

PKU GO 10p (20g sachet) A Food for Special Medical Purposes



DESCRIPTION:

Use under medical supervision.

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

INDICATIONS:

PKU GO is suitable to be used in the dietary management of proven Phenylketonuria (PKU) in children from 9 months to 10 years of age under strict medical supervision.

DOSAGE:

Dosage to be determined by the clinician or dietician and is dependent on the age, body weight and medical condition of the patient. PKU GO can be taken either as a paste or liquid drink.

ADMINISTRATION:

For paste:

Step 1: Empty the contents of the sachet into a suitable container.

Step 2: Add 20ml of cold liquid. Mix well for 10 seconds.

Step 3: Leave to stand for 2 minutes, allowing a paste to form. Consume with a spoon.

For liquid drink:

Step 1: Empty the contents of the sachet into a suitable bottle or container.

Step 2: Add 100ml of cold liquid. Secure the lid and shake well for 10 seconds.

Step 3: Drink immediately.

PKU GO is recommended to be used or refrigerated immediately after mixing. Refrigerated product must be used within 24 hours.

STORAGE:

Store in a cool, dry place

CARTON SIZE:

30 x 20 g sachets

SHELF LIFE:

24 months

Important Notice:

- Must only be given to patients with proven PKU under strict medical supervision.
- Suitable from 9 months to 10 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.

Allergen Declaration:

- PKU GO contains **soy lecithin**

Marketed and distributed by:

POA Pharma - a Galen Company

Banevænget 13, 1. sal

3460 Birkerød, Denmark

T: + 45 31 17 43 00

www.galen-pharma.com/medical-nutrition

ND:GO-ver01 Date of preparation: February 2021

NUTRITIONAL INFORMATION

	Per 100 grams	Per 20 grams 1 sachet
Energy	1360 kJ	272 kJ
	325 kcal	65 kcal
Protein equivalent	50 g	10 g
Fat	< 0.5 g	< 0.5 g
of which saturates	< 0.1 g	< 0.1 g
Carbohydrate	25 g	5 g
of which sugars	24.5 g	4.9 g
Fiber	< 0.5 g	< 0.5 g

VITAMINS

	Per 100 grams	Per 20 grams 1 sachet
Vitamin A	480 µg	96 µg
Vitamin B1	0.9 mg	0.18 mg
Vitamin B2	1 mg	0.2 mg
Vitamin B6	1.2 mg	0.24 mg
Vitamin B12	2 µg	0.4 µg
Vitamin C	50 mg	10 mg
Vitamin D3	15 µg	3 µg
Vitamin E	9 mg	1.8 mg
Vitamin K	25 µg	5 µg
Biotin	28 µg	5.6 µg
Niacin	15 mg	3 mg
Folic Acid	110 µg	22 µg
Pantothenic acid	3.8 mg	0.76 mg
Others		
Choline	275 mg	55 mg
Minerals		
Calcium	1050 mg	210 mg
	26.2 mmol	5.2 mmol
Phosphorus	775 mg	155 mg
	25.0 mmol	5.0 mmol
Magnesium	170 mg	34 mg
	7.0 mmol	1.4 mmol
Iron	15 mg	3 mg

Osmolality: 20 g + 20 ml = 3510 mOsl/kg
20 g + 100 ml = 1170 mOsl/kg

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	Per 100 grams	Per 20 grams 1 sachet
Zinc	13 mg	2.6 mg
Copper	0.6 mg	0.12 mg
Iodine	120 µg	24 µg
Manganese	1.5 mg	0.3 mg
Chromium	39 µg	7.8 µg
Selenium	60 µg	12 µg
Molybdenum	49 µg	9.8 µg
Sodium	316 mg	63 mg
	13.7 mmol	2.7 mmol
Potassium	800 mg	160 mg
	20.5 mmol	4.1 mmol
Chloride	487.5 mg	97.5 mg
	14.1 mmol	2.8 mmol

AMINO ACIDS

	Per 100 grams	Per 20 grams 1 sachet
L-Alanine	2.2 g	0.44 g
L-Arginine	3.5 g	0.7 g
L-Aspartic acid	5.55 g	1.11 g
L-Cystine	1.45 g	0.29 g
L-Glutamine	4.3 g	0.86 g
Glycine	5.5 g	1.1 g
L-Histidine	2.2 g	0.44 g
L-Isoleucine	3.8 g	0.76 g
L-Leucine	5.95 g	1.19 g
L-Lysine	3.95 g	0.79 g
L-Methionine	1 g	0.2 g
L-Phenylalanine	0.00 g	0.00 g
L-Proline	4.0 g	0.8 g
L-Serine	2.45 g	0.49 g
L-Threonine	3.8 g	0.76 g
L-Tryptophan	1.2 g	0.24 g
L-Tyrosine	5.6 g	1.12 g
L-Carnitine	90 mg	18 mg
L-Valine	4.5 g	0.9 g
Taurine	60 mg	12 mg