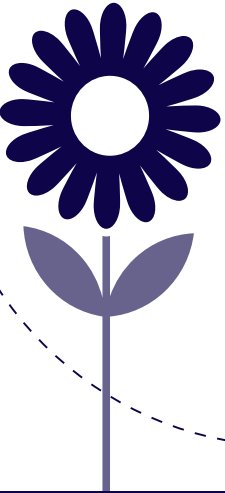


A Parent's Guide to



# explore™

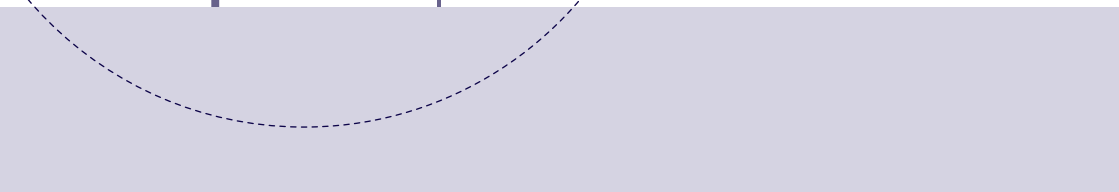
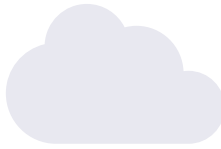
Includes  
food diary



# Important Contacts



| Name | Contact Number |
|------|----------------|
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|      |                |
|      |                |



# What is PKU explore™?



When your child is around 6 months of age, your dietitian will help you introduce solids into their diet.

**PKU explore is a powdered, phenylalanine-free\* protein substitute suitable for infants and young children with Phenylketonuria (PKU). It provides the 'safe' protein without phenylalanine (phe). When mixed with water it is easily made into a low volume spoonable consistency.**

**PKU explore** will be used alongside breast milk/standard infant formula and your child's phe-free formula in order to meet their increasing protein requirements.

At approximately 12 months of age, PKU explore will completely replace the phe-free formula. The solid foods you are introducing at this time will provide all the natural protein they require. Your dietitian will let you know how many phe-exchanges your child is allowed.

## PKU explore is available in two different sizes:

### PKU explore5

- Suitable from 6 months to 5 years of age.
- It comes in unflavoured 12.5g sachets which contain 5g protein equivalent.
- There are 30 sachets in a box.

### PKU explore10

- Suitable from 12 months to 5 years of age.
- It comes in either orange or raspberry flavoured 25g sachets which contain 10g protein equivalent.
- There are 30 sachets in a box.



**If you have any questions about PKU explore, you should always speak to your dietitian.**

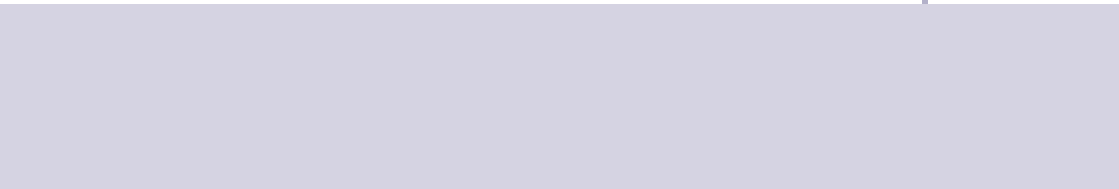
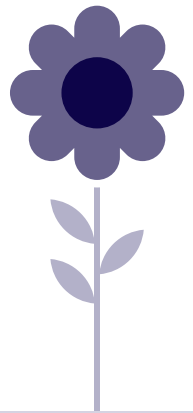
\* No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<10mg/100g powder, <4mg/serving).







A series of horizontal dashed lines spanning the width of the page, designed for handwriting practice. There are 15 lines in total, evenly spaced from the top to the bottom of the writing area.

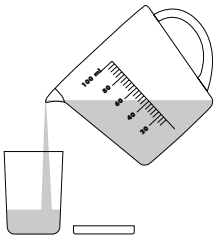


# How to Prepare PKU explore

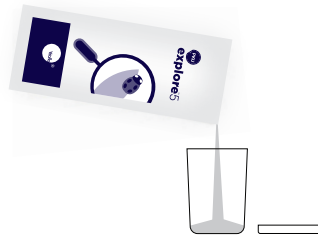
PKU explore is easy to prepare. It is important to carefully follow the instructions, which are outlined below to help you.

