

# Product Information



**JUMP** 10 20  
XPhe

## In Short

- XPhe jump<sup>10</sup>/ XPhe jump<sup>20</sup> is a food for special medical purposes for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA)
- suitable from 3 years of age
- Phe-free protein supplement – liquid, ready to drink
- low in calories: small amount of carbohydrate – virtually no fat (DHA in the flavoured options)
- ready to drink – ready “to go”
- low volume
- in flavours: cola, orange, tropical, vanilla, wild berry (each with DHA) and neutral (without DHA)
- highly purified L-amino acids and micronutrients plus the long chain polyunsaturated  $\omega$ -3 fatty acid (LCPUFA) Docosahexaenoic acid (DHA)
- ready to drink packs in 2 sizes containing 10 g (jump<sup>10</sup>) and 20 g (jump<sup>20</sup>) protein equivalent

## Product profile

XPhe jump is a liquid, ready to drink mixture of pure L-amino acids free of Phenylalanine.

XPhe jump is a protein supplement containing only a small amount of carbohydrate and virtually no fat (DHA in the flavoured options) – thus is low in calorie.

XPhe jump is available in ready to drink, reclosable drink packs in 2 sizes.

XPhe jump<sup>10</sup> contains 10 g protein equivalent in 63 ml and XPhe jump<sup>20</sup> contains 20 g protein equivalent in 125 ml.

XPhe jump<sup>10</sup> is low in volume.

The easy way of application and the great taste can lead to an improvement of the compliance.

XPhe jump can be obtained in 6 versions: cola, orange, tropical, vanilla, wild berry and neutral.

XPhe jump is supplemented with vitamins, minerals and trace elements.

## Convenience product

XPhe jump is a convenient option for the intake of the protein supplement, especially when on the go.

Suitable from 3 years of age.



## Docosahexaenoic acid (DHA)

In the flavoured options XPhe jump contains the polyunsaturated  $\omega$ -3 fatty acid Docosahexaenoic acid (DHA).

Clinical studies on PKU patients (Koletzko et al. 2007-2009) have shown that patients do not synthesize endogenously DHA in

sufficient amounts. From these results it can be concluded that it is not sufficient, if the patient consumes the  $\omega$ -3 precursor fatty acid,  $\alpha$ -Linolenic acid, which is normally used by the enzyme system of the human body to synthesize DHA in adequate amounts. The decreased DHA plasma levels found, showed that it is necessary to supplement this fatty acid directly via food. Food that is rich in DHA (e.g. fish) however is almost not allowed in the PKU-diet. Therefore, for an optimal supply with DHA, XPhe jump – in the flavoured options – is fortified by 6 mg DHA per gram protein eqv. The DHA used here is derived from tuna oil.

An information leaflet with important information all around „DHA“ is available for patients. You are welcome to ask for copies for your patients – we are happy to send them to you!

## Administration

XPhe jump should at best always be taken along with precalculated amounts of other foods.

## Intake

Shake drink pack well before use. XPhe jump is best served chilled. After opening it should at best be consumed immediately. After drinking XPhe jump a glass of water or other permitted drink should be taken.

Amino acids	jump <sup>10</sup> 100 ml	jump <sup>10</sup> 63 ml	jump <sup>20</sup> 125 ml
XPhe jump			
L-Alanine	g 1.0	0.6	1.2
L-Arginine	g 0.9	0.6	1.1
L-Aspartic acid	g 1.8	1.1	2.2
L-Cystine	g 0.5	0.3	0.6
L-Glutamic acid	g 0.5	0.3	0.6
Glycine	g 1.9	1.2	2.4
L-Histidine	g 0.7	0.5	0.9
L-Isoleucine	g 1.0	0.6	1.3
L-Leucine	g 1.7	1.1	2.2
L-Lysine	g 1.2	0.8	1.5
L-Methionine	g 0.4	0.3	0.6
L-Phenylalanine	g 0	0	0
L-Proline	g 1.4	0.9	1.7
L-Serine	g 1.3	0.8	1.6
L-Threonine	g 1.4	0.9	1.8
L-Tryptophan	g 0.4	0.2	0.5
L-Tyrosine	g 1.8	1.2	2.3
L-Valine	g 1.2	0.8	1.5

**Function** XPhe jump substitutes that part of the protein in the diet which may not be taken up from natural food sources.

**Indication** XPhe jump is a food for special medical purposes and as a protein supplement suitable for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).

## Dosage

The daily total amount of amino acid mixture depends on age, body weight and individual medical condition/ Phenylalanine tolerance and should be re-examined and adjusted in accordance with the results of regular monitoring. The daily dosage of amino acid mixture should at best be divided into 3 - 5 single portions.

