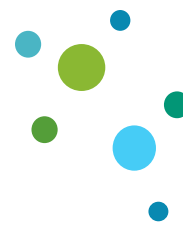


XPhe smart A

Free of Phenylalanine (Phe).
From 15 years of age.



General description:

XPhe smart A is a highly concentrated Phenylalanine (Phe)-free protein supplement for the nutritional management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA). XPhe smart A is a powdered amino acid formula, containing highly purified amino acids as protein source, vitamins, minerals, and all essential micronutrients in adequate amounts. Available in **4 attractive flavours** - neutral taste, lemon, wild berries and vanilla – and in **two different formats** - 500 g tin or convenient portion sachets of 20 g of protein equivalent. Suitable from 15 years of age. Low calorie content – low in carbohydrates and no fat.



Presentation and Protein Equivalent (PE):

Tin with 500 g of powdered product (approx. 17 portions of 29 g). The measuring spoon provided allows you to measure approx. 14.5 g of powder. 100 g of product correspond to 70 g PE (29 g correspond to 20 g PE). The other format - 580 g **box** - contains 20 sachets with powder (more convenient and flexible). Each sachet of 29 g of product contains 20 g PE.



Important information:

XPhe smart A 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 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 smart A or of a combination of other products suitable for the nutritional management of PKU or HPA. The diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities.



Preparation:

XPhe smart A has different forms of preparation depending on the desired texture (gel, shake or drink). Add 29 g of XPhe smart A (in the case of tin format, with the measuring spoon; in the case of sachets format, add 1 sachet) to 25 ml - 50 ml of water (stir, eat with a spoon or drink with a straw) or 70 ml - 150 ml of water (shake using a shaker and drink). Always prepare it freshly. It is recommended to drink a glass of water or other suitable drink after taking XPhe smart A.




Storage:

Keep it in a cool, dry place. Close the lid tightly after use (500 g tin). Once opened, consume within 4 weeks. Regarding the sachets format, once opened, use the sachet content within 3 days.

Product 

XPhe
smart A

Treatment of 

PKU or HPA 

Presentation and PE 

AA formula in powder form, available in a 500 g tin and in box (580 g) with 20 portion sachets of 20 g PE each. (29 g product \equiv 20 g PE)

Age 

From 15
years of
age

Preparation 

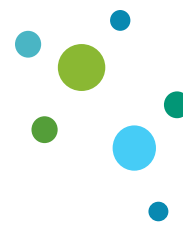
Add 29 g of XPhe smart A to 25-150 ml of water – mix or shake using a shaker

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Nutrition Information:



Nutrition Information

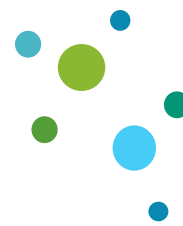
Nutrients	Units	100 g	1 sachet 29 g (20 g PE)
Energy	kJ	Neutral – 1321 Lemon – 1327 Wild Berries – 1340 Vanilla – 1315	Neutral – 383 Lemon – 385 Wild Berries – 388 Vanilla – 381
	kcal	Neutral – 311 Lemon – 312 Wild Berries – 315 Vanilla – 310	Neutral – 90 Lemon – 91 Wild Berries – 91 Vanilla – 90
Fat	g	Neutral – <0,2 Lemon – <0,2 Wild Berries – <0,2 Vanilla - <0,3	Neutral – <0,1 Lemon – <0,1 Wild Berries – <0,1 Vanilla - <0,09
of which saturates	g	Neutral – <0,02 Lemon – <0,02 Wild Berries – <0,02 Vanilla - <0,1	Neutral – <0,01 Lemon – <0,01 Wild Berries – <0,01 Vanilla - <0,03
Carbohydrate	g	Neutral – 6 Lemon – 5 Wild Berries – 6 Vanilla - 5	Neutral – 2 Lemon – 1,5 Wild Berries – 1,8 Vanilla – 1,5
of which sugars	g	Neutral – <0,1 Lemon – <0,01 Wild Berries – 0,6 Vanilla - 4	Neutral – <0,1 Lemon – <0,01 Wild Berries – 0,16 Vanilla - 1
Fibre	g	Neutral – 1,2 Lemon – 1,2 Wild Berries – 1,2 Vanilla - 3	Neutral – 0,35 Lemon – 0,35 Wild Berries – 0,35 Vanilla – 0,8
Protein eqv.	g	Neutral – 70 Lemon – 70 Wild Berries – 70 Vanilla - 70	Neutral – 20 Lemon – 20 Wild Berries – 20 Vanilla - 20
Amino acids	g	Neutral – 84 Lemon – 84 Wild Berries – 84 Vanilla - 84	Neutral – 24 Lemon – 24 Wild Berries – 24 Vanilla - 24
Salt	g	Neutral – 0 Lemon – 0 Wild Berries – 0 Vanilla – 0,4	Neutral – 0 Lemon – 0 Wild Berries – 0 Vanilla – 0,1

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Nutrition Information (Cont.):



Vitamins

Vitamin A	µg	1052	305
Vitamina D3	µg	8	2,4
Vitamin E	mg	18	5
Vitamin K1	µg	77	22
Vitamin C	mg	91	26
Thiamin (Vit. B1)	mg	1,8	0,5
Riboflavin (Vit. B2)	mg	2	0,6
Niacin	mg	28	8
Niacin NE	mg	53	15
Vitamin B6	mg	2	0,6
Folic acid	µg	632	183
Vitamin B12	µg	6	2
Biotin	µg	175	51
Pantothenic acid	mg	11	3

Minerals

Sodium	mg	Neutral – 0 Lemon – 0 Wild Berries – 0 Vanilla – 152	Neutral – 0 Lemon – 0 Wild Berries – 0 Vanilla – 44
Calcium	mg	1090	316
Phosphorus	mg	733	213
Magnesium	mg	312	90

Trace elements

Iron	mg	21	6
Zinc	mg	11	3
Copper	mg	1,8	0,5
Manganese	mg	5	1,4
Selenium	µg	54	16
Chromium	µg	70	20
Molybdenum	µg	105	31
Iodine	µg	246	71



Further Nutrition Information

L-Carnitine	mg	49	14
Choline	mg	175	51
myo-Inositol	mg	105	31
Amino acids	g	84	24
L-Alanine	g	3,8	1,10
L-Arginine	g	3,4	1,00
L-Aspartic acid	g	10,1	2,93
L-Cystine	g	2,0	0,59
L-Glutamine	g	6,5	1,87
Glycine	g	8,1	2,34
L-Histidine	g	3,1	0,90
L-Isoleucine	g	4,5	1,30
L-Leucine	g	7,6	2,22
L-Lysine	g	4,9	1,42
L-Methionine	g	1,5	0,43
L-Phenylalanine	g	0	0
L-Proline	g	5,4	1,57
L-Serine	g	4,8	1,38
L-Threonine	g	5,4	1,57
L-Tryptophan	g	1,5	0,43
L-Tyrosine	g	6,7	1,95
L-Valine	g	4,8	1,38