

## PHLEXY-10 TABLETS

### Description

Phlexy-10 Tablets are tablets free from phenylalanine but containing a balanced mixture of essential and non-essential amino acids.

### Indications

Phlexy-10 Tablets are a Food for Special Medical Supervision for the dietary management of proven phenylketonuria (PKU) in children from eight years of age and adults, and must be used under medical supervision. The Phlexy-10 system consists of three interchangeable components and every 10 tablets 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

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

### Storage

Store in a cool dry place.

### Pack size

75 tablets per tub.

### Ingredients

Microcrystalline Cellulose, L-Leucine, L-Tyrosine, L-Lysine Hydrochloride, L-Proline, L-Arginine, L-Valine, L-Aspartic Acid, Partially Pregelatinised Maize Starch, Glycine, L-Isoleucine, L-Threonine, L-Glutamine, L-Serine, L-Alanine, L-Histidine, L-Cystine, Hydroxypropyl Methyl Cellulose, L-Tryptophan, Acacia Gum, L-Methionine, Stearic Acid, Magnesium Stearate, Glycerol, Taurine, L-Carnitine.



## PHLEXY-10 TABLETS

Average Contents	Unit	per 100g	per 10 tablets
<b>Energy</b>	kcal	307	45
	kJ	1310	190
<b>Protein</b> (amino acids)	g (g)	56.4	8.33
<b>Carbohydrate</b>	g	4.4	0.65
sugars	g	0.34	0.05
lactose	g	-	-
<b>Fat</b>	g	2.6	0.38
saturates	g	2.4	0.36
monosaturates	g	-	-
polyunsaturates	g	-	-
LCT	%	-	-
LA/ALA	ratio	-	-
% energy linoleic acid	%	-	-
% energy $\alpha$ -linolenic acid	%	-	-
<b>Dietary fibre</b>	g	20	3
<b>Minerals</b>			
sodium	mg (mmol)	<10 (<0.5)	<2 (<0.1)
potassium	mg (mmol)	<10 (<0.5)	<2 (<0.1)
chloride	mg (mmol)	1205 (34.8)	178 (5)
calcium	mg (mmol)	<20 (<0.5)	<4 (<0.1)
phosphorus	mg (mmol)	-	-
magnesium	mg (mmol)	89 (1)	13.1 (0.54)
iron	mg	-	-
zinc	mg	-	-
copper	$\mu$ g	-	-
manganese	mg	-	-
fluoride	mg	-	-
molybdenum	$\mu$ g	-	-
selenium	$\mu$ g	-	-
chromium	$\mu$ g	-	-
iodine	$\mu$ g	-	-
<b>Vitamins</b>			
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	-	-
<b>Others</b>			
choline	mg	-	-
inositol	mg	-	-
<b>Water</b>			
osmolality	mOsm/kg H <sub>2</sub> O	-	-
<b>Amino acid profile</b>			
L-Alanine	g	2.78	0.41
L-Arginine	g	4.88	0.72
L-Aspartic Acid	g	4.61	0.68
L-Cystine	g	1.83	0.27
Glycine	g	4.34	0.64
L-Glutamine	g	3.4	0.5
L-Histidine	g	2.78	0.41
L-Isoleucine	g	4.34	0.64
L-Leucine	g	7.39	1.09
L-Lysine	g	5.02	0.74
L-Methionine	g	1.15	0.17
L-Phenylalanine	g	nil added	nil added
L-Proline	g	5.22	0.77
L-Serine	g	3.19	0.47
L-Threonine	g	3.66	0.54
L-Tryptophan	g	1.49	0.22
L-Tyrosine	g	6.57	0.97
L-Valine	g	4.74	0.7
L-Carnitine	g	0.047	0.007
Taurine	g	0.095	0.014