Product Information

XPHE ENERGY K J A

metaX GmbH INSTITUT FÜR DIÄTETIK

In Short

- XPhe energy is a food for special medical purposes for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)
- for 3 age groups (K, J, A):
  - > XPhe energy K neutral: 1 to 6 years of age
  - > XPhe energy K (flavoured options): 3 to 6 years of age
  - > XPhe energy J: 7 to 14 years of age
  - > XPhe energy A: from 15 years of age
- powdered protein supplement free of Phenylalanine
- with extra energy in form of carbohydrate and fat (ω-6- and ω-3-fatty acids)
- tasty milkshake-like drink
- in 4 different options: neutral, strawberry, lemon, vanilla
- highly purified L-amino acids
- micronutrients in balanced, age-based amounts
- in convenient portion sachets at 5 g protein equivalent (K) and 10 g protein equivalent (J, A)
- XPhe energy A also in tin of 660 g

Product profile

XPhe energy is a powdered Phenylalanine free mixture of highly purified L-amino acids.

XPhe energy supplies additional energy in the form of easily digestible carbohydrates and a blend of vegetable oils which ensures that the essential fatty acids linoleic (ω-6) and α-linolenic (ω-3) acid are available in recommended amounts.

Both energy suppliers prevent that after resorption the amino acids are being used as energy source in the metabolism. Thanks to its increased energy content XPhe energy is specifically suitable in cases of weight loss, catabolic status or poor appetite or when extra energy is needed, e.g. for high activity/ sports. Especially children with high physical activity will benefit from its extra energy.

XPhe energy is available in 4 different options: neutral, strawberry, lemon, vanilla. The milkshake-like tastes and smells pleasantly and thus contributes to an improved acceptance and compliance in the PKU diet.

The mixture is supplemented with vitamins, minerals and trace elements in balanced amounts that meet the needs of the age group.

XPhe energy for 3 age groups

> XPhe energy K from 3 to 6 years
Extra: XPhe energy K neutral already from 1 to 6 years

> XPhe energy J from 7 to 14 years

> XPhe energy A from 15 years onwards

XPhe energy K neutral as some kind of Phe-free "toddlers milk" or milk substitute

XPhe energy K neutral does not contain any flavour or sweetener and is therefore suitable for toddlers from 1 year of age. XPhe energy K neutral has a milky consistency and may thus facilitate the transition from the Phe-free infant formula (e.g. XPhe Infant Mix^{LCP}) to (highly) concentrated amino acid mixtures (e.g. XPhe Kid). Since XPhe energy K neutral contains more energy than a conventional highly concentrated amino acid mixture, it is particularly suited for the toddler age, because it compensates for energy deficits which may arise from the change to the (modified) family diet as well as from developmental activity steps. XPhe energy K neutral is 3 times higher in protein content than a Phe-free infant formula and thus covers the elevated protein needs associated with increasing body weight. The taste of XPhe energy K neutral is similar to XPhe Infant Mix^{LCP} and is nearly odour-free.

Amino acids per 100 g powder

XPhe energy		K	J	A
L-Alanine	g	1,6	1,6	2
L-Arginine	g	1,5	1,5	1,4
L-Aspartic acid	g	4,5	4,3	4,5
L-Cystine	g	0,9	0,9	0,5
L-Glutamine	g	1,5	1,4	2
L-Glutamic acid	g	1,9	2,4	1,7
Glycine	g	3,5	3,2	2
L-Histidine	g	0,9	0,9	1,4
L-Isoleucine	g	2,0	1,9	2
L-Leucine	g	3,3	3,3	3
L-Lysine	g	2,3	2,1	2
L-Methionine	g	0,6	0,6	0,5
L-Phenylalanine	g	0	0	0
L-Proline	g	2,3	2,3	3
L-Serine	g	2,1	2,0	2
L-Threonine	g	2,3	2,3	2
L-Tryptophan	g	0,6	0,6	0,6
L-Tyrosine	g	2,7	2,7	3
L-Valine	g	2,1	2,0	2,5

