

NUTRITION INFORMATION

		100 g				1 sachet/ 8 g			
		neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla
Energy	kJ	1285	1285	1285	1285	103	103	103	103
	kcal	303	303	303	303	24	24	24	24
Fat	g	<0,3	<0,3	<0,3	<0,3	<0,1	<0,1	<0,1	<0,1
	of which								
	saturates	g	<0,1	<0,1	<0,1	<0,1	<0,1	<0,1	<0,1
Carbohydrate	g	10	10	10	10	0,8	0,8	0,8	0,8
of which sugars	g	7	7	7	7	0,6	0,6	0,6	0,6
Fibre	g	1	1,2	1,1	1,1	0,08	0,1	0,09	0,3
Protein eqv.	g	63	63	63	63	5	5	5	5
Amino acids	g	75	75	75	75	6	6	6	6
Salt	g	0	0	0	0,27	0	0	0	0,02

Supplemented with vitamins, minerals and trace elements in balanced amounts.

		100 g				1 sachet/ 14,5 g			
		neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla
Energy	kJ	1310	1310	1310	1310	190	190	190	190
	kcal	309	309	309	309	45	45	45	45
Fat	g	<0,3	<0,3	<0,3	<0,3	<0,04	<0,04	<0,04	<0,04
	of which								
	saturates	g	<0,1	<0,1	<0,1	<0,02	<0,02	<0,02	<0,02
Carbohydrate	g	5	5	5	5	0,7	0,7	0,7	0,7
of which sugars	g	0,04	0,7	0,6	4	0,01	0,1	0,08	0,5
Fibre	g	1,2	1,2	1,2	3	0,17	0,17	0,17	0,4
Protein eqv.	g	70	70	70	70	10	10	10	10
Amino acids	g	84	84	84	84	12	12	12	12
Salt	g	0	0	0	0,4	0	0	0	0,06

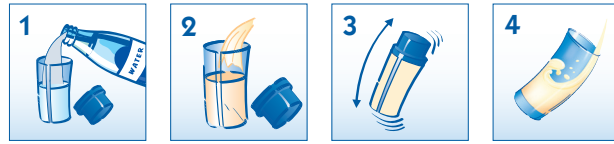
Supplemented with vitamins, minerals and trace elements in balanced amounts.

		100 g				1 sachet/ 29 g			
		neutral	lemon	wild berries	vanilla	neutral	lemon	wild berries	vanilla
Energy	kJ	1321	1327	1340	1315	383	385	388	381
	kcal	311	312	315	310	90	91	91	90
Fat	g	<0,2	<0,2	<0,2	<0,3	<0,1	<0,1	<0,1	<0,09
	of which								
	saturates	g	<0,02	<0,02	<0,02	<0,1	<0,01	<0,01	<0,03
Carbohydrate	g	6	5	6	5	2	1,5	1,8	1,5
of which sugars	g	<0,1	<0,01	0,6	4	<0,1	<0,01	0,16	1
Fibre	g	1,2	1,2	1,2	3	0,35	0,35	0,35	0,8
Protein eqv.	g	70	70	70	70	20	20	20	20
Amino acids	g	84	84	84	84	24	24	24	24
Salt	g	0	0	0	0,4	0	0	0	0,10

Supplemented with vitamins, minerals and trace elements in balanced amounts.

Have a *smart* day!

PREPARATION



Always prepare XPhé smart freshly!

Flexible in use – eat with a spoon or drink

Gel, size XS

- XPhé smart K: 1 sachet/ 8 g + 10 ml water
 - XPhé smart J: 1 sachet/ 14,5 g + 15 ml water
 - XPhé smart A: 1 sachet/ 29 g + 25 ml water
- stir – eat with a spoon!

Drink, size S

- XPhé smart K: 1 sachet/ 8 g + 15 ml water
 - XPhé smart J: 1 sachet/ 14,5 g + 25 ml water
 - XPhé smart A: 1 sachet/ 29 g + 50 ml water
- stir – eat with a spoon or drink!

Shake, size M

- XPhé smart K: 1 sachet/ 8 g + 25 ml water
 - XPhé smart J: 1 sachet/ 14,5 g + 40 ml water
 - XPhé smart A: 1 sachet/ 29 g + 75 ml water
- shake – ready to drink!