## Preparation Instructions

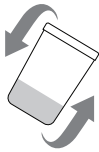
PKU explore5 and PKU explore10 can be taken as a semi-solid spoonable consistency:



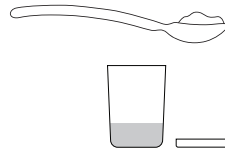
1. For PKU explore5 add 12.5ml of cold water into a beaker or for PKU explore10 add 25ml of cold water into a beaker.



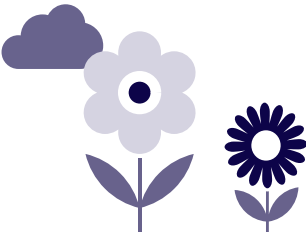
2. Empty the contents of the sachet into the beaker.



3. Secure the lid and shake well for 10 seconds.

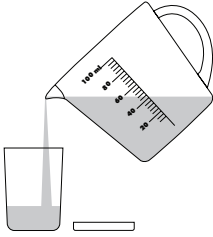


4. Leave to stand for 2 minutes, allowing a spoonable consistency to form. Consume with a spoon.

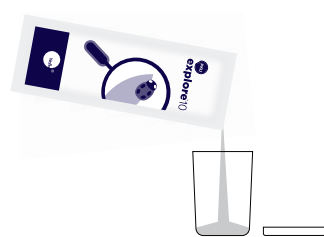




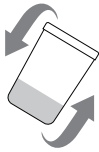
PKU explore<sup>10</sup> can also be taken as a low volume drink:



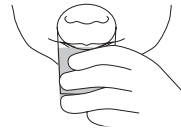
1. Add 80ml of cold water into a beaker.



2. Empty the contents of the sachet into the beaker.



3. Secure the lid and shake well for 10 seconds.



4. Drink immediately.

## Important Information


- PKU explore should be prepared immediately prior to feeding and any remaining product must be discarded if not used within 1hr.
  - It is important that all the PKU explore is consumed.
- Water or permitted drinks should be taken after PKU explore.
- Infants and children should always be supervised when feeding.



# Tips for Introducing PKU explore

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- Give at the beginning of a meal when your child is hungry, at the same time each day in the same way.
- Try to make sure the same people are giving PKU explore each day.
- Always ensure they finish PKU explore and ensure your child sees the empty beaker/bowl.
- Make sure your child realises PKU explore is important, just like a medicine.
- Be persistent, especially during teething and illness. If your child stops taking PKU explore, it will be more difficult to re-establish.



Give lots of praise - smiling and encouragement gives a positive message about PKU explore.





# Keeping a Food Diary

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**As you introduce solid foods into your child's diet it's useful to keep a food diary.**

You should record:

- The different types of foods eaten (phe-free foods and phe-exchanges)
- The amount of food eaten
- Amount of phe-free formula taken
- Amount of PKU explore taken

You will continue to have regular appointments with your dietitian to review your child's diet and it is useful to have all the information in one place.

**Remember to take this along with you.**

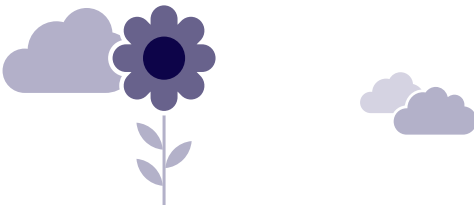
# Vitafriends Explorers Club

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**If you haven't done so already, why not register for the Vitafriends Explorers Club – an education programme for families managing PKU in the early years.**

It's packed full of recipes to help with the introduction of solid foods!

**To register visit [www.VitafriendsPKU.co.uk](http://www.VitafriendsPKU.co.uk)**



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PKU explore

Phe-Free  
Formula

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**PKU explore** is a phenylalanine-free\* protein substitute for the dietary management of Phenylketonuria (PKU).

**PKU explore5** is suitable from 6 months to 5 years of age.  
**PKU explore10** is suitable from 12 months to 5 years of age.

**PKU explore** is a food for special medical purposes and must be used under medical supervision. Refer to labels for allergen and other product information.

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

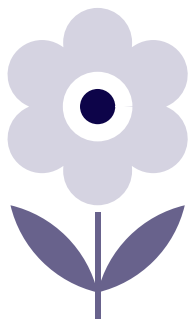


Innovation in Nutrition

**A Nestlé Health Science Company**

\*Reg. Trademark of Société des Produits Nestlé S.A.

VitaFlo International Ltd, Suite 1.11, South Harrington Building,  
182 Sefton Street, Brunswick Business Park, Liverpool, L3 4BQ, UK.



PEXPPG-VI-Jan18

Website: [www.VitafriendsPKU.co.uk](http://www.VitafriendsPKU.co.uk)

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