

ACBS 🗸

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Description

Food for special medical purposes.

PKU explore is a powdered phenylalanine free* protein substitute, containing essential and non-essential amino acids, carbohydrate, sugar, vitamins, minerals, trace elements, arachidonic acid (ARA) and docosahexaenoic acid (DHA). Available in a choice of flavours

Indications

For the dietary management of phenylketonuria (PKU). PKU explore5 is suitable from 6 months to 5 years of age. PKU explore10 is suitable from 1 year to 5 years of age.

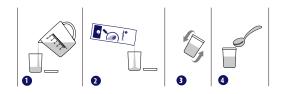
Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

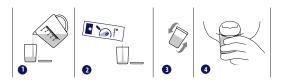
- 1. The daily protein substitute requirement is given as PKU explore.
- 2. Additional protein is provided from exchanges of natural protein, to provide phenylalanine in controlled amounts, which is essential for growth and development.
- 3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy.

Preparation Guidelines

PKU explore5 and PKU explore10 can be taken as a semi-solid spoonable consistency:



- For PKU explore5 add 12.5ml of cold water into a beaker. For PKU explore10 add 25ml of cold water into a beaker.
- 2. Empty the contents of the sachet into the beaker.
- 3. Secure the lid and shake well for 10 seconds.
- Leave to stand for 2 minutes, allowing a smooth semi-solid consistency to form.
 Consume with a spoon.



- 1. Add 80ml of cold water into a beaker.
- 2. Empty the contents of the sachet into the beaker.
- 3. Secure the lid and shake well for 10 seconds.
- 4. Drink immediately.

Water or permitted drinks should be taken after PKU explore.

The product should be prepared immediately prior to feeding and any remaining product must be discarded if not used within 1hr.

IMPORTANT NOTICE

Must be used under strict medical supervision.

Not suitable for use as a sole source of nutrition.

Must only be consumed by children with proven Phenylketonuria (PKU).

Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply phenylalanine, fluid and general nutritional requirements.

For enteral use only.

| Nutritional | | PKU explore5 | | PKU explore10 | |
|--------------------|------|--------------|--------------|---------------|------------|
| Information | | per 100g | per 12.5g | per 100g | per 25g |
| Energy | kJ | 1450 | 181 | 1399 | 351 |
| | kcal | 342 | 43 | 330 | 83 |
| Fat | g | 1.5 | 0.2 | 1.5 | 0.4 |
| of which saturates | g | 0.7 | 0.09 | 0.7 | 0.17 |
| ARA | mg | 280 | 35 | 280 | 70 |
| DHA | mg | 140 | 18 | 140 | 35 |
| Carbohydrate | g | 42 | 5.3 | 39 | 9.8 |
| of which sugars | g | 28 | 3.5 | 25 | 6.3 |
| Protein equivalent | g | 40 | 5.0 | 40 | 10 |
| L-Phenylalanine* | g | - | - | - | - |
| Salt | g | 0.49 | 0.06 | 0.49 | 0.12 |

