

PKU gel Nutrition Information					
		Unflavored		Flavored	
	Units	Per 100 g	Per 24 g (1 packet)	Per 100 g	Per 24 g (1 packet)
Calories	kcal	338	81	316	76
Protein Equivalent	g	41.7	10	41.7	10
Total Carbohydrate	g	43	10.3	37.1	8.9
Sugars	g	27	6.5	20	4.8
Total Fat	g	0	0	0	0
Saturated Fat	g	0	0	0	0
VITAMINS					
Vitamin A	µg RE	530	127	530	127
Vitamin D	µg	13	3.1	13	3.1
Vitamin E	mg α TE	8	1.9	8	1.9
Vitamin C	mg	56	13	56	13
Vitamin K	µg	36	8.6	36	8.6
Thiamin	mg	0.89	0.21	0.89	0.21
Riboflavin	mg	1.1	0.26	1.1	0.26
Niacin	mg	12	2.9	12	2.9
Vitamin B6	mg	0.98	0.24	0.98	0.24
Folic Acid	µg	180	43	180	43
Vitamin B12	µg	1.8	0.43	1.8	0.43
Biotin	µg	22	5.3	22	5.3
Pantothenic Acid	mg	4.4	1.1	4.4	1.1
Choline	mg	250	60	250	60
MINERALS					
Sodium	mg	379	91	379	91
Potassium	mg	830	200	830	200
Chloride	mg	520	125	520	125
Calcium	mg	1080	260	1080	260
Phosphorus	mg	730	175	730	175
Magnesium	mg	150	36	150	36
Iron	mg	12.4	3.0	12.4	3.0
Copper	mg	0.70	0.17	0.70	0.17
Zinc	mg	10	2.4	10	2.4
Manganese	mg	1.5	0.36	1.5	0.36
Iodine	µg	120	29	120	29
Molybdenum	µg	44	11	44	11
Selenium	µg	31	7.4	31	7.4
Chromium	µg	63	15	63	15
AMINO ACIDS					
L-Alanine	g	1.80	0.43	1.80	0.43
L-Arginine	g	2.91	0.70	2.91	0.70
L-Aspartic acid	g	4.60	1.10	4.60	1.10
L-Cystine	g	1.20	0.29	1.20	0.29
L-Glutamine	g	3.60	0.86	3.60	0.86
Glycine	g	4.60	1.10	4.60	1.10
L-Histidine	g	1.80	0.43	1.80	0.43
L-Isoleucine	g	3.10	0.74	3.10	0.74
L-Leucine	g	4.70	1.13	4.70	1.13
L-Lysine	g	3.20	0.77	3.20	0.77
L-Methionine	g	0.90	0.22	0.90	0.22
L-Phenylalanine*	g	0	0	0	0
L-Proline	g	3.30	0.79	3.30	0.79
L-Serine	g	2.00	0.48	2.00	0.48
L-Threonine	g	3.20	0.77	3.20	0.77
L-Tryptophan	g	1.00	0.24	1.00	0.24
L-Tyrosine	g	4.60	1.10	4.60	1.10
L-Valine	g	3.60	0.86	3.60	0.86
L-Carnitine	mg	46	11	46	11
Taurine	mg	92	22	92	22

*No added phenylalanine.

UNFLAVORED

Ingredients: Sugar, Corn Starch, L-Lysine L-Aspartate, Modified Corn Starch, L-Leucine, L-Tyrosine, Glycine, L-Arginine Aspartate, L-Valine, L-Glutamine, L-Proline, L-Threonine, L-Isoleucine, Calcium Phosphate, L-Serine, L-Alanine, L-Histidine, Calcium Glycerophosphate, Sodium Citrate, Magnesium Phosphate Dibasic, L-Cystine, Potassium Chloride, L-Tryptophan, Potassium Citrate, L-Methionine, Choline Bitartrate, L-Arginine, Maltodextrin, Ascorbic Acid, Taurine, Salt, Zinc Gluconate, L-Carnitine L-Tartrate, Ferrous Sulfate, DL-Alpha Tocopherol Acetate, Niacinamide, Manganese Gluconate, Chromium Chloride, Sodium Selenite, Retinyl Acetate, Vitamin D3, Copper Gluconate, Calcium Pantothenate, Biotin, Folic Acid, Vitamin K, Potassium Iodide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Sodium Molybdate, Riboflavin, Vitamin B12.

RASPBERRY (ARTIFICIALLY FLAVORED)

Ingredients: Sugar, Corn Starch, L-Lysine L-Aspartate, Modified Corn Starch, L-Leucine, L-Tyrosine, Glycine, L-Arginine Aspartate, L-Valine, L-Glutamine, L-Proline, L-Threonine, L-Isoleucine, Calcium Phosphate, L-Serine, L-Alanine, L-Histidine, Calcium Glycerophosphate, Sodium Citrate, Magnesium Phosphate Dibasic, L-Cystine, Potassium Chloride, Malic Acid, L-Tryptophan, Potassium Citrate, L-Methionine, Choline Bitartrate, L-Arginine, Artificial Flavoring, Beet Juice (Color), Maltodextrin, Ascorbic Acid, Taurine, Salt, Zinc Gluconate, Acesulfame Potassium, L-Carnitine L-Tartrate, Ferrous Sulfate, DL-Alpha Tocopherol Acetate, Niacinamide, Manganese Gluconate, Chromium Chloride, Sodium Selenite, Retinyl Acetate, Vitamin D3, Copper Gluconate, Calcium Pantothenate, Biotin, Folic Acid, Vitamin K, Potassium Iodide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Sodium Molybdate, Riboflavin, Vitamin B12.

ORANGE (ARTIFICIALLY FLAVORED)

Ingredients: Sugar, Corn Starch, L-Lysine L-Aspartate, Modified Corn Starch, L-Leucine, L-Tyrosine, Glycine, L-Arginine Aspartate, L-Valine, L-Glutamine, L-Proline, L-Threonine, L-Isoleucine, Citric Acid, Calcium Phosphate, L-Serine, L-Alanine, L-Histidine, Calcium Glycerophosphate, Sodium Citrate, Artificial Flavoring, Magnesium Phosphate Dibasic, L-Cystine, Potassium Chloride, L-Tryptophan, Potassium Citrate, L-Methionine, Choline Bitartrate, L-Arginine, Maltodextrin, Soy Lecithin, Ascorbic Acid, Acesulfame Potassium, Taurine, Salt, Zinc Gluconate, L-Carnitine L-Tartrate, Ferrous Sulfate, DL-Alpha Tocopherol Acetate, Beta-Carotene, Beet Juice (Color), Niacinamide, Manganese Gluconate, Chromium Chloride, Sodium Selenite, Retinyl Acetate, Vitamin D3, Copper Gluconate, Calcium Pantothenate, Biotin, Folic Acid, Vitamin K, Potassium Iodide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Sodium Molybdate, Riboflavin, Vitamin B12.

Contains: Soy.

Osmolality:

24 g (1 packet) + 30 ml (1 fl oz) water = 3000 mOsm/kg

24 g (1 packet) + 80 ml (2.7 fl oz) water = 1540 mOsm/kg

