

Product Information



XPhe smart K, J, A



In Short

- XPhe smart 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 smart K: 3 to 6 years of age
 - > XPhe smart J: 7 to 14 years of age
 - > XPhe smart A: from 15 years of age
- highly concentrated powdered protein supplements free of Phenylalanine
- low in calories: small amount of carbohydrate – no fat
- flexible in preparation – different concentrations possible, also low volume
- in 4 different options: neutral, lemon, wild berries, vanilla
- 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 smart is a highly concentrated powdered mixture of pure L-amino acids free of Phenylalanine.

XPhe smart contains a small amount of carbohydrate but no fat. Thus the energy intake from XPhe smart is conveniently low.

There are different options for preparation. They facilitate the intake and can improve compliance.

XPhe smart is light in taste, available in 4 different options: neutral, lemon, wild berries, vanilla.

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

XPhe smart for 3 age groups

- > XPhe smart K from 3 to 6 years
- > XPhe smart J from 7 to 14 years
- > XPhe smart A from 15 years onwards

Administration

XPhe smart should always be taken along with calculated quantities of Phe containing foods.

Preparation

XPhe smart is flexible in preparation. See box „Preparation“ – page 2.

Tip: XPhe smart *neutral* taken in apple juice tastes especially delicious!

Notice: We recommend to drink a glass of water or other beverage directly after taking

XPhe smart in one of the concentrations XS, S or M. Always prepare freshly!

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

Indication XPhe smart 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 smart 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.

Amino acids per 100 g powder

XPhe smart	K	J	A
L-Alanine	g 3,4	3,8	3,8
L-Arginine	g 3,1	3,4	3,4
L-Aspartic acid	g 9,0	10,1	10,1
L-Cystine	g 1,8	2,0	2,0
L-Glutamine	g 5,8	6,4	6,5
Glycine	g 7,2	8,1	8,1
L-Histidine	g 2,8	3,1	3,1
L-Isoleucine	g 4,0	4,4	4,5
L-Leucine	g 6,8	7,6	7,6
L-Lysine	g 4,4	4,9	4,9
L-Methionine	g 1,3	1,5	1,5
L-Phenylalanine	g 0	0	0
L-Proline	g 4,8	5,4	5,4
L-Serine	g 4,3	4,8	4,8
L-Threonine	g 4,8	5,4	5,4
L-Tryptophan	g 1,3	1,5	1,5
L-Tyrosine	g 6,0	6,7	6,7
L-Valine	g 4,3	4,8	4,8

Amino acids per 1 sachet

XPhe smart	K	J	A
L-Alanine	g 0,27	0,55	1,10
L-Arginine	g 0,25	0,50	1,00
L-Aspartic acid	g 0,72	1,46	2,93
L-Cystine	g 0,15	0,29	0,59
L-Glutamine	g 0,46	0,93	1,87
Glycine	g 0,58	1,17	2,34
L-Histidine	g 0,22	0,45	0,90
L-Isoleucine	g 0,32	0,64	1,30
L-Leucine	g 0,55	1,11	2,22
L-Lysine	g 0,35	0,71	1,42
L-Methionine	g 0,11	0,21	0,43
L-Phenylalanine	g 0	0	0
L-Proline	g 0,39	0,78	1,57
L-Serine	g 0,34	0,69	1,38
L-Threonine	g 0,39	0,78	1,57
L-Tryptophan	g 0,11	0,21	0,43
L-Tyrosine	g 0,48	0,97	1,95
L-Valine	g 0,34	0,69	1,38

INGREDIENTS

For nutrition specialists the lists of ingredients are provided on our website www.metax.org.

Preparation

	Size	Product	Amount	Water
✓ Gel	XS	XPhe smart K	1 sachet or 8 g	+ 10 ml
		XPhe smart J	1 sachet or 14,5 g	+ 15 ml
		XPhe smart A	1 sachet or 29 g	+ 25 ml
		> stir – eat with a spoon		
✓ Drink	S	XPhe smart K	1 sachet or 8 g	+ 15 ml
		XPhe smart J	1 sachet or 14,5 g	+ 25 ml
		XPhe smart A	1 sachet or 29 g	+ 50 ml
		> stir – eat with a spoon or drink		
✓ Shake	M	XPhe smart K	1 sachet or 8 g	+ 25 ml
		XPhe smart J	1 sachet or 14,5 g	+ 40 ml
		XPhe smart A	1 sachet or 29 g	+ 75 ml
		> shake – ready to drink		
✓ Shake	L or XL	XPhe smart K	1 sachet or 8 g	+ 40 ml *
		XPhe smart J	1 sachet or 14,5 g	+ 50 ml *
		XPhe smart A	1 sachet or 29 g	+ 150 ml *
		> shake – ready to drink * or more		

Always prepare freshly!