The daily dosage of amino acid mixture can consist either exclusively of XPhe jump or of several products suitable for use in the dietary management of Phenylketonuria.

The PKU-diet must be supplemented with energy, natural protein, other nutrients and water in prescribed quantities.

**Important Notice** Must only be used under medical supervision. Not for use as a sole source of nutrition. For enteral use only. Only for people with proven Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA). Suitable from 3 years of age.

## List of Ingredients

### XPhE jump<sup>10</sup>/XPhE jump<sup>20</sup> Cola

Water, isomalt, sugar, L-lysine-L-aspartate, glycine, L-tyrosine, L-leucine, L-arginine-L-aspartate, L-threonine, L-proline, calcium phosphate, L-serine, L-valine, L-isoleucine, L-alanine, L-histidine, N-acetyl-L-methionine, magnesium citrate, L-glutamic acid, L-cystine, L-tryptophan, flavouring, acids: citric acid & phosphoric acid, colour: E 150d, stabilizers: E 412 & E 415, **docosahexaenoic acid (DHA)-rich fish oil\***, emulsifier: sunflower lecithin, inositol, choline, ferric diphosphate, preservatives: E 202 & E 211, sweetener: sucralose, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

\* contains **milk** constituents

### XPhE jump<sup>10</sup>/XPhE jump<sup>20</sup> Orange

Water, sugar, fruit juice concentrate (orange), L-lysine-L-aspartate, glycine, L-tyrosine, isomalt, L-leucine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, calcium phosphate, L-valine, L-isoleucine, L-alanine, L-histidine, N-acetyl-L-methionine, magnesium citrate, L-glutamic acid, L-cystine, L-tryptophan, vanillin sugar, flavouring, acids: malic acid & citric acid, stabilizers: E 412 & E 415, **docosahexaenoic acid (DHA)-rich fish oil\***, inositol, choline, ferric diphosphate, preservatives: E 202 & E 211, sweetener: sucralose, colour: beta carotene, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

\* contains **milk** constituents

### XPhE jump<sup>10</sup>/XPhE jump<sup>20</sup> Wild Berry

Water, isomalt, sugar, L-lysine-L-aspartate, glycine, L-tyrosine, L-leucine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, L-valine, calcium phosphate, L-isoleucine, L-alanine, L-histidine, N-acetyl-L-methionine, magnesium citrate, L-glutamic acid, L-cystine, L-tryptophan, fruit juice concentrates (black currant, blueberry, sour cherry), flavouring,

acids: malic acid & citric acid, stabilizers: E 412 & E 415, **docosahexaenoic acid (DHA)-rich fish oil\***, emulsifier: sunflower lecithin, inositol, sweetener: sucralose, choline, preservatives: E 202 & E 211, ferric diphosphate, taurine, vitamin C, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

\* contains **milk** constituents

### XPhE jump<sup>10</sup>/XPhE jump<sup>20</sup> Neutral

Water, isomalt, sugar, L-lysine-L-aspartate, glycine, L-tyrosine, L-leucine, L-arginine-L-aspartate, L-threonine, L-proline, calcium phosphate, L-serine, L-valine, L-isoleucine, L-alanine, L-histidine, N-acetyl-L-methionine, magnesium citrate, L-glutamic acid, L-cystine, L-tryptophan, acid: citric acid, stabilizers: E 412 & E 415, emulsifier: sunflower lecithin, inositol, choline, ferric diphosphate, preservatives: E 202 & E 211, sweetener: sucralose, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

### XPhE jump<sup>10</sup>/XPhE jump<sup>20</sup> Vanilla

Water, sugar, L-lysine-L-aspartate, glycine, L-tyrosine, isomalt, L-leucine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, calcium phosphate, L-valine, L-isoleucine, L-alanine, L-histidine, N-acetyl-L-methionine, magnesium citrate, L-glutamic acid, L-cystine, L-tryptophan, bourbon vanilla sugar, flavouring, acid: lactic acid, stabilizers: E 412 & E 415 & carrageenan, citrus fibre, colour: beta carotene, **docosahexaenoic acid (DHA)-rich fishoil\***, inositol, choline, ferric diphosphate, preservatives: E 202 & E 211, sweetener: sucralose, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

\* contains **milk** components

### XPhE jump<sup>10</sup>/XPhE jump<sup>20</sup> Tropical

Water, sugar, fruit juice concentrates (orange, papaya puree, mango, passion fruit, pineapple), L-lysine-L-aspartate, glycine, L-tyrosine, isomalt, L-leucine, L-arginine-L-aspartate, L-threonine, L-proline, L-serine, calcium phosphate, L-valine, L-isoleucine, L-alanine, L-histidine, N-acetyl-L-methionine, magnesium citrate, L-glutamic acid, L-cystine, L-tryptophan, vanillin sugar, flavouring, acids: malic acid & citric acid, stabilizers: E 412 & E 415, **docosahexaenoic acid (DHA)-rich fish oil\***, inositol, choline, ferric diphosphate, preservatives: E 202 & E 211, sweetener: sucralose, colour: beta carotene, vitamin C, taurine, zinc sulphate, L-carnitine, niacin, vitamin E, manganese sulphate, pantothenic acid, cupric sulphate, vitamin B6, vitamin B2, vitamin B1, sodium fluoride, vitamin A, chromium (III) chloride, folic acid, potassium iodide, biotin, sodium molybdate, sodium selenite, vitamin K, vitamin D, vitamin B12.