| Nutritional | | PKU | explore5 | PKU explore10 | |
|------------------|----------|----------|------------|---------------|----------|
| Information | | per | per | per | per |
| | | 100g | 12.5g | 100g | 25g |
| Vitamins and n | ninerals | | | | |
| Vitamin A (RE) | μg | 530 | 66 | 530 | 133 |
| Vitamin D | μg | 27 | 3.4 | 27 | 6.8 |
| Vitamin E (αTE) | mg | 9.7 | 1.2 | 9.7 | 2.4 |
| Vitamin K | μд | 27 | 3.4 | 27 | 6.8 |
| Vitamin C | mg | 90 | 11 | 90 | 22 |
| Thiamin | mg | 1.0 | 0.12 | 1.0 | 0.25 |
| Riboflavin | mg | 1.5 | 0.19 | 1.5 | 0.38 |
| Vitamin B6 | mg | 1.1 | 0.14 | 1.1 | 0.28 |
| Niacin mg | (mg NE) | 6.9 (23) | 0.86 (2.9) | 6.9 (23) | 1.7(5.7) |
| Folic acid | μд | 230 | 29 | 230 | 58 |
| Vitamin B12 | μд | 3.7 | 0.46 | 3.7 | 0.93 |
| Pantothenic acid | mg | 7.3 | 0.91 | 7.3 | 1.8 |
| Biotin | μд | 23 | 2.9 | 23 | 5.8 |
| Sodium | mg | 195 | 24 | 195 | 49 |
| | mmol | 8.4 | 1.0 | 8.4 | 2.1 |
| Chloride | mg | 500 | 63 | 500 | 125 |
| | mmol | 14 | 1.8 | 14 | 3.5 |
| Potassium | mg | 500 | 63 | 500 | 125 |
| | mmol | 12 | 1.6 | 12 | 3.1 |
| Calcium | mg | 1100 | 140 | 1100 | 275 |
| | mmol | 28 | 3.4 | 28 | 6.9 |
| Phosphorus | mg | 730 | 91 | 730 | 183 |
| | mmol | 23 | 2.9 | 23 | 5.8 |
| Magnesium | mg | 135 | 17 | 135 | 34 |
| | mmol | 5.5 | 0.69 | 5.5 | 1.4 |
| Iron | mg | 16.0 | 2.0 | 16.0 | 4.0 |
| Zinc | mg | 11.0 | 1.4 | 11.0 | 2.7 |
| Copper | mg | 0.78 | 0.10 | 0.78 | 0.20 |
| lodine | μд | 150 | 19 | 150 | 37 |
| Selenium | μд | 31 | 3.9 | 31 | 7.8 |
| Manganese | mg | 0.25 | 0.03 | 0.25 | 0.06 |
| Chromium | μд | 30 | 3.8 | 30 | 7.5 |
| Molybdenum | μд | 40 | 5.0 | 40 | 10 |
| Others | | | | | |
| Choline | mg | 450 | 56 | 450 | 113 |

| Nutritional Information | per 100g | PKU explore5 Per 12.5g | PKU explore10 Per 25g |
|----------------------------|-------------|------------------------------|-----------------------------|
| Amino Acids | | | |
| L-Alanine g | 1.71 | 0.21 | 0.43 |
| L-Arginine g | 2.76 | 0.35 | 0.69 |
| L-Aspartic Acid g | 4.38 | 0.55 | 1.10 |
| L-Cystine g | 1.11 | 0.14 | 0.28 |
| L-Glutamine g | 3.45 | 0.43 | 0.86 |
| Glycine g | 4.36 | 0.55 | 1.09 |
| L-Histidine g | 1.70 | 0.21 | 0.43 |
| L-Isoleucine g | 2.98 | 0.37 | 0.75 |
| L-Leucine g | 4.69 | 0.59 | 1.17 |
| L-Lysine g | 3.10 | 0.39 | 0.78 |
| L-Methionine g | 0.83 | 0.10 | 0.21 |
| L-Proline g | 3.12 | 0.39 | 0.78 |
| L-Serine g | 1.94 | 0.24 | 0.49 |
| L-Threonine g | 3.03 | 0.38 | 0.76 |
| L-Tryptophan g | 0.94 | 0.12 | 0.24 |
| L-Tyrosine g | 4.40 | 0.55 | 1.10 |
| L-Valine g | 3.45 | 0.43 | 0.86 |
| L-Carnitine mg | 44 | 5.5 | 11 |
| Taurine mg | 88 | 11 | 22 |

^{*} No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<10mg/100g powder, <4mg/serving).

Osmolality: The osmolality of PKU explore when reconstituted with 80ml water and 25g powder is 1550m0sm/kg.

Allergen Declaration

Contains Fish (Tuna).

Not suitable for individuals with milk allergy.

Pack Size/Weight



30 x 12.5g ← sachets = 375g

explore10

Flavours

PKU explore5 is unflavoured. PKU explore10 is available in Orange and Raspberry flavours.

Storage

Store in a cool, dry place. Sachets are designed for single use. Any unused powder should be tightly sealed and used within 24 hours.





