

Product Information

XPhe minis



In Short

- XPhe minis are a Food for Special Medical Purposes for use under medical supervision. Phenylalanine-free protein supplement in tablet form for use in the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA). They contain a balanced mixture of highly purified L-amino acids – essential and non-essential – and are enriched with vitamins, minerals and trace elements. Suitable from 7 years of age. Note: For several micronutrients, the UK RNI is not met in a dose of 60 g protein equivalent. (See page 2, Nutrition Declaration.)

Important Notice

Must only be used under strict medical supervision. Not intended for use as a sole source of nutrition. Not for parenteral use. For enteral use only. Only for people from 7 years of age onwards with proven PKU or HPA. Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply phenylalanine, fluid and general nutritional requirements.

Dosage and Administration

The daily total amount of XPhe minis depends on age, body weight and individual medical condition and must be determined by the clinician or dietitian. XPhe minis should be taken with liquid.

Storage

Store in a cool, dry place. Once opened use up sachet within 6 hours.

List of Ingredients

Bulking agents: microcrystalline cellulose & silicon dioxide, L-lysine-L-aspartate, L-tyrosine, L-proline, L-leucine, L-valine, L-arginine-L-aspartate, potassium-L-glutamate, L-glutamine, glycine, L-alanine, L-threonine, L-isoleucine, L-serine, magnesium-L-aspartate, L-histidine, anti-caking agents: calcium silicate & magnesium stearate, L-cystine, L-tryptophan, choline, N-acetyl-L-methionine, glazing agents: E 464 & E 463, zinc sulphate, vitamin E, inositol, folic acid, ferrous sulphate, pantothenic acid, vitamin B6, vitamin B2, vitamin B1, vitamin C, L-carnitine, potassium iodide, cupric sulphate, vitamin A, chromium (III) chloride, niacin, sodium molybdate, vitamin K, sodium selenite, manganese sulphate, biotin, vitamin D, vitamin B12.

Delivery Unit

30 sachets XPhe minis x 24 tablets = 475 g

Shelf life

XPhe minis have a shelf life of 24 months.

Producer

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NUTRITION DECLARATION

1 (one) recommended serving is 24 tablets = 1 sachet

	Unit	per 100 g (prepared)	per 24 ☉ 1 sachet ≙ 15.8 g (prepared)
Energy			
	kJ	1175	186
	kcal	278	44
Fat	g	2	0.3
of which saturates	g	2	0.3
Carbohydrate	g	0	0
of which sugars	g	0	0
Fibre	g	16	2.5
Protein eqv.	g	62	10
Amino acids	g	74	12
Salt	g	0	0

Vitamins

Vitamin A	µg	931	147
Vitamin D3*	µg	7	1.1
Vitamin E	mg	16	2.5
Vitamin K1	µg	68	11
Vitamin C	mg	81	13
Thiamin (Vit. B1)	mg	1.6	0.25
Riboflavin (Vit. B2)	mg	1.7	0.3
Niacin	mg	25	4
Vitamin B6	mg	1.7	0.3
Folic acid	µg	559	88
Vitamin B12	µg	6	0.9
Biotin	µg	155	25
Pantothenic acid	mg	9	1.5

Minerals

Sodium	mg (mmol)	0.1 (0.004)	0.016 (0.0007)
Potassium	mg (mmol)	931 (24)	147 (3.8)
Chloride	mg (mmol)	0.1 (0.003)	0.02 (0.0006)
Calcium	mg (mmol)	1651 (41)	262 (6.5)
Phosphorus	mg (mmol)	652 (21)	103 (3.3)
Magnesium	mg (mmol)	401 (17)	63 (2.6)

Trace elements

Iron	mg	19	3
Zinc**	mg	9	1.5
Copper	mg	1.6	0.25
Manganese	mg	4	0.7
Selenium***	µg	48	8
Chromium	µg	62	10
Molybdenum	µg	93	15
Iodine	µg	217	34

FURTHER NUTRITION INFORMATION

L-Carnitine	mg	43	7
Choline	mg	155	25
myo-Inositol	mg	93	15

Note

The UK RNI is not met in a dose of 60 g protein equivalent for:

*Vitamin D3: adults

**Zinc: males aged 15+ years

***Selenium: males and females aged over 15 years

Amino acids

	Unit	per 100 g (prepared)	per 24 ☉ 1 sachet ≙ 15.8 g (prepared)
L-Alanine	g	4	0.6
L-Arginine	g	3	0.4
L-Aspartic acid	g	9	1.4
L-Cystine	g	1.1	0.18
L-Glutamine	g	4	0.7
L-Glutamic acid	g	3.5	0.6
Glycine	g	4	0.7
L-Histidine	g	3	0.4
L-Isoleucine	g	4	0.6
L-Leucine	g	6	1
L-Lysine	g	4	0.7
L-Methionine	g	1.1	0.18
L-Phenylalanine	g	0	0
L-Proline	g	6	1
L-Serine	g	4	0.6
L-Threonine	g	4	0.6
L-Tryptophan	g	1.3	0.2
L-Tyrosine	g	7	1
L-Valine	g	5	0.8