

## PHLEXY-10 DRINK MIX

### Description

Phlexy-10 Drink Mix is a flavoured powder, free from phenylalanine but containing a balanced mixture of essential and non-essential amino acids, carbohydrate, colouring, sweetener and flavouring. Available in apple and blackcurrant, tropical surprise and citrus burst flavours.

### Indications

Phlexy-10 Drink Mix is a Food for Special Medical Purposes for the dietary management of proven phenylketonuria (PKU) in children from one year of age and adults, and must be used under medical supervision. The Phlexy-10 system consists of three interchangeable components and each sachet of drink mix provides 10g amino acids. Requires an additional source of vitamins, minerals and trace elements such as Phlexy-Vits Sachets or Phlexy-Vits Tablets.

### Preparation and administration

Paste the contents of one sachet (20g) with a small amount of water. Continue stirring and make up to a final volume of approximately 100ml. Chill if desired, stir again prior to serving.

### Storage

Phlexy-10 Drink Mix should be stored in a cool dry place.

### Pack size

30 x 20g sachets.

### Ingredients\*

Sucrose, L-Lysine L-Aspartate, L-Leucine, L-Tyrosine, Flavouring, L-Proline, L-Arginine, L-Valine, L-Isoleucine, Glycine, Malic Acid, L-Threonine, L-Glutamine, Dried Glucose Syrup, L-Serine, L-Histidine, L-Alanine, L-Cystine, N-Acetyl L-Methionine, L-Tryptophan, Emulsifier (**Soya** Lecithin), Taurine, L-Carnitine, Artificial Sweetener (Sodium Saccharin), Colour (E162).

\*Ingredients shown are for apple and blackcurrant flavoured Phlexy-10 Drink Mix, for other flavours please contact Nutricia Medical.

Note: Nutritional information for all flavours is in black font, but where different, citrus burst is in yellow font, apple and blackcurrant is in purple font and tropical surprise is in green font.



## PHLEXY-10 DRINK MIX

Average Contents	Unit	per 100g	per 20g sachet
Energy	kcal	343	69
	kJ	1456	291
Protein (amino acids)	g (g)	41.65 (50)	8.33 (10)
Carbohydrate	g	44	8.8
sugars	g	40.6	8.1
lactose	g	-	-
Fat	g	nil added	nil added
saturates	g	-	-
monosaturates	g	-	-
polyunsaturates	g	-	-
LCT	%	-	-
LA/ALA	ratio	-	-
% energy linoleic acid	%	-	-
% energy $\alpha$ -linolenic acid	%	-	-
Dietary fibre	g	nil added	nil added
Minerals			
sodium	mg (mmol)	<5 (<0.22)	<1 (<0.04)
potassium	mg (mmol)	35 (0.9) / 0	7 (0.2) / 0
chloride	mg (mmol)	-	-
calcium	mg (mmol)	-	-
phosphorus	mg (mmol)	-	-
magnesium	mg (mmol)	-	-
iron	mg	-	-
zinc	mg	-	-
copper	$\mu$ g	-	-
manganese	mg	-	-
fluoride	mg	-	-
molybdenum	$\mu$ g	-	-
selenium	$\mu$ g	-	-
chromium	$\mu$ g	-	-
iodine	$\mu$ g	-	-
Vitamins			
vitamin A	$\mu$ g RE (IU)	-	-
vitamin D	$\mu$ g (IU)	-	-
vitamin E	mg $\alpha$ -TE (IU)	-	-
vitamin K	$\mu$ g	-	-
thiamin	mg	-	-
riboflavin	mg	-	-
niacin	mg (mg NE)	-	-
pantothenic acid	mg	-	-
vitamin B6	mg	-	-
folic acid	$\mu$ g	-	-
vitamin B12	$\mu$ g	-	-
biotin	$\mu$ g	-	-
vitamin C	mg	-	-
Others			
choline	mg	-	-
inositol	mg	-	-
Water			
osmolality (1 in 5 dilution)	mOsm/kg H <sub>2</sub> O	1180/1172/1140	-
Amino acid profile			
L-Alanine	g	2.05	0.41
L-Arginine	g	3.6	0.72
L-Aspartic Acid	g	3.4	0.68
L-Cystine	g	1.35	0.27
Glycine	g	3.2	0.64
L-Glutamine	g	2.5	0.5
L-Histidine	g	2.05	0.41
L-Isoleucine	g	3.2	0.64
L-Leucine	g	5.45	1.09
L-Lysine	g	3.7	0.74
L-Methionine	g	0.85	0.17
L-Phenylalanine	g	nil added	nil added
L-Proline	g	3.85	0.77
L-Serine	g	2.35	0.47
L-Threonine	g	2.7	0.54
L-Tryptophan	g	1.1	0.22
L-Tyrosine	g	4.85	0.97
L-Valine	g	3.5	0.7
L-Carnitine	g	0.04	0.007
Taurine	g	0.07	0.014