



XPhe Kid, Junior, Advance

In Short

- XPhe Kid/Junior/Advance are Foods for Special Medical Purposes (FSMP) 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 highly purified 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 XPhe-products suitable for this age group

The PKU-diet must be supplemented with energy, natural protein and other nutrients in prescribed quantities.

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

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

XPhe Kid

L-lysine-L-aspartate, L-leucine, glycine, potassium-L-glutamate, L-tyrosine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, L-glutamine, magnesium L-aspartate, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, calcium carbonate, magnesium carbonate, inositol, choline, ferrous sulphate, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B2, vitamin B6, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D, vitamin B12.

XPhe Advance

L-lysine-L-aspartate, L-tyrosine, L-proline, L-leucine, L-valine, L-arginine-L-aspartate, potassium-L-glutamate, L-glutamine, glycine, L-alanine, L-threonine, L-isoleucine, L-serine, magnesium-L-aspartate, calcium phosphate, L-histidine, N-acetyl-L-methionine, L-tryptophan, L-cystine, choline, L-carnitine, vitamin E, vitamin A, sodium molybdate, folic acid, inositol, niacin, ferrous sulphate, sodium selenite, vitamin C, zinc sulphate, pantothenic acid, vitamin K, manganese sulphate, chromium (III) chloride, vitamin B2, vitamin B1, vitamin B6, potassium iodide, cupric sulphate, biotin, vitamin D, vitamin B12

XPhe Junior

L-lysine-L-aspartate, L-leucine, glycine, potassium-L-glutamate, L-tyrosine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, magnesium-L-aspartate, L-glutamine, L-histidine, L-cystine, N-acetyl-L-methionine, L-tryptophan, calcium carbonate, magnesium carbonate, choline, inositol, ferrous sulphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

Delivery Unit	XPhe Kid	tin		box, sachets (sa)
		1 x 500 g	4 x 500 g = 2000 g	30 sa at 6,7 g = 201 g
Article Number		xx-001-21010	xx-001-21000	xx-001-21112
Delivery Unit	XPhe Junior	tin		box, sachets (sa)
		1 x 500 g	4 x 500 g = 2000 g	30 sa at 13,3 g = 399 g
Article Number		xx-001-23010	xx-001-23000	xx-001-23104
Delivery Unit	XPhe Advance	tin		box, sachets (sa)
		1 x 500 g	4 x 500 g = 2000 g	30 sa at 25,8 g = 774 g
Article Number		xx-001-25010	xx-001-25000	xx-001-25103
Delivery to	Pharmacies, clinics			
Storage	Store in a cool, dry place.			

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

		g protein		g protein		g protein				
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										
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										
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

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