

# XPhe enjoy (10 and 20) GMP



Low content of Phenylalanine (Phe). From 3 years of age.



## General description:

XPhe enjoy GMP is a powdered protein supplement based on glycomacropeptide (GMP), with a low Phenylalanine content (due to the natural raw material). Intended to meet the nutritional needs of patients with Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA). Suitable from 3 years of age, for teenagers and adults. GMP is the natural protein source in XPhe enjoy GMP. During the process of cheese making through rennet clotting this peptide is released from casein and passes into the liquid whey. From there it is isolated and purified by means of special technological processes.

Available in 3 flavors - Neutral, Vanilla and Chocolate. Once prepared, XPhe enjoy GMP is a drink with a very pleasant taste, resembling a regular vegetable milk, with the consistency of a milkshake. It tastes better than the typical synthetic amino acid formulas, and therefore there is a better acceptance and continuation of dietary treatment by children, teenagers and adults with PKU or HPA.



## Presentation and Protein Equivalent (PE):

Available in two formats - XPhe enjoy 10 GMP (10 g PE) and XPhe enjoy 20 GMP (20 g PE). Each box contains 30 sachets of 16.5 g (495 g in total) and 33 g (990 g in total), in the case of XPhe enjoy 10 GMP and XPhe enjoy 20 GMP, respectively.



## Important information:

XPhe enjoy GMP must only be used under medical supervision. Not for use as a sole source of nutrition. For enteral use only.



## Dosage and Administration:

The daily total amount of protein supplements (GMP-based and/or amino acid mixture) depends on age, body weight and individual medical condition, and should be determined by a medical specialist. The daily dosage should be divided into 3 - 5 single portions. The daily dose of protein supplements may consist either exclusively of XPhe enjoy GMP or of a combination of several products suitable for the dietary management of PKU or HPA. The diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities.



## Preparation:

Fill drinking water into a shaker, empty 1 sachet of XPhe enjoy GMP into it, and shake it. Add 1 sachet of XPhe enjoy 10 GMP to 80-100 mL of water (10 g PE) or add 1 sachet of XPhe enjoy 20 GMP to 160-180 mL of water (20 g PE). It can also be prepared with more or less water. Always prepare it freshly.



## Storage:

Keep it in a cool, dry place. Once opened, consume the entire sachet content.

### Product



XPhe enjoy  
GMP

### Treatment of



PKU or HPA



### Presentation and PE



Protein supplement in powder form. Each box contains 30 sachets (10 or 20 g PE)

### Age



From 3  
years of  
age

### Preparation



1 sachet of XPhe enjoy 10 GMP + 80-100 mL of water or 1 sachet of XPhe enjoy 20 GMP + 160-180 mL of water – shaker

# XPhe enjoy (10 and 20) GMP

Low content of Phenylalanine (Phe). From 3 years of age.



## Nutrition Information:

Supplemented with highly purified L-amino acids such as Alanine, Arginine, Aspartic acid, Glycine, Histidine, Leucine, Lysine, Tryptophan and Tyrosine. Some indispensable and conditionally indispensable amino acids (e.g. Arginine, Histidine, Leucine, Tryptophan and Tyrosine) are not or almost not present in GMP, the natural protein source in XPhe enjoy GMP. These amino acids are added to XPhe enjoy GMP, making it a protein supplement with a high biological value. It also contains vitamins, minerals, carbohydrates, dietary fiber, and micronutrients in adequate amounts.

### Nutrition Information

Nutrients	Units	100 g			1 sachet enjoy 10 (16.5 g)			1 sachet enjoy 20 (33 g)		
		Neutral	Chocolate	Vanilla	Neutral	Chocolate	Vanilla	Neutral	Chocolate	Vanilla
<b>Flavors</b>										
<b>Energy</b>	kJ	1362	1362	1362	225	225	225	449	449	449
	kcal	322	322	322	53	53	53	106	106	106
<b>Fat</b>	g	3,6	3,6	3,6	0,6	0,6	0,6	1,2	1,2	1,2
Of which	g	1	1	1	0,17	0,17	0,17	0,34	0,34	0,34
saturates										
mono-unsaturates	g	1,3	1,3	1,3	0,2	0,2	0,2	0,4	0,4	0,4
polyunsaturates	g	1,2	1,2	1,2	0,2	0,2	0,2	0,4	0,4	0,4
<b>Carbohydrate</b>	g	12	12	12	2	2	2	4	4	4
Of which	g	1,4	1,2	2,6	0,23	0,2	0,4	0,5	0,9	0,9
sugars										
<b>Fibre</b>	g	0,8	1,4	1	0,13	0,23	0,16	0,25	0,3	0,3
<b>Protein</b>	g	60	60	60	10	10	10	20	20	20
<b>Phenylalanine</b>	mg	100	100	100	17	17	17	33	33	33
<b>Salt</b>	g	1,7	1,7	1,7	0,3	0,3	0,3	0,6	0,6	0,6