



explore™

ACBS GMS PBS

Description

Food for special medical purposes.

PKU explore is a powdered phenylalanine free* protein substitute, containing essential and non-essential amino acids, carbohydrate, sugar, vitamins, minerals, trace elements, arachidonic acid (ARA) and docosahexaenoic acid (DHA). Available in a choice of flavours.

Indications

For the dietary management of phenylketonuria (PKU).

PKU explore5 is suitable from 6 months to 5 years of age.

PKU explore10 is suitable from 1 year to 5 years 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.

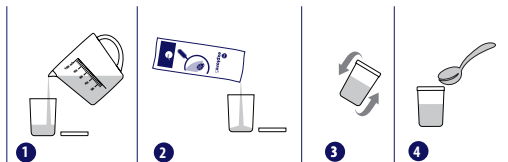
PKU explore5 (12.5g) = 5g PE

PKU explore10 (25g) = 10g PE

1. The daily protein substitute requirement is given as PKU explore.
2. Additional protein is provided from exchanges of natural protein, to provide phenylalanine 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.

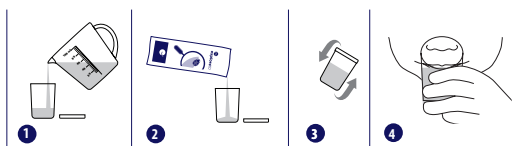
Preparation Guidelines

PKU explore5 and PKU explore10 can be taken as a semi-solid spoonable consistency:



1. For PKU explore5 add 12.5ml of cold water into a beaker. For PKU explore10 add 25ml of cold water into a beaker.
2. Empty the contents of the sachet into the beaker.
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.

PKU explore10 can also be taken as a low volume drink:



1. Add 80ml of cold water into a beaker.
2. Empty the contents of the sachet into the beaker.
3. Secure the lid and shake well for 10 seconds.
4. Drink immediately.

Water or permitted drinks should be taken after PKU explore.

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

IMPORTANT NOTICE

Must be used under strict medical supervision.

Not suitable for use as a sole source of nutrition.

Must only be consumed by children with proven Phenylketonuria (PKU).

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.

Nutritional Information		PKU explore5		PKU explore10	
		per 100g	per 12.5g	per 100g	per 25g
Energy	kJ	1450	181	1399	351
	kcal	342	43	330	83
Fat	g	1.5	0.2	1.5	0.4
	of which saturates	g	0.7	0.09	0.7
ARA	mg	280	35	280	70
DHA	mg	140	18	140	35
Carbohydrate	g	42	5.3	39	9.8
	of which sugars	g	28	3.5	25
Protein equivalent	g	40	5.0	40	10
L-Phenylalanine*	g	-	-	-	-
Salt	g	0.49	0.06	0.49	0.12

Nutritional Information	PKU explore5		PKU explore10		
	per 100g	per 12.5g	per 100g	per 25g	
Vitamins and minerals					
Vitamin A (RE)	µg	530	66	530	133
Vitamin D	µg	27	3.4	27	6.8
Vitamin E (αTE)	mg	9.7	1.2	9.7	2.4
Vitamin K	µg	27	3.4	27	6.8
Vitamin C	mg	90	11	90	22
Thiamin	mg	1.0	0.12	1.0	0.25
Riboflavin	mg	1.5	0.19	1.5	0.38
Vitamin B6	mg	1.1	0.14	1.1	0.28
Niacin	mg (mg NE)	6.9 (23)	0.86 (2.9)	6.9 (23)	1.7(5.7)
Folic acid	µg	230	29	230	58
Vitamin B12	µg	3.7	0.46	3.7	0.93
Pantothenic acid	mg	7.3	0.91	7.3	1.8
Biotin	µg	23	2.9	23	5.8
Sodium	mg	195	24	195	49
	mmol	8.4	1.0	8.4	2.1
Chloride	mg	500	63	500	125
	mmol	14	1.8	14	3.5
Potassium	mg	500	63	500	125
	mmol	12	1.6	12	3.1
Calcium	mg	1100	140	1100	275
	mmol	28	3.4	28	6.9
Phosphorus	mg	730	91	730	183
	mmol	23	2.9	23	5.8
Magnesium	mg	135	17	135	34
	mmol	5.5	0.69	5.5	1.4
Iron	mg	16.0	2.0	16.0	4.0
Zinc	mg	11.0	1.4	11.0	2.7
Copper	mg	0.78	0.10	0.78	0.20
Iodine	µg	150	19	150	37
Selenium	µg	31	3.9	31	7.8
Manganese	mg	0.25	0.03	0.25	0.06
Chromium	µg	30	3.8	30	7.5
Molybdenum	µg	40	5.0	40	10
Others					
Choline	mg	450	56	450	113

Nutritional Information		per 100g	PKU explore5 Per 12.5g	PKU explore10 Per 25g
Amino Acids				
L-Alanine	g	1.71	0.21	0.43
L-Arginine	g	2.76	0.35	0.69
L-Aspartic Acid	g	4.38	0.55	1.10
L-Cystine	g	1.11	0.14	0.28
L-Glutamine	g	3.45	0.43	0.86
Glycine	g	4.36	0.55	1.09
L-Histidine	g	1.70	0.21	0.43
L-Isoleucine	g	2.98	0.37	0.75
L-Leucine	g	4.69	0.59	1.17
L-Lysine	g	3.10	0.39	0.78
L-Methionine	g	0.83	0.10	0.21
L-Proline	g	3.12	0.39	0.78
L-Serine	g	1.94	0.24	0.49
L-Threonine	g	3.03	0.38	0.76
L-Tryptophan	g	0.94	0.12	0.24
L-Tyrosine	g	4.40	0.55	1.10
L-Valine	g	3.45	0.43	0.86
L-Carnitine	mg	44	5.5	11
Taurine	mg	88	11	22

* No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<10mg/100g powder, <4mg/serving).

Osmolality: The osmolality of PKU explore when reconstituted with 80ml water and 25g powder is 1550mOsm/kg.

Allergen Declaration

Contains Fish (Tuna).
Not suitable for individuals with milk allergy.

Pack Size/Weight

 explore5
30 x 12.5g e sachets = 375g

 explore10
30 x 25g e sachets = 750g

Flavours

PKU explore5 is unflavoured.
PKU explore10 is available in Orange and Raspberry flavours.

Storage

Store in a cool, dry place. Sachets are designed for single use. Any unused powder should be tightly sealed and used within 24 hours.