The sachets in the box contain:

XPhe smart K 8 g powder $\hat{=}$ 5 g PE

XPhe smart J 14,5 g powder $\hat{=}$ 10 g PE

XPhe smart A 29 g powder $\hat{=}$ 20 g PE

PE = protein equivalent

The scoop in the tin measures approx.:

XPhe smart K 8 g powder $\hat{=}$ 5 g PE

XPhe smart J 14,5 g powder $\hat{=}$ 10 g PE

XPhe smart A 14,5 g powder $\hat{=}$ 10 g PE

Delivery Unit	XPhe smart K	tin 1 x 500 g/ 6 x 500 g = 3000 g	box, sachets (sa) 1 x 20 sa at 8 g = 160 g/ 4 x 20 sa at 8 g = 640 g
Article Number	neutral lemon wild berries vanilla	xx-001-21340/ xx-001-21342 xx-001-21345/ xx-001-21347 xx-001-21350/ xx-001-21352 xx-001-21355/ xx-001-21357	xx-001-21302/ xx-001-21303 xx-001-21307/ xx-001-21308 xx-001-21324/ xx-001-21325 xx-001-21330/ xx-001-21332
Delivery Unit	XPhe smart J	tin 1 x 500 g/ 6 x 500 g = 3000 g	box, sachets (sa) 4 x 20 sa at 14,5 g = 1160 g/ 8 x 20 sa at 14,5 g = 2320 g
Article Number	neutral lemon wild berries vanilla	xx-001-23340/ xx-001-23342 xx-001-23345/ xx-001-23347 xx-001-23350/ xx-001-23352 xx-001-23355/ xx-001-23357	xx-001-23313/ xx-001-23314 xx-001-23318/ xx-001-23319 xx-001-23323/ xx-001-23324 xx-001-23332/ xx-001-23333
Delivery Unit	XPhe smart A	tin 1 x 500 g/ 6 x 500 g = 3000 g	box, sachets (sa) 4 x 20 sa at 29 g = 2320 g/ 8 x 20 sa at 29 g = 4640 g
Article Number	neutral lemon wild berries vanilla	xx-001-25330/ xx-001-25332 xx-001-25335/ xx-001-25337 xx-001-25340/ xx-001-25346 xx-001-25347/ xx-001-25349	xx-001-25303/ xx-001-25304 xx-001-25308/ xx-001-25309 xx-001-25313/ xx-001-25314 xx-001-25322/ xx-001-25323
Delivery to	Pharmacies, clinics		
Storage	Store in a cool, dry place.		

NUTRITION INFORMATION

		XPhe smart K				XPhe smart J				XPhe smart A				
		100 g		8 g / 1 sachet		100 g		14,5 g / 1 sachet		100 g		99 g / 1 sachet		
		neutral	wild berries	vanilla	neutral	wild berries	neutral	wild berries	neutral	wild berries	neutral	wild berries	neutral	wild berries
Energy	kJ	1285	1285	1285	103	103	1310	1310	1310	190	190	1315	1315	381
	kcal	303	303	303	24	24	309	309	309	45	45	310	310	90
Fat	g	<0,3	<0,3	<0,3	<0,1	<0,1	<0,3	<0,3	<0,3	<0,04	<0,04	<0,3	<0,3	<0,1
of which saturates	g	<0,1	<0,1	<0,1	<0,01	<0,01	<0,1	<0,1	<0,02	<0,02	<0,1	<0,1	<0,01	<0,01
Carbohydrate	g	10	10	10	0,8	0,8	5	5	0,7	0,7	5	5	2	1,5
of which sugars	g	7	7	7	0,6	0,6	0,4	0,4	0,01	0,01	0,4	0,4	<0,1	<0,01
Fibre	g	1	1,2	1,1	4	0,08	3	0,17	0,17	0,17	0,4	0,4	3	0,35
Protein eqv.	g	63	63	63	5	5	70	70	70	10	10	70	70	20
Amino acids	g	75	75	75	6	6	84	84	84	12	12	84	84	24
Salt	g	0	0	0	0	0	0	0	0	0	0	0	0	0