Amino acids per 1 sachet

XPhe energy		K	J	A
L-Alanine	g	0,27	0,54	0,7
L-Arginine	g	0,24	0,49	0,45
L-Aspartic acid	g	0,74	1,43	1,5
L-Cystine	g	0,14	0,29	0,18
L-Glutamine	g	0,25	0,45	0,7
L-Glutamic acid	g	0,32	0,79	0,6
Glycine	g	0,57	1,04	0,7
L-Histidine	g	0,15	0,30	0,45
L-Isoleucine	g	0,32	0,63	0,6
L-Leucine	g	0,55	1,08	1
L-Lysine	g	0,38	0,70	0,7
L-Methionine	g	0,10	0,21	0,18
L-Phenylalanine	g	0	0	0
L-Proline	g	0,38	0,75	1
L-Serine	g	0,34	0,67	0,6
L-Threonine	g	0,38	0,76	0,6
L-Tryptophan	g	0,10	0,21	0,2
L-Tyrosine	g	0,45	0,89	1
L-Valine	g	0,34	0,67	0,8

Administration

Due to the energy contained in XPhe energy it is not essential to consume other foods together with this amino acid mixture. XPhe energy can well be integrated as a snack into the daily PKU-diet. This makes this protein supplement very flexible in use.

Preparation

Fill still water into a shaker, empty 1 sachet (sa) XPhe energy K, J or A into it. Shake – ready!

We recommend the following amounts of water:

100 ml + 1 sa energy K (≙ 5 g PE)
200 ml + 1 sa energy J (≙10 g PE)
200 ml + 1 sa/ 33 g energy A (≙10 g PE)
PE = protein equivalent

The scoop enclosed in the XPhe energy A tin measures approx. 16,5 g (≙ 5 g PE) when levelled.

Always prepare freshly!

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

Indication XPhe energy is a food for special medical purposes and as 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 energy or of several products suitable for use in the dietary management of Phenylketonuria.
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 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.

Delivery Unit	XPhe energy K	box, sachets (sa) 1 x 20 sa at 16,5 g = 330 g	box, sachets (sa) 4 x 20 sa at 16,5 g = 1320 g	
Article Number	*strawberry* *lemon* *vanilla* *neutral*	xx-001-21210 xx-001-21221 xx-001-21240 xx-001-21310	xx-001-21201 xx-001-21220 xx-001-21242 xx-001-21320	
Delivery Unit	XPhe energy J	box, sachets (sa) 1 x 20 sa at 33 g = 660 g	box, sachets (sa) 4 x 20 sa at 33 g = 2640 g	
Article Number	*strawberry* *lemon* *vanilla* *neutral*	xx-001-23210 xx-001-23221 xx-001-23240 xx-001-23231	xx-001-23201 xx-001-23220 xx-001-23242 xx-001-23230	
Delivery Unit	XPhe energy A	box, sachets (sa) 1 x 20 sa at 33 g = 660 g	box, sachets (sa) 4 x 20 sa at 33 g = 2640 g	tin 1 x 660 g
Article Number	*strawberry* *lemon* *vanilla* *neutral*	xx-001-25210 xx-001-25221 xx-001-25240 xx-001-25231	xx-001-25201 xx-001-25220 xx-001-25242 xx-001-25230	xx-001-25215 xx-001-25225 xx-001-25245 xx-001-25235
Delivery to	Pharmacies, clinics			
Storage	Store in a cool, dry place.			

