

## PKU EASY Shake&Go

Orange

### 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.

#### 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:

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ND: s&go/org-ver01 Date of preparation: February 2021

## NUTRITIONAL INFORMATION

	Per 100 grams	Per 34 grams
Energy	1559 kJ	530 kJ
	367 kcal	125 kcal
Protein equivalent	45 g	15 g
Fat	0.4 g	0.14 g
of which saturates	0.39 g	0.13 g
Carbohydrate	42 g	14 g
of which sugars	25 g	9 g
Fiber	3.7 g	1 g
Salt	1.1 g	0.37 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	67.7 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
<b>Others</b>		
Choline	440 mg	149.5 mg
<b>Minerals</b>		
Sodium	439 mg	149 mg
	19.10 mmol	6.48 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 = 2500 mOsl/kg  
 34 g + 130 ml = 1776 mOsl/kg

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