

Introducing

PKU
express™
plus⁺



**Designed for
people on the go!**



**How to get the
most out of your
PKU express plus**

Includes tips on how to enjoy
PKU express plus

4 new recipes for you to try

Vitaflo™

Enhancing Lives Together

For use in the dietary management of Phenylketonuria (PKU).
Suitable from 3 years of age.

USE UNDER MEDICAL SUPERVISION

Check out PKU express plus!



Provides flexibility

to create your own formula recipe with permitted ingredients and