\* contains **milk** components

### Delivery Unit

30 pouches XPhE jump<sup>10</sup> x 63 ml = 1890 ml

30 pouches XPhE jump<sup>20</sup> x 125 ml = 3750 ml

### Storage

Not to be stored above 20 °C. Store in a cool dry place and away from direct sunlight. Once opened use up pouch within 24 hours.

### Shelf life

XPhE jump has a shelf life of 12 months.

### Producer

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NUTRITION INFORMATION	XPhe jump		XPhe jump <sup>10</sup>		XPhe jump <sup>80</sup>		
	100 ml		1 pouch of 63 ml 63 ml = 1 pouch		1 pouch of 125 ml 125 ml = 1 pouch		
1 (one) recommended serving is	neutral	Cola (C) Orange (O) Tropical (T) Vanilla (V) Wild Berry (WB)	neutral	Cola (C) Orange (O) Tropical (T) Vanilla (V) Wild Berry (WB)	neutral	Cola (C) Orange (O) Tropical (T) Vanilla (V) Wild Berry (WB)	
Energy	kJ	376	426	237	269	470	533
	kcal	89	100	56	63	111	126
Fat	g	<0.1	0.5	<0.1	0.3	<0.1	0.6
of which saturates	g	<0.01	<0.1	<0.01	<0.1	<0.01	<0.1
Carbohydrate	g	6	8	3.6	5	7	10
			7 (C)		3 (C)		9 (C)
			7 (O)		4 (O)		9 (O)
of which sugars	g	2	7 (T)	1.2	4 (T)	2.4	9 (T)
			7 (V)		4 (V)		9 (V)
			6 (WB)		3.5 (WB)		7 (WB)
Fibre	g		0.11		0.07		0.14
Protein eqv.	g		16		10		20
Amino acids	g		19		12		24
Salt	g		0.009		0.006		0.011

**Vitamins**

Vitamin A	µg	288	181	360
Vitamin D3	µg	6	4	8
Vitamin E	mg	6	3.6	7
Vitamin K1	µg	21	13	26
Vitamin C	mg	34	21	42
Thiamin (Vitamin B1)	mg	0.6	0.35	0.7
Riboflavin (Vitamin B2)	mg	0.6	0.4	0.8
Niacin	mg	13	8	16
Niacin NE	mg	19	12	24
Vitamin B6	mg	0.5	0.3	0.6
Folic acid	µg	64	40	80
Vitamin B12	µg	1	0.7	1.3
Biotin	µg	13	8	16
Pantothenic acid	mg	3	1.8	3.6

**Minerals**

Sodium	mg	3.6	2.3	4.5
	mmol	0.16	0.1	0.2
Potassium	mg	6	4	7
	mmol	0.15	0.1	0.2
Chloride	mg	0.02	0.014	0.028
	mmol	0.0006	0.0004	0.0008
Calcium	mg	448	282	560
	mmol	11	7	14
Phosphorus	mg	231	145	289
			159 (C)	315 (C)
			145 (O)	289 (O)
			145 (T)	289 (T)
			159 (V)	315 (V)
			145 (WB)	289 (WB)
Phosphate	mmol	7	5	9
				10 (C)
				9 (O)
				9 (T)
				10 (V)
				9 (WB)
Magnesium	mg	86	54	108
	mmol	3.6	2.2	4

**Trace elements**

Iron	mg	6	3.6	7
Zinc	mg	6	3.6	7
Copper	mg	0.6	0.4	0.8
Manganese	mg	1.8	1.1	2.3
Fluoride	mg	0.24	0.15	0.3
Selenium	µg	23	15	29
Chromium	µg	32	20	40
Molybdenum	µg	27	17	34
Iodine	µg	72	45	90

**FURTHER NUTRITION INFORMATION**

DHA	mg	-	60	-	120
EPA	mg	-	13	-	26
DHA & EPA	mg	-	73	-	146
L-Carnitine	mg	14	9	18	
Choline	mg	144	91	180	
myo-Inositol	mg	75	47	94	
Taurine	mg	16	10	20	



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