

Introducing the
 **express™**
experience
for your patients



**Freedom
in a sachet**

**Working together
for success**



VitaFlo™

Enhancing Lives Together

Express, as you know it, has been renovated

Express became available in 2003 and since then, nutritional recommendations and guidelines for those with metabolic disorders, have been updated⁽¹⁻⁸⁾. Therefore, express was in need of a renovation.



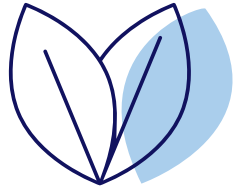
Discrete non-medical packaging. Fits into your patient's everyday life so they won't stand out!

Express looks just like a shake their friends or colleagues may drink.

We've reduced colour from the packaging to make it more environmentally friendly.

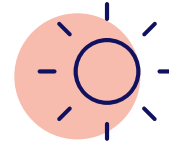
Express is colour-coded by disorder to ensure the correct product gets to your patient every time.





Updated nutritional profile

The nutritional composition has been updated, in line with the latest nutrient recommendations⁽¹⁾, so you can be confident your patients' daily nutritional requirements are met.



Increased vitamin D

In line with EFSA and SACN guidelines^(9,10).

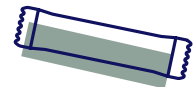
60g PE
provides
30µg Vit D



Incorporation of starch

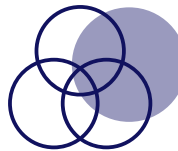
To improve consistency and mouthfeel when reconstituted as a semi-solid, aiding the transition from a spoonable second stage protein substitute (PS) to an age appropriate PS.

 **express**TM



Flavour pac* sachets are readily available

For all disorders in **orange**, **tropical**, **blackcurrant** and **raspberry** to cater for individual taste preference, to aid compliance and to prevent flavour fatigue.



Variety of flavours

For PKU, available in unflavoured, **orange**, **tropical** and **lemon**, offering increased variety and choice. MSUD, TYR and HCU express, are available in unflavoured.

* Flavour pacs are flavoured powders in a sachet format. They are available in orange, tropical, blackcurrant and raspberry.

A range with your patients in mind

For many patients the convenience of a liquid protein substitute is key; but for those who require the flexibility of a powder product, Vitaflo™ has the ideal solution.

Product	For the dietary management of:	Free From [†]	Flavour	Pack Size
	Phenylketonuria	Phenylalanine	Orange, tropical, lemon and unflavoured	15g & 20g protein equivalent
	Maple Syrup Urine Disease	Leucine, Isoleucine & Valine	Unflavoured	15g protein equivalent
	Homocystinuria	Methionine	Unflavoured	15g protein equivalent
	Tyrosinemia	Phenylalanine & Tyrosine	Unflavoured	15g protein equivalent

[†] Specified amino acids have not been added to the product but may be present in trace amounts from other ingredients.

All the features of a modern protein substitute



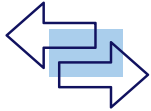
Colour-coded by disorder for safety

Helping to ensure the right product gets to the right patient every time.



Pre-measured sachets

Be confident an accurate amount of protein equivalent (PE) is consumed each time. Express offers convenience on the go with no weighing or measuring required. Lightweight and compact, making it easy to transport, store and use hygienically outside the home.



Maintains the core features of Vitaflo's product range

The added flexibility, convenience, and interchangeability of express with cooler and PKU air, allows the patient to select the most appropriate product to suit them, without compromising their nutritional intake.



Tailored PE intake

15g and 20g* PE variants, allowing you to increase by 5g PE based on your patient's specific PE requirements.



Product for life

Suitable from 3 years of age. Once a patient is established on express, they don't have to switch again.



Full micronutrient profile

When express is consumed to meet age specific protein requirements, it also meets recommended micronutrient intakes that are restricted in a low protein diet⁽¹⁾. No need for further supplementation.

Make it. Shake it. Take it.

Individually tailored volume

Allowing patients the freedom to make up express to suit their individual needs and preferences. This allows for flexibility and helps support adherence.

Spoonable



The low volume option.

A few spoonfuls and it's gone. Ideal for those transitioning from a semi-solid protein substitute or want to consume a low volume.

Mini Drink



The quick option.

Gone in seconds! Ideal for those wanting to take their protein substitute in one go.

Flexi Drink



The tailor-made option.

Ideal for those who want to choose their own volume, to make it up to their preferred size and taste.

Boost



The energy option.

Ideal for those who require extra energy or want to boost the flavours. Make up express with ProZero** for an increased energy shake.

Energy intake (kcal) of PROZERO™ and express at 60g PE per day.

express™ + water

306 kcal per day[†]

express™ + 100ml PRO ZERO

507 kcal per day[†]

express™ + 200ml PRO ZERO

708 kcal per day[†]

express™ + 300ml PRO ZERO

909 kcal per day[†]

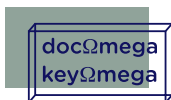
Express combined with PROZERO offers a palatable drink solution.

[†] Energy (kcal) values in the table are for unflavoured express 20.

* 20g PE available for PKU only

** ProZero is a protein free liquid used in a similar way to milk

Supporting express



docOmega contains 200mg of docosahexaenoic acid (DHA) per 4g sachet.
keyOmega contains 100mg DHA per 4g sachet.
They can be easily mixed into a sachet of express to provide DHA when required.



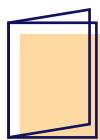
Recipe booklet includes easy ways for your patients to experiment with express using permitted flavours and ingredients.



Preparation videos including guidance on how to best prepare and mix express for the optimal patient experience.



Sample packs and flavour pacs allowing your patients to try all the express flavours and flavour pacs available for their disorder at home. A beaker is included.



Practical guide for healthcare professionals for express is available to download through VIA. Please visit www.vitaflo-via.com for more information.

References

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10. SACN (2016). Vitamin D and Health report, Crown copyright 2016.

The information in this booklet is intended for Healthcare professionals only.

Express, ProZero and flavour pacs are Foods for Special Medical Purposes for the dietary management of proven inborn errors of protein metabolism. Use under medical supervision. Not suitable for use as a sole source of nutrition. Express plus and flavour pacs are suitable for use from 3 years of age. ProZero is suitable from 6 months onwards.



Enhancing Lives Together
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