

PKU EASY Microtabs: Instructions for use



1

Unscrew the cap of the PKU EASY Microtabs bottle.
Place the cap on a flat surface with the open side facing upward.



2

Measure out the microtabs to give one level capful.
Pour out the microtabs into the upturned cap until the cap is filled so that the microtabs are level with the top edge of the cap.



3

One level capful of PKU EASY Microtabs provides 10 g of protein equivalent. The PKU EASY Microtabs can be swallowed whole with liquid or mixed with cold food. Please do not chew the microtabs. If you require more than 10 g please repeat step 2, as required i.e. 20 g = 2 x level capfuls.

Hints and tips on how to take PKU EASY Microtabs

- Many people find it helpful to start with a teaspoon of microtabs swallowed with a liquid of your choice to help you adjust to the sensation of swallowing the microtabs.
- Once you've mastered swallowing a teaspoon of the microtabs, you can increase the amount of microtabs you swallow at one time based on your comfort.
- Microtabs can also be added to cold foods e.g. a small amount of fruit smoothie or fruit puree or jam. The smoothie, puree or jam allows the microtabs to be held together, making them easier to swallow.
- Avoid chewing the microtabs to maintain integrity of the special coating which minimises their taste and smell.

Important Notice:

Must only be given to patients with proven PKU under strict medical supervision. Suitable from 8 years of age. Not for use as a sole source of nutrition. Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply phenylalanine, fluid and general nutritional requirements. For enteral use only.