		protein		protein		protein		protein		protein		protein	
Vitamin A	µg	877	70	14	183	18	18	18	18	1052	305	15	15
Vitamin D3	µg	31	2,5	0,5	4	0,4	0,4	0,4	0,4	8	2,4	0,12	0,12
Vitamin E	mg	22	1,8	0,35	3,6	0,35	0,35	0,35	0,35	18	5	0,25	0,25
Vitamin K1	µg	81	6	1,3	13	1,3	1,3	1,3	1,3	77	92	1	1
Vitamin C	mg	81	7	1,3	21	2	2	2	2	91	26	1,3	1,3
Thiamin (B1)	mg	2	0,17	0,035	0,36	0,035	0,035	0,035	0,035	1,8	0,5	0,025	0,025
Riboflavin (B2)	mg	3	0,2	0,04	0,4	0,04	0,04	0,04	0,04	2	0,6	0,03	0,03
Niacin	mg	26	2	0,4	8	0,8	0,8	0,8	0,8	28	8	0,4	0,4
Vitamin B6	mg	2	0,13	0,025	0,3	0,03	0,03	0,03	0,03	2	0,6	0,03	0,03
Folic acid	µg	157	13	2,5	41	4	4	4	4	632	183	9	9
Vitamin B12	µg	6	0,5	0,1	0,7	0,065	0,065	0,065	0,065	6	2	0,09	0,09
Biotin	µg	31	2,5	0,5	8	0,8	0,8	0,8	0,8	175	51	2,5	2,5
Pantothenic acid	mg	6	0,5	0,1	2	0,18	0,18	0,18	0,18	11	3	0,15	0,15

		vanil.: 1,7		vanil.: 2		vanil.: 2		vanil.: 2		vanil.: 2		vanil.: 2	
Sodium	mg	0	0	0	0	0	0	0	0	0	0	0	0
Calcium	mg	1960	157	31	284	28	28	28	28	1090	316	16	16
Phosphorus	mg	833	67	13	135	13	13	13	13	733	213	10	10
Magnesium	mg	313	25	5	55	5	5	5	5	312	90	4	4

		Iron		Zinc		Copper		Manganese		Fluoride		Selenium		Chromium		Molybdenum		Iodine	
Iron	mg	28	2	0,4	4	0,36	0,36	0,36	0,36	1	0,015	0,015	102	15	1,5	1,5	54	16	16
Zinc	mg	23	1,8	0,36	4	0,36	0,36	0,36	0,36	25	2	2	75	6	1,2	1,2	70	20	20
Copper	mg	2,6	0,2	0,04	0,4	0,04	0,04	0,04	0,04	140	20	2	63	5	1	1	105	31	31
Manganese	mg	6	0,5	0,1	1,1	0,1	0,1	0,1	0,1	119	17	1,7	138	11	2	2	105	31	31
Fluoride	mg	1	0,08	0,015	0,15	0,015	0,015	0,015	0,015	315	46	4,5	313	25	5	5	246	71	71
Selenium	µg	75	6	1,2	15	1,5	1,5	1,5	1,5	246	71	3,5	246	71	3,5	3,5	246	71	71
Chromium	µg	63	5	1	20	2	2	2	2	70	20	1	70	20	1	1	70	20	20
Molybdenum	µg	138	11	2	17	1,7	1,7	1,7	1,7	105	31	1,5	105	31	1,5	1,5	105	31	31
Iodine	µg	313	25	5	46	4,5	4,5	4,5	4,5	246	71	3,5	246	71	3,5	3,5	246	71	71

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	56	4,5	0,9	9	0,9	0,9	0,9	0,9	49	14	0,7	49	14
Choline	mg	157	13	2,5	91	9	9	9	9	175	51	2,5	175	51
myo-Inositol	mg	294	24	5	48	5	5	5	5	105	31	1,5	105	31
Taurine	mg	63	5	1	10	1	1	1	1	—	—	—	—	—