

PKU

# sphere 20 liquid

The only GMP-based  
ready-to-drink  
protein substitute  
containing 20g PE

Neutral – creamy, mild vanilla flavour



Vitaflo™

Enhancing Lives Together  
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# Everything you need in one 20g PE bottle...

PKU sphere20 liquid is the lowest volume ready-to-drink glycomacro-peptide (GMP)-based protein substitute. It combines a range of features to help make it easier to manage your PKU.

## GMP from a natural protein source

GMP-based products are perceived to be more palatable than amino acid (AA)-based products in terms of: taste, odour, appearance, texture and mouthfeel.<sup>1-6</sup>

Just like PKU sphere20 powder, PKU sphere20 liquid contains a specific blend of GMP and AAs unique to PKU sphere. This differs from protein substitutes which contain only amino acids.

## Amino acid-based protein substitute



Free amino acids



Micronutrients & essential fats

## GMP-based, PKU sphere20 liquid



GMP



Free amino acids



Micronutrients & essential fats

## 20g of protein equivalent (PE)

In each 237ml bottle making it **the lowest volume\*** GMP-based ready-to-drink product available and the only to contain 20g PE in a single bottle

## Resealable bottle

Conveniently packaged to take anywhere, anytime.



## 120 calories

Supporting overall healthy living without excess intake of energy.

Like all Vitaflo's protein substitutes it offers a **full range of vitamins, minerals and DHA** that can be limited by the low protein diet

PKU sphere must be used under medical supervision, for further information contact your Healthcare Professional. Not for use as sole source of nutrition.

\*lowest per 1g PE: 6 calories and 11.85ml per 1g PE.

# Here's what else you should know...

## ✦ Can I add my own permitted flavours to PKU sphere20 liquid?

Its neutral flavour may be a great base on which to experiment with your favourite flavour powders or drops. You can share your flavouring ideas with us and others via our social channels.

## ✦ Can I take PKU sphere20 liquid in conjunction with another PKU protein substitute?

Absolutely yes, it can be easily interchanged with Vitaflo's PKU protein substitutes including PKU cooler20, PKU express20 plus, PKU air20 and PKU sphere20 powder. Your dietitian will advise you on whether you can combine it with other amino-acid based protein substitutes, GMP-based protein substitutes or both.

## ✦ What age is PKU sphere20 liquid suitable for?

3 years and above.

## ✦ Does PKU sphere20 liquid contain any Phenylalanine (Phe)?

Yes, 30mg Phe in 20g PE bottle.

## ✦ This will be the first GMP-based protein substitute I've had; how should I start?

With guidance from your dietitian. Generally slow and steady is the best way to introduce any new protein substitute. There's no rush, give yourself time to adjust. You may start by taking one bottle per day in place of your usual protein substitute, then two bottles when you're ready.

Your dietitian will explain exactly how many and how quickly to introduce your PKU sphere20 liquid.

## ✦ Is PKU sphere20 liquid available as a powder?

Yes, providing your dietitian approves you can use PKU sphere20 (powder) interchangeably with PKU sphere20 liquid.

## ✦ Does PKU sphere20 liquid taste the same as PKU sphere20 (powder)?

No, PKU sphere20 liquid is mildly flavoured with a hint of vanilla giving a more neutral flavour than PKU sphere20 vanilla (powder).

It also has a creamy, thicker consistency than the powder version, similar to a smoothie.

# PKU sphere20 liquid



PKU sphere20 liquid tastes best when it's taken chilled, straight after opening.

If you don't finish it all at once, you can replace the cap and drink it within 6 hours at room temperature or 24 hours if refrigerated. Re-shake before you open it again.

## Join us online...



VitafriendsPKU.uk



@VitafriendsPKU



VitafriendsPKU.co.uk

PKU sphere20 liquid is a food for special medical purposes. For the dietary management of Phenylketonuria. Information correct as of January 2023. Further information including allergens can be found on the product label.

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- 2) van Calcar SC, MacLeod EL, Gleason ST, Etzel MR, Clayton MK, Wolff JA, et al. Improved nutritional management of phenylketonuria by using a diet containing glycomacropeptide compared with amino acids. *The American Journal of Clinical Nutrition*. 2009; 89(4): 1068-77. DOI: 10.3945/ajcn.2008.27280
- 3) Wilson R. Insight into PKU sphere®, a GMP-based protein substitute, *Complete Nutrition*. 2021. Vol. 21 No. 1 Feb/March PP31-33.
- 4) Van Calcar SC, Johnson EB, Coode RE. Evaluation of acceptability, tolerance, and metabolic control of patients with Phenylketonuria consuming PKU sphere. Poster. *Genetic Metabolic Dietitians International*; 2022; Las Vegas, USA.
- 5) Ellerton C, Freedman F, Kaalund Hansen K, Churchill H, Aitkenhead L, Murphy E, Lachmann R., editor Review of adults with PKU returning to diet. *British Inherited Metabolic Disease Group Annual Conference*; 2019; Cambridge.
- 6) Lim K, van Calcar SC, Nelson KL, Gleason ST, Ney DM. Acceptable low-phenylalanine foods and beverages can be made with glycomacropeptide from cheese whey for individuals with PKU. *Molecular Genetics and Metabolism*. 2007 Oct 31;92(1):176-8. DOI: 10.1016/j.ymgme.2007.06.004



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