dA14/03/18 dAv16/02/26
dJ17/11/24
dK18/01/18 dKn18/01/10
19/01/28

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NUTRITION INFORMATION

		XPhe energy K								XPhe energy J								XPhe energy A							
		100 g				16,5 g/ 1 sachet				100 g				33 g/ 1 sachet				100 g				33 g/ 1 sachet			
		neutral	straw-berry	lemon	vanilla	neutral	straw-berry	lemon	vanilla	neutral	straw-berry	lemon	vanilla	neutral	straw-berry	lemon	vanilla	neutral	straw-berry	lemon	vanilla	neutral	straw-berry	lemon	vanilla
Energy	kJ	1704	1631	1621	1677	281	269	267	277	1669	1649	1639	1673	551	544	541	552	1754	1740	1747	1703	579	574	577	562
	kcal	405	387	380	398	67	64	63	66	396	391	389	398	131	129	128	131	416	412	414	405	137	136	137	134
Fat	g	14	10	10	12	2,4	1,7	1,7	2	11	10	11	12	3,6	3,5	3,5	4	11	11	11	13	3,6	3,6	3,5	4
of which																									
saturates	g	3	2	2	2,6	0,5	0,35	0,34	0,4	2	2	2	2,6	0,7	0,7	0,7	0,9	2,2	2	2	2,7	0,7	0,7	0,7	0,9
mono-unsaturates	g	6	4	4	5	1	0,7	0,7	0,8	4	4	4	5	1,4	1,4	1,4	1,7	4,5	4,5	4	5	1,5	1,5	1,4	1,7
polyunsaturates	g	6	4	4	5	1	0,7	0,7	0,8	4	4	4	5	1,4	1,4	1,4	1,6	4	4	4	5	1,4	1,4	1,4	1,6
Carbohydrate	g	39	41	40	41	6	7	7	7	43	42	41	41	14	14	13	13	47	46	46	42	15	15	15	14
of which sugars	g	3,4	13	11	9	0,6	2	2	1,4	16	14	11	9	5	5	4	3	16	13	13	9	5	4	4	3
Fibre	g	0,6	0	0,7	1	0,1	0	0,12	0,17	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–	–
Protein eqv.	g	30	30	30	30	5	5	5	5	30	30	30	30	10	10	10	10	30	30	30	30	10	10	10	10
Amino acids	g	36	36	36	36	6	6	6	6	36	36	36	36	12	12	12	12	36	36	36	36	12	12	12	12
Salt	g	0	0	0	0,4	0	0	0	0,06	0	0	0	0,7	0	0	0	0,23	0	0	0	0,6	0	0	0	0,2
Vitamins									g protein								g protein								g protein
Vitamin A	µg	424				70			14	541				179			18	457				151			15
Vitamin D3	µg	15				2,5			0,5	12				4			0,4	3,5				1,2			0,12
Vitamin E	mg	11				1,8			0,35	11				3,5			0,35	8				2,5			0,25
Vitamin K1	µg	39				6			1,3	39				13			1,3	34				11			1
Vitamin C	mg	39				6			1,3	63				21			2	39				13			1,3
Thiamin (B1)	mg	1				0,17			0,035	1				0,35			0,035	0,8				0,25			0,025
Riboflavin (B2)	mg	1,2				0,2			0,04	1,2				0,4			0,04	0,9				0,3			0,03
Niacin	mg	13				2			0,4	24				8			0,8	12				4			0,4
Vitamin B6	mg	0,8				0,12			0,025	1				0,3			0,03	0,9				0,3			0,03
Folic acid	µg	76				12			2,5	120				40			4	274				91			9
Vitamin B12	µg	3				0,5			0,1	2				0,6			0,065	3				0,9			0,09
Biotin	µg	15				2,5			0,5	24				8			0,8	76				25			2,5
Pantothenic acid	mg	3				0,5			0,1	5				1,8			0,18	5				1,5			0,15
Minerals																									
Sodium	mg	29	52	29	150	5	9	5	25	1 1,7 1 5				0	0	0	280	0	0	0	92	vanil.: 9				0	0	0	237	0	0	0	78	vanil.: 8			
Potassium	mg	515				85			17	601				198			20	457				151			15
Calcium	mg	948				156			31	842				278			28	471				155			15
Phosphorus	mg	403				66			13	400				132			13	320				106			10
Magnesium	mg	151				25			5	162				54			5	152				50			5
Trace elements																									
Iron	mg	13				2			0,4	11				3,6			0,36	9				3			0,3
Zinc	mg	11				1,8			0,36	11				3,6			0,36	5				1,5			0,15
Copper	mg	1,2				0,2			0,04	1,2				0,4			0,04	0,8				0,25			0,025
Manganese	mg	3				0,5			0,1	3,4				1,1			0,11	2				0,7			0,07
Fluoride	mg	0,45				0,07			0,015	0,45				0,15			0,015	–				–			–
Selenium	µg	36				6			1,2	44				14			1,4	23				8			0,8
Chromium	µg	30				5			1	60				20			2	30				10			1
Molybdenum	µg	67				11			2	51				17			1,7	46				15			1,5
Iodine	µg	151				25			5	135				45			4,5	107				35			3,5
FURTHER NUTRITION INFORMATION																									
L-Carnitine	mg	27				4,5			0,9	27				9			0,9	21				7			0,7
Choline	mg	76				12			2,5	271				89			9	76				25			2,5
myo-Inositol	mg	142				23			5	141				47			5	46				15			1,5
Taurine	mg	30				5			1	30				10			1	–				–			–

19/01/28 dK18/01/18 dKn18/01/10 dJ17/11/24 dA14/03/18 dAV16/02/26