Shake, size L or XL

- XPhé smart K: 1 sachet/ 8 g + 40 ml water
 - XPhé smart J: 1 sachet/ 14,5 g + 50 ml water
 - XPhé smart A: 1 sachet/ 29 g + 150 ml water
- shake – ready to drink!

- We recommend to drink a glass of water or other drink directly after taking XPhé smart in one of the three concentrations XS, S or M.
- Our tip: XPhé smart neutral taken in apple juice tastes especially delicious!

hotline 008000-9963829
(free of charge from A, D, NL)

tel + 49 (0) 8432 - 94 86 0
fax + 49 (0) 8432 - 94 86 19
eMail info@metax.org
visit us on www.metax.org

metaX Institut fuer Diätetik GmbH
Am Strassbach 5 · 61169 Friedberg GERMANY



dk18/04/30
dj18/07/10
ga19/03/18
ga19/04/07

PRODUCT INFORMATION

XPhé smart



FOOD FOR SPECIAL MEDICAL PURPOSES

FOR THE DIETARY MANAGEMENT OF

PHENYLKETONURIA (PKU) OR HYPERPHENYLALANINEMIA (HPA)

FOR CHILDREN, ADOLESCENTS AND ADULTS

LOW IN VOLUME AND LOW IN CALORIES

4 x GREAT TASTE:

- WILD BERRIES
- VANILLA
- LEMON
- NEUTRAL



CLEVER AND SMART

- **XPhe smart** – for the dietary management of Phenylketonuria (PKU) or Hyperphenylalaninemia (HPA).
- For 3 age groups: children, adolescents and adults.
- **XPhe smart** – flexible in use: as gel, as drink, as shake!

4 x GREAT TASTE

- **wild berries** – fruity and delicious
- **lemon** – fresh and juicy
- **vanilla** – enticingly mild, with Bourbon vanilla
- **neutral** – light in taste, unflavoured

4 x LOW IN CALORIES

- So pleasant – so low in calories

XPhe smart K contains just approx. 25 kcal per serving,
XPhe smart J contains just approx. 45 kcal per serving,
XPhe smart A contains just approx. 90 kcal per serving.

EASY AND FLEXIBLE

- Packed in portion sachets. Easy to handle – without scale or scoop.

Easy to calculate:

1 sachet/ 8 g **XPhe smart K** $\hat{=}$ 5 g protein eqv.
 1 sachet/ 14,5 g **XPhe smart J** $\hat{=}$ 10 g protein eqv.
 1 sachet/ 29 g **XPhe smart A** $\hat{=}$ 20 g protein eqv.


DOSAGE AND USAGE

- 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 smart** or of a combination of several amino acid mixtures suitable for use in the dietary management of Phenylketonuria. Products from the XPHE-SYSTEM are highly recommended.

XPhe smart K from 3 to 6 years of age




- **XPhe smart K wild berries** 20 x 8 g
- **XPhe smart K vanilla** 20 x 8 g
- **XPhe smart K lemon** 20 x 8 g
- **XPhe smart K neutral** 20 x 8 g




- **XPhe smart K lemon** 1 x 500 g
- **XPhe smart K vanilla** 1 x 500 g
- **XPhe smart K wild berries** 1 x 500 g
- **XPhe smart K neutral** 1 x 500 g

XPhe smart J from 7 to 14 years of age



- **XPhe smart J wild berries** 20 x 14,5 g
- **XPhe smart J lemon** 20 x 14,5 g
- **XPhe smart J neutral** 20 x 14,5 g
- **XPhe smart J vanilla** 20 x 14,5 g



- **XPhe smart J neutral** 1 x 500 g
- **XPhe smart J lemon** 1 x 500 g
- **XPhe smart J wild berries** 1 x 500 g
- **XPhe smart J vanilla** 1 x 500 g

XPhe smart A from 15 years of age



- **XPhe smart A lemon** 20 x 29 g
- **XPhe smart A neutral** 20 x 29 g
- **XPhe smart A vanilla** 20 x 29 g
- **XPhe smart A wild berries** 20 x 29 g



- **XPhe smart A lemon** 1 x 500 g
- **XPhe smart A neutral** 1 x 500 g
- **XPhe smart A vanilla** 1 x 500 g
- **XPhe smart A wild berries** 1 x 500 g

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 for the – for each of the three products – indicated age group..