

PKU gel™

Description

A food for special medical purposes.

PKU gel™ is a powdered phenylalanine free, protein substitute, containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements. With sugar and sweeteners. Available in a choice of flavours.

Indications

PKU gel is for use in the dietary management of Phenylketonuria (PKU).

Unflavoured PKU gel is suitable from 6 months to 10 years of age.

Flavoured PKU gel is suitable from 1 to 10 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 gel.
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.

PKU gel (24g) = 10g PE

Preparation Guidelines

PKU gel can be either taken as a gel or a low volume drink.

For gel:



Empty the contents of the sachet into the beaker.



Add approximately 30ml of cold water. Secure the lid and shake well for 10 seconds.



Leave to stand for 2 minutes, allowing a smooth gel to form. Consume with a spoon.

For a low volume drink:



Empty the contents of the sachet into the beaker.



Add approximately 80ml (half way up the beaker) of cold water. Secure the lid and shake well for 10 seconds.



Drink immediately

Water or permitted drinks should be taken after PKU gel.

IMPORTANT NOTICE

Must only be consumed by people with proven PKU under strict medical supervision.

Unflavoured PKU gel is suitable from 6 months to 10 years of age.

Flavoured PKU gel is suitable from 1 to 10 years of age.

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

Not for use as a sole source of nutrition.

For enteral use only.

Nutritional Information

		Unflavoured		Flavoured	
		Per 100g	Per PKU gel 24g sachet	Per 100g	Per PKU gel 24g sachet
Energy	kJ	1440	346	1341	322
	kcal	339	81	316	76
Fat	g	0.05	0.02	0.05	0.02
of which					
saturates	g	0	0	0	0
Carbohydrate	g	42.9	10.3	37.1	8.9
of which sugars	g	27.1	6.5	20	4.8
Protein equivalent	g	41.7	10	41.7	10
L-Phenylalanine	g	0	0	0	0
Salt	g	0.95	0.23	0.95	0.23
Vitamins and minerals					
Vitamin A (RE)	µg	600	144	600	144
Vitamin D	µg	14.6	3.5	14.6	3.5
Vitamin E (αTE)	mg	9.0	2.2	9.0	2.2
Vitamin K	µg	41	9.8	41	9.8
Vitamin C	mg	63	15	63	15
Thiamin	mg	1.0	0.24	1.0	0.24
Riboflavin	mg	1.2	0.29	1.2	0.29
Vitamin B6	mg	1.1	0.26	1.1	0.26
Niacin	mg (mg NE)	14 (30.7)	3.4 (7.4)	14 (30.7)	3.4 (7.4)
Folic acid	µg	208	50	208	50
Vitamin B12	µg	2.0	0.48	2.0	0.48
Pantothenic acid	mg	5.0	1.2	5.0	1.2
Biotin	µg	25	6.0	25	6.0

Nutritional Information

		Unflavoured		Flavoured	
		Per 100g	Per PKU gel 24g sachet	Per 100g	Per PKU gel 24g sachet
Sodium	mg	379	91	379	91
	mmol	16.3	3.9	16.3	3.9
Chloride	mg	583	140	583	140
	mmol	16.3	3.9	16.3	3.9
Potassium	mg	938	225	938	225
	mmol	23.5	5.6	23.5	5.6
Calcium	mg	1083	260	1083	260
	mmol	27.1	6.5	27.1	6.5
Phosphorus	mg	825	198	825	198
	mmol	26.4	6.3	26.4	6.3
Magnesium	mg	167	40	167	40
	mmol	6.8	1.6	6.8	1.6
Iron	mg	14	3.4	14	3.4
Zinc	mg	11	2.6	11	2.6
Copper	mg	0.80	0.19	0.80	0.19
Iodine	µg	138	33.1	138	33.1
Selenium	µg	35	8.4	35	8.4
Manganese	mg	1.7	0.41	1.7	0.41
Chromium	µg	71	17	71	17
Molybdenum	µg	50	12	50	12
Others					
Choline	mg	279	67	279	67

Nutritional Information

		Unflavoured		Flavoured	
		Per 100g	Per PKU gel 24g sachet	Per 100g	Per PKU gel 24g sachet
Amino acids					
L-Alanine	g	1.80	0.43	1.80	0.43
L-Arginine	g	2.91	0.70	2.91	0.70
L-Aspartic acid	g	4.60	1.10	4.60	1.10
L-Cystine	g	1.20	0.29	1.20	0.29
L-Glutamine	g	3.60	0.86	3.60	0.86
Glycine	g	4.60	1.10	4.60	1.10
L-Histidine	g	1.80	0.43	1.80	0.43
L-Isoleucine	g	3.10	0.74	3.10	0.74
L-Leucine	g	4.70	1.13	4.70	1.13
L-Lysine	g	3.20	0.77	3.20	0.77
L-Methionine	g	0.90	0.22	0.90	0.22
L-Proline	g	3.30	0.79	3.30	0.79
L-Serine	g	2.00	0.48	2.00	0.48
L-Threonine	g	3.20	0.77	3.20	0.77
L-Tryptophan	g	1.00	0.24	1.00	0.24
L-Tyrosine	g	4.60	1.10	4.60	1.10
L-Valine	g	3.60	0.86	3.60	0.86
L-Carnitine	mg	46	11	46	11
Taurine	mg	92	22	92	22
Osmolality:					
24g + 30ml = 3000mOsm/kg					
24g + 80ml = 1540mOsm/kg					

Allergen Declaration

PKU gel orange contains soya (soya lecithin).

Pack Size/Weight

30 x 24g e sachets = 720g

Flavours

Unflavoured, orange and raspberry

Storage

Store in a cool, dry place.

Sachets designed for single use and should be used immediately once opened.

Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

