



# explore<sup>TM</sup>5



## DESCRIPTION

### Powdered Phenylalanine-free Medical Food

A blend of essential and non-essential amino acids, carbohydrate, arachidonic acid (ARA), docosahexaenoic acid (DHA), vitamins and minerals.

Designed to form a semi-solid (spoonable) consistency when mixed with water to support introduction of solids in the PKU diet of infants from 6 months of age and young children.

### USE UNDER MEDICAL SUPERVISION

## INDICATIONS

For use in the dietary management of Phenylketonuria (PKU) from 6 months 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.

Each 12.5 g packet of PKU explore5 provides 5 g of protein equivalent.

## PREPARATION GUIDELINES

PKU explore5 is taken as a semi-solid spoonable consistency.

### For the recommended concentration:

1. Add 12.5 ml (approximately 1 tablespoon) of cold water into a small container with a lid.
2. Empty the contents of the packet into the container.
3. Secure the lid and shake well for 10 seconds.
4. Leave to stand for 2 minutes, allowing a smooth semi-solid consistency to form.

Consume with a spoon.

Water or permitted drinks should be taken after PKU explore5.

The product should be prepared immediately prior to feeding and any remaining product must be discarded if not used within 1 hour.

## STORAGE

Store in a cool dry place.

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

## PACK SIZE

30 x 12.5 g (0.44 oz) packets

## NET WT.

375 g (13.2 oz)

Available in Unflavored.

## IMPORTANT NOTICE

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

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

Not for intravenous use.

For enteral use only.

Not for use as a sole source of nutrition.

Not intended for use as a breastmilk substitute.

## PKU explore5 Nutrition Information

	Units	Per 100 g	Per 12.5 g (1 packet)
Calories	kcal	342	43
Protein Equivalent	g	40	5.0
L-Phenylalanine*	g	0	0
Total Carbohydrate	g	42	5.2
Sugars	g	28	3.5
Total Fat	g	1.5	0.2
Saturated fat	g	0.7	0.09
Arachidonic acid (ARA)	mg	280	35
Docosahexaenoic acid (DHA)	mg	140	17
<b>VITAMINS</b>			
Vitamin A	µg RE	470	59
Vitamin D	µg	24	3.0
Vitamin E	mg α TE	8.7	1.1
Vitamin C	mg	80	10
Vitamin K	µg	24	3.0
Thiamin	mg	0.90	0.11
Riboflavin	mg	1.4	0.17
Niacin	mg	6.2	0.77
Vitamin B6	mg	1.0	0.12
Folic Acid	µg	200	25
Vitamin B12	µg	3.3	0.41
Pantothenic acid	mg	6.6	0.82
Biotin	µg	21	2.6
Choline	mg	405	51
<b>MINERALS</b>			
Sodium	mg	200	25
Potassium	mg	450	56
Chloride	mg	450	56
Calcium	mg	1100	137
Phosphorus	mg	650	81
Magnesium	mg	120	15
Iron	mg	14.2	1.8
Copper	mg	0.72	0.09
Zinc	mg	10.0	1.2
Manganese	mg	0.23	0.03
Iodine	µg	134	17
Molybdenum	µg	36	4.5
Selenium	µg	28	3.5
Chromium	µg	27	3.4
<b>AMINO ACIDS</b>			
L-Alanine	g	1.71	0.21
L-Arginine	g	2.76	0.35
L-Aspartic acid	g	4.38	0.55
L-Cystine	g	1.11	0.14
L-Glutamine	g	3.45	0.43
Glycine	g	4.36	0.55
L-Histidine	g	1.70	0.21
L-Isoleucine	g	2.98	0.37
L-Leucine	g	4.69	0.59
L-Lysine	g	3.10	0.39
L-Methionine	g	0.83	0.10
L-Proline	g	3.12	0.39
L-Serine	g	1.94	0.24
L-Threonine	g	3.03	0.38
L-Tryptophan	g	0.94	0.12
L-Tyrosine	g	4.40	0.55
L-Valine	g	3.45	0.43
L-Carnitine	mg	44	5.5
Taurine	mg	88	11

## UNFLAVORED

**Ingredients:** Sugar, L-lysine L-aspartate, Corn starch, Modified corn starch, L-leucine, L-tyrosine, Glycine, L-arginine L-aspartate, L-glutamine, L-valine, L-proline, L-threonine, L-isoleucine, Dried glucose syrup, Calcium phosphate, L-serine, L-alanine, L-histidine, Choline bitartrate, L-cystine, Magnesium phosphate, L-tryptophan, Potassium chloride, L-methionine, L-arginine, High oleic sunflower oil, Refined tuna oil (fish), Calcium glycerophosphate, Maltodextrin, Sodium citrate, Sodium ascorbate, M. alpina oil\*\*, Salt, Taurine, Zinc gluconate, L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, Mono- and diglycerides, DL-alpha-tocopheryl acetate, Vitamin D3, Calcium pantothenate, Niacinamide, Sodium selenite, Copper gluconate, Retinyl acetate, Vitamin B12, Chromium chloride, Folic acid, Biotin, Potassium iodide, Manganese gluconate, Riboflavin, Pyridoxine hydrochloride, Thiamine hydrochloride, Sodium molybdate, Vitamin K1, Tocopherols, Ascorbyl palmitate.

**Contains:** fish (tuna). **May contain:** milk.

**\*\*A source of arachidonic acid (ARA).**



Innovation in Nutrition

A Nestlé Health Science Company