



# express<sup>®</sup>

ACBS  GMS  PBS

## Description

### A food for special medical purposes.

MSUD express<sup>®</sup> is an unflavoured powdered leucine, isoleucine and valine free, protein substitute containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements.

## Indications

MSUD express is for use in the dietary management of Maple Syrup Urine Disease (MSUD) from 3 years onwards.

## 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.

MSUD express15 (25g) = 15g PE    MSUD express20 (34g) = 20g PE

The product can be used individually or interchanged to meet individual protein requirements.

1. The daily protein substitute requirement is given as MSUD express.
2. Additional protein is provided from exchanges of natural protein to provide restricted amino acids in controlled amounts, which is essential for growth and development.
3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy.

## Preparation Guidelines

MSUD express can be either taken as a paste, a mini (low volume) drink or as a flexi (dilute) drink.

### For a paste:



### For a mini or flexi drink



Empty the contents of the sachet, plus a flavour pac sachet if desired, into the beaker.



Add approximately 80 - 100ml (for a mini drink) or as much cold water as desired (for flexi drink). Secure lid and shake well for 10 seconds.



Consume immediately

Ideally the product should be freshly prepared and used immediately. Any unused portions should be refrigerated and used within 24 hours. Reshake before use. Water or permitted drinks should be taken after MSUD express.

#### IMPORTANT NOTICE

Must only be given to people with proven MSUD under strict medical supervision.

Suitable from 3 years onwards.

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

Not for use as a sole source of nutrition.

For enteral use only.

## Nutritional Information

		Per 100g	Per 25g sachet	Per 34g sachet
Energy	kJ	1260	315	429
	kcal	297	74	101
Fat	g	0.2	0.05	0.07
of which saturates	g	0	0	0
Carbohydrate	g	13.7	3.4	4.7
of which Sugars	g	1.0	0.24	0.33
Protein (equivalent)	g	60	15	20
L-Isoleucine	g	0	0	0
L-Leucine	g	0	0	0
L-Valine	g	0	0	0
Salt	g	1.3	0.32	0.43
<b>Vitamins &amp; Minerals</b>				
Vitamin A (RE)	µg	832.0	208	283
Vitamin D	µg	13.2	3.3	4.5
Vitamin E (αTE)	mg	15.6	3.9	5.3
Vitamin K	µg	100	25	34
Vitamin C	mg	108	27	36.7
Thiamin	mg	2.0	0.5	0.68
Riboflavin	mg	2.3	0.57	0.78
Vitamin B6	mg	2.8	0.7	1.0
Niacin	mg (mg NE)	24.8 (58.8)	6.2 (14.7)	8.4 (20)
Folic acid	µg	400	100	136
Vitamin B12	µg	4.8	1.2	1.6
Pantothenic Acid	mg	8.0	2.0	2.7
Biotin	µg	188	47	63.9

## Nutritional Information

		Per 100g	Per 25g sachet	Per 34g sachet
Sodium	mg	508	127	173
	mmol	22	5.5	7.5
Chloride	mg	728	182	248
	mmol	20.4	5.1	6.9
Potassium	mg	940	235	320
	mmol	23.6	5.9	8.0
Calcium	mg	1196	299	407
	mmol	30	7.5	10.2
Phosphorus	mg	1068	267	363
	mmol	33.6	8.4	11.4
Magnesium	mg	376	94	128
	mmol	15.6	3.9	5.3
Iron	mg	21.6	5.4	7.3
Zinc	mg	21.6	5.4	7.3
Copper	mg	2.2	0.55	0.75
Iodine	µg	252	63	85.7
Selenium	µg	88	22	29.9
Manganese	mg	3.2	0.8	1.1
Chromium	µg	88	22	29.9
Molybdenum	µg	144	36	49
<b>Others</b>				
Choline	mg	600	150	204
<b>Amino Acids</b>				
L-Alanine	g	7.23	1.81	2.46
L-Arginine	g	6.85	1.71	2.33
L-Aspartic Acid	g	8.68	2.17	2.95
L-Cystine	g	2.05	0.51	0.70
L-Glutamine	g	7.80	1.95	2.65
Glycine	g	5.75	1.44	1.96
L-Histidine	g	2.46	0.62	0.84
L-Isoleucine	g	0.00	0.00	0.00
L-Leucine	g	0.00	0.00	0.00
L-Lysine	g	5.16	1.29	1.75
L-Methionine	g	1.48	0.37	0.50
L-Phenylalanine	g	3.86	0.97	1.31
L-Proline	g	6.09	1.52	2.07
L-Serine	g	4.12	1.03	1.40
L-Threonine	g	3.70	0.93	1.26
L-Tryptophan	g	2.05	0.51	0.70
L-Tyrosine	g	4.10	1.03	1.39
L-Valine	g	0.00	0.00	0.00
L-Carnitine	mg	64	16	22
Taurine	mg	132	33	45

### Osmolality:

**MSUD express 15** 25g + 80ml = 1896mOsm/kg

**MSUD express 20** 34g + 80ml = 2380mOsm/kg

**Allergen Declaration**

Contains soya (soya lecithin).

**Pack Size/Weight**

 **express<sup>®</sup>15**

30 x 25g e sachets = 750g

 **express<sup>®</sup>20**

30 x 34g e sachets = 1.02kg

**Flavours**

Unflavoured

**Storage**

Store in a cool, dry place.

Ideally sachets should be used immediately after opening.

Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

