

XPhe Energy K (Neutral)



Free of Phenylalanine (Phe). From 1 to 6 years of age.



General description:

XPhe Energy K (Neutral) is a Phenylalanine-free protein supplement for the nutritional treatment of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA). XPhe Energy K (Neutral) is a powdered amino acid formula with neutral flavor. Type of follow-up milk, suitable for children from 1 to 6 years of age. It can be prepared as feeding bottle or as milkshake (using a *shaker*), presenting pleasant taste and smell. High energy content. Good balance of omega-6 and omega-3 fatty acids. It contains highly purified L-amino acids and micronutrients in adequate amounts.



Presentation and Protein Equivalent (PE):

Each box (330 g) contains 20 sachets. Each sachet of 16.5 g of product contains 5 g PE.



Important information:

XPhe Energy K (Neutral) must only be used under medical supervision. Not for use as a sole source of nutrition. For enteral use only.

Due to its energy content, XPhe Energy K (Neutral) is especially suitable in cases of weight loss, catabolic situations or poor appetite or when extra energy is needed. Especially children with high physical activity will benefit from this extra energy. For this purpose, XPhe Energy K (Neutral) contains more calories than most conventional protein supplements.



Dosage and Administration:

The daily total amount of amino acid mixture depends on age, body weight and individual medical condition, and should be determined by a medical specialist. The daily quantity of the protein supplement should be taken in 3 - 5 single portions during the day. The daily dose of amino acid mixture may consist either exclusively of XPhe Energy K (Neutral) or of a combination of several amino acid mixtures suitable for the dietary management of PKU or HPA. XPhe-System products are highly recommended. The diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities. Due to the amount of energy present in XPhe Energy K (Neutral), it is not necessary to consume other foods together with this mixture of amino acids.



Preparation:

Pour 100 ml of still water into a *shaker*, add 1 sachet and shake well. It can be prepared as feeding bottle or as a regular milkshake. Always prepare it freshly.



Storage:

Keep it in a cool, dry place. Once opened, use the sachet content within 3 days.

Product



XPhe Energy K
(Neutral)

Treatment of



PKU or HPA



Presentation and PE



AA formula in powder
form, each box contains
20 sachets (each sachet
16.5 g ≡ 5 g PE)

Age



1 – 6 years

Preparation



1 sachet in 100 ml of
water – feeding bottle
or *shaker*



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Nutrition Information:

Nutrition Information

Nutrients	Units	Powder - 100 g	1 sachet - 16.5 g
Energy			
	kJ	1704	281
	kcal	405	67
Fat	g	14	2,4
of which			
saturates	g	3	0,5
mono-unsaturates	g	6	1
polyunsaturates	g	6	1
Carbohydrate	g	39	6
of which			
sugars	g	3,4	0,6
Fibre	g	0,6	0,1
Protein	g	30	5
Salt	g	0	0
Vitamins			
Vitamin A	µg	424	70
Vitamin D3	µg	15	2,5
Vitamin E	mg	11	1,8
Vitamin K1	µg	39	6
Vitamin C	mg	39	6
Thiamin (Vit. B1)	mg	1	0,17
Riboflavin (Vit. B2)	mg	1,2	0,2
Niacin NE	mg	23	4
Niacin	mg	13	2
Vitamin B6	mg	0,8	0,12
Folic acid	µg	76	12
Vitamin B12	µg	3	0,5
Biotin	µg	15	2,5
Pantothenic acid	mg	3	0,5
Minerals			
Sodium	mg	29	5
Potassium	mg	515	85
Calcium	mg	948	156
Phosphorus	mg	403	66
Magnesium	mg	151	25

Trace elements

Iron	mg	13	2
Zinc	mg	11	1,8
Copper	mg	1,2	0,2
Manganese	mg	3	0,5
Fluoride	mg	0,45	0,07
Selenium	µg	36	6
Chromium	µg	30	5
Molybdenum	µg	67	11
Iodine	µg	151	25

Further nutritional information

L-Carnitine	mg	27	4,5
Choline	mg	76	12
Myo-Inositol	mg	142	23
Taurine	mg	30	5

Amino acids

L-Alanine	g	1,6	0,27
L-Arginine	g	1,5	0,24
L-Aspartic acid	g	4,5	0,74
L-Cystine	g	0,9	0,14
L-Glutamic acid	g	1,9	0,32
Glutamine	g	1,5	0,25
Glycin	g	3,5	0,57
L-Histidine	g	0,9	0,15
L-Isoleucine	g	2,0	0,32
L-Leucine	g	3,3	0,55
L-Lysine	g	2,3	0,38
L-Methionine	g	0,6	0,10
L-Phenylalanine	g	0	0
L-Proline	g	2,3	0,38
L-Serine	g	2,1	0,34
L-Threonine	g	2,3	0,38
L-Tryptophan	g	0,6	0,10
L-Tyrosine	g	2,7	0,45
L-Valine	g	2,1	0,34

Produced in Germany by: metaX Institut für Diätetik GmbH

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