

PHLEXY-10 CAPSULES

Description

Phlexy-10 Capsules are free from phenylalanine but contain a balanced mixture of essential and non-essential amino acids.

Indications

Phlexy-10 Capsules are a Food for Special Medical Purposes for the dietary management of proven phenylketonuria (PKU) in children over three years of age and adults, and must be used under medical supervision. The Phlexy-10 system consists of three interchangeable components and every 20 capsules provides 10g of amino acids. Requires an additional source of vitamins, minerals and trace elements such as Phlexy-Vits Sachets or Phlexy-Vits Tablets.

Preparation and administration

Capsules: consume as directed. Water or diluted drinks must be taken at the same time.

Storage

Store in a cool dry place.

Pack size

200 capsules per tub.

Ingredients

Cellulose, L-Leucine, L-Tyrosine, L-Lysine Hydrochloride, L-Proline, L-Arginine, L-Valine, L-Aspartic Acid, L-Isoleucine, Glycine, L-Threonine, L-Glutamine, L-Serine, L-Histidine, L-Alanine, L-Cystine, L-Tryptophan, L-Methionine, Taurine, Carnitine.



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Average Contents	Unit	per 200 capsules	per 20 capsules
Energy	kcal	365	37
	kJ	1552	155
Protein (amino acids)	g (g)	83.3 (100)	8.33 (10)
Carbohydrate	g	nil added	nil added
sugars	g	-	-
lactose	g	-	-
Fat	g	nil added	nil added
saturates	g	-	-
monosaturates	g	-	-
polyunsaturates	g	-	-
LCT	%	-	-
LA/ALA	ratio	-	-
% energy linoleic acid	%	-	-
% energy α -linolenic acid	%	-	-
Dietary fibre	g	16	1.6
Minerals			
sodium	mg (mmol)	-	-
potassium	mg (mmol)	-	-
chloride	mg (mmol)	-	-
calcium	mg (mmol)	-	-
phosphorus	mg (mmol)	-	-
magnesium	mg (mmol)	-	-
iron	mg	-	-
zinc	mg	-	-
copper	μ g	-	-
manganese	mg	-	-
fluoride	mg	-	-
molybdenum	μ g	-	-
selenium	μ g	-	-
chromium	μ g	-	-
iodine	μ g	-	-
Vitamins			
vitamin A	μ g RE (IU)	-	-
vitamin D	μ g (IU)	-	-
vitamin E	mg α -TE (IU)	-	-
vitamin K	μ g	-	-
thiamin	mg	-	-
riboflavin	mg	-	-
niacin	mg (mg NE)	-	-
pantothenic acid	mg	-	-
vitamin B6	mg	-	-
folic acid	μ g	-	-
vitamin B12	μ g	-	-
biotin	μ g	-	-
vitamin C	mg	-	-
Others			
choline	mg	-	-
inositol	mg	-	-
Water			
osmolality	mOsm/kg H ₂ O	-	-
Amino acid profile			
L-Alanine	g	4.1	0.41
L-Arginine	g	7.2	0.72
L-Aspartic Acid	g	6.8	0.68
L-Cystine	g	2.7	0.27
Glycine	g	6.4	0.64
L-Glutamine	g	5	0.5
L-Histidine	g	4.1	0.41
L-Isoleucine	g	6.4	0.64
L-Leucine	g	10.9	1.09
L-Lysine	g	7.4	0.74
L-Methionine	g	1.7	0.17
L-Phenylalanine	g	<0.2mg/20 capsules	<0.2mg/20 capsules
L-Proline	g	7.7	0.77
L-Serine	g	4.7	0.47
L-Threonine	g	5.4	0.54
L-Tryptophan	g	2.2	0.22
L-Tyrosine	g	9.7	0.97
L-Valine	g	7	0.7
L-Carnitine	g	0.07	0.007
Taurine	g	0.14	0.014