

PKU EASY Shake&Go

Unflavoured

A Food for Special Medical Purposes

DESCRIPTION:

Use under medical supervision.



PKU Easy Shake&Go is a phenylalanine free protein substitute containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements.

INDICATIONS:

PKU Easy Shake&Go is suitable to be used in the dietary management of proven Phenylketonuria (PKU) patients aged 3 years and above under strict medical supervision.

PKU Easy Shake&Go is available as unflavoured or fresh orange flavoured.

DOSAGE:

Dosage to be determined by the clinician or dietician and is dependent on the age, body weight and medical condition of the patient. Each 34 g bottle of Shake&Go provides 15 g of protein equivalent.

ADMINISTRATION:

Step 1: Add 80-130 ml of cold liquid to the Shake&Go bottle. Secure the lid and shake well for 10 seconds.

Step 2: Drink immediately.

PKU Easy Shake&Go is recommended to be used or refrigerated immediately after mixing. Refrigerated product must be used within 5 hours.

PKU EASY SHAKE&GO (UNFLAVOURED) PER 100 g:

- 372 kcal
- < 0.5 g fat from various excipients
- 44 g carbohydrates from sucrose and maltodextrin
- 45 g protein equivalent

STORAGE:

Store in a cool, dry place

CARTON SIZE:

30 bottles x 34 g

SHELF LIFE:

22 months

Important Notice:

- Must only be given to patients with proven PKU under strict medical supervision.
- Suitable from 3 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.

Marketed and distributed by:

POA Pharma - a Galen Company

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www.galen-pharma.com/medical-nutrition

ND:s&go/ufl-ver02 Date of preparation: December 2021

NUTRITIONAL INFORMATION

	Per 100 grams	Per 34 grams
Energy	1582 kJ	538 kJ
	372 kcal	126 kcal
Protein equivalent	45 g	15 g
Fat	< 0.5 g	< 0.5 g
of which saturates	0 g	0 g
Carbohydrate	44 g	15 g
of which sugars	30 g	10.2 g
Fiber	0 g	0 g
Salt	1 g	0.34 g

VITAMINS

	Per 100 grams	Per 34 grams
Vitamin A	535.3 µg	182 µg
Vitamin E	11.2 mg	3.8 mg
Vitamin D3	10.4 µg	3.5 µg
Vitamin K	72.7 µg	24.7 µg
Vitamin C	67.65 mg	23 mg
Thiamin	1.47 mg	0.5 mg
Riboflavin	1.76 mg	0.6 mg
Vitamin B6	1.76 mg	0.6 mg
Niacin	19.2 mg	6.5 mg
Folic Acid	229 µg	78 µg
Vitamin B12	2.94 µg	1 µg
Pantothenic acid	5.4 mg	1.8 mg
Biotin	115 µg	39 µg
Others		
Choline	441 mg	150 mg
Minerals		
Sodium	394 mg	134 mg
	17.14 mmol	5.83 mmol
Chloride	619 mg	211 mg
	17.47 mmol	5.94 mmol
Potassium	772 mg	263 mg
	19.75 mmol	6.71 mmol
Calcium	825 mg	280 mg
	20.58 mmol	7.0 mmol

MINERALS

	Per 100 grams	Per 34 grams
Phosphorus	651 mg	221 mg
	21.02 mmol	7.15 mmol
Magnesium	229 mg	78 mg
	9.44 mmol	3.21 mmol
Iron	15.3 mg	5.2 mg
Zinc	12.7 mg	4.3 mg
Copper	1.35 mg	0.5 mg
Iodine	179 µg	61 µg
Selenium	63.2 µg	21.5 µg
Manganese	2.35 mg	0.8 mg
Chromium	53.7 µg	18.3 µg
Molybdenum	134 µg	45.5 µg

AMINO ACIDS

	Per 100 grams	Per 34 grams
L-Alanine	2.47 g	0.84 g
L-Arginine	3.47 g	1.18 g
L-Aspartic acid	5.06 g	1.72 g
L-Cystine	1.65 g	0.56 g
Glycine	5.47 g	1.86 g
L-Histidine	1.91 g	0.65 g
L-Isoleucine	3.29 g	1.12 g
L-Leucine	5.71 g	1.94 g
L-Lysine	3.50 g	1.19 g
L-Methionine	0.88 g	0.30 g
L-Proline	3.82 g	1.30 g
L-Phenylalanine	0.00 g	0.00 g
L-Serine	2.21 g	0.75 g
L-Threonine	3.82 g	1.30 g
L-Tryptophan	1.03 g	0.35 g
L-Tyrosine	5.47 g	1.86 g
L-Valine	3.88 g	1.32 g
Taurine	0.08 g	0.03 g
L-Carnitine	0.06 g	0.02 g

Osmolality: 34 g + 80 ml = 2268 mOsl/kg
 34 g + 130 ml = 1239 mOsl/kg

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