



# express™

## Description

### Food for special medical purposes.

TYR express™ is an unflavoured powdered phenylalanine and tyrosine free\*, protein substitute containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements.

## Indications

TYR express is for the dietary management of Tyrosinaemia (TYR) from 3 years onwards.

## Recommended Intake and Administration

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

TYR express15 (25g) = 15g PE

The product can be used individually or interchanged to meet individual protein requirements.

1. The daily protein substitute requirement is given as TYR express.
2. Additional protein is provided from exchanges of natural protein, to provide restricted amino acids 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

TYR express can be either taken as a paste, a mini (low volume) drink or as a flexi (dilute) drink.

### For a paste:



Empty the contents of the sachet, plus a flavour pac sachet if desired, into the beaker.

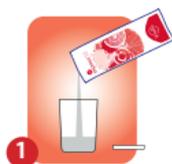


Add approximately 10 - 20ml of cold water. Mix well with a spoon until a smooth paste is formed.



Consume immediately.

### For a mini or flexi drink:



Empty the contents of the sachet, plus a flavour pac sachet if desired, into the beaker.



Add approximately 80 - 100ml (for mini drink) or as much cold water as desired (for flexi drink). Secure lid and shake well for 10 seconds.



Consume immediately.

Water or permitted drinks should be taken after TYR express.

### IMPORTANT NOTICE

Must only be given to people with proven Tyrosinaemia under strict medical supervision.

Suitable from 3 years onwards.

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

Not for use as a sole source of nutrition.

For enteral use only.

### Nutritional Information

		Per 100g	Per TYR express 15g
Energy	kJ	1298	324
	kcal	305	76
Fat	g	0	0
of which saturates	g	0	0
Carbohydrate	g	16	4
of which sugars	g	0.5	0.13
Protein equivalent	g	60	15
Salt	g	1.05	0.26

## Nutritional Information

		Per 100g	Per TYR express <sup>15</sup> 25g
<b>Vitamins</b>			
Vitamin A (RE)	µg	780	195
Vitamin D	µg	30	7.5
Vitamin E (α TE)	mg	16	4.0
Vitamin K	µg	70	18
Vitamin C	mg	110	28
Thiamin	mg	2.0	0.50
Riboflavin	mg	2.3	0.58
Niacin (Niacin Eq)	mg	10 (37)	2.5 (9.3)
Vitamin B6	mg	2.8	0.70
Folic acid	µg	300	75
Vitamin B12	µg	4.8	1.2
Biotin	µg	38	9.5
Pantothenic acid	mg	5.7	1.4
<b>Minerals</b>			
Sodium	mg	420	105
	mmol	18	4.5
Potassium	mg	700	175
	mmol	18	4.4
Chloride	mg	420	105
	mmol	12	2.9
Calcium	mg	1200	300
	mmol	30	7.5
Phosphorus	mg	1070	268
	mmol	34	8.6
Magnesium	mg	330	83
	mmol	14	3.4
<b>Trace Elements</b>			
Iron	mg	22	5.5
Zinc	mg	17	4.3
Copper	mg	1.8	0.45
Manganese	mg	1.5	0.38
Selenium	µg	80	20
Chromium	µg	42	11
Molybdenum	µg	70	18
Iodine	µg	250	63
Taurine	mg	132	33
L-Carnitine	mg	64	16
Choline	mg	600	150

## Nutritional Information

		Per 100g	Per TYR express15 25g
<b>Amino Acids</b>			
L-Alanine	g	4.46	1.12
L-Arginine	g	5.48	1.37
L-Aspartic Acid	g	8.46	2.12
L-Cystine	g	2.04	0.51
L-Glutamine	g	5.10	1.28
Glycine	g	4.46	1.12
L-Histidine	g	2.99	0.75
L-Isoleucine	g	4.97	1.24
L-Leucine	g	7.96	1.99
L-Lysine	g	5.66	1.42
L-Methionine	g	1.27	0.32
L-Phenylalanine	g	0	0.00
L-Proline	g	4.59	1.15
L-Serine	g	3.5	0.88
L-Threonine	g	3.82	0.96
L-Tryptophan	g	1.59	0.40
L-Tyrosine	g	0	0.00
L-Valine	g	5.42	1.36

### Osmolality:

**TYR express 15** 25g + 80ml = 1900mOsm/kg

\* No added phenylalanine or tyrosine. Phenylalanine and tyrosine may be present in trace amounts from other ingredients (<10mg/100g or <4mg per serving).

### Allergen Declaration

Contains soya (soya lecithin).

### Pack Size/Weight



**express™15**

30 x 25g e sachets = 750g

### Storage

Store in a cool, dry place. Sachets are designed for single use and should be used immediately after opening. Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

