6,7 g/ 1 sachet | 20 g | 100 g | 13,3 g/ 1 sachet | 20 g | 100 g | 25,8 g/ 1 sachet | 15 g |
| Potassium | mg | 1486 | 100 | 20 | 1507 | 200 | 20 | 1164 | 300 | 15 |
| Calcium | mg | 2325 | 156 | 31 | 2109 | 280 | 28 | 1199 | 309 | 15 |
| Phosphorus | mg | 988 | 66 | 13 | 1002 | 133 | 13 | 815 | 210 | 10 |
| Magnesium | mg | 371 | 25 | 5 | 407 | 54 | 5 | 388 | 100 | 5 |

| Trace elements | | g protein | | | g protein | | | g protein | | |
|----------------|----|-----------|--------------------|-------|-----------|---------------------|--------|-----------|---------------------|-------|
| | | 100 g | 6,7 g/ 1 sachet | 0,4 g | 100 g | 13,3 g/ 1 sachet | 0,36 g | 100 g | 25,8 g/ 1 sachet | 0,3 g |
| Iron | mg | 33 | 2 | 0,4 | 27 | 3,6 | 0,36 | 23 | 6 | 0,3 |
| Zinc | mg | 27 | 1,8 | 0,36 | 27 | 3,6 | 0,36 | 12 | 3 | 0,15 |
| Copper | mg | 3 | 0,2 | 0,04 | 3 | 0,4 | 0,04 | 2 | 0,5 | 0,025 |
| Manganese | mg | 7 | 0,5 | 0,1 | 9 | 1,1 | 0,11 | 5 | 1,4 | 0,07 |
| Fluoride | mg | 1,1 | 0,08 | 0,015 | 1,1 | 0,15 | 0,015 | 0 | 0 | 0 |
| Selenium | µg | 89 | 6 | 1,2 | 109 | 15 | 1,5 | 60 | 15 | 0,8 |
| Chromium | µg | 74 | 5 | 1 | 151 | 20 | 2 | 78 | 20 | 1 |
| Molybdenum | µg | 163 | 11 | 2 | 128 | 17 | 1,7 | 116 | 30 | 1,5 |
| Iodine | µg | 371 | 25 | 5 | 339 | 45 | 4,5 | 272 | 70 | 3,5 |

| FURTHER NUTRITION INFORMATION | | g protein | | | g protein | | | g protein | | |
|-------------------------------|----|-----------|--------------------|-------|-----------|---------------------|-------|-----------|---------------------|-------|
| | | 100 g | 6,7 g/ 1 sachet | 0,9 g | 100 g | 13,3 g/ 1 sachet | 0,9 g | 100 g | 25,8 g/ 1 sachet | 0,7 g |
| L-Carnitine | mg | 67 | 4,5 | 0,9 | 68 | 9 | 0,9 | 54 | 14 | 0,7 |
| Choline | mg | 186 | 12 | 2,5 | 678 | 90 | 9 | 194 | 50 | 2,5 |
| myo-Inositol | mg | 349 | 24 | 5 | 354 | 47 | 5 | 116 | 30 | 1,5 |
| Taurine | mg | 74 | 5 | 1 | 75 | 10 | 1 | 0 | 0 | 0 |

| | | | |
|----------------|-----------------------------|--------------------|-------------------------|
| Delivery Unit | XPhe Kid | tin | box, sachets (sa) |
| | | 1 x 500 g | 30 sa at 6,7 g = 201 g |
| | | 4 x 500 g = 2000 g | |
| Article Number | | xx-001-21010 | xx-001-21112 |
| Delivery Unit | XPhe Junior | tin | box, sachets (sa) |
| | | 1 x 500 g | 30 sa at 13,3 g = 399 g |
| | | 4 x 500 g = 2000 g | |
| Article Number | | xx-001-23010 | xx-001-23104 |
| Delivery Unit | XPhe Advance | tin | box, sachets (sa) |
| | | 1 x 500 g | 30 sa at 25,8 g = 774 g |
| | | 4 x 500 g = 2000 g | |
| Article Number | | xx-001-25010 | xx-001-25103 |
| Delivery to | Pharmacies, clinics | | |
| Storage | Store in a cool, dry place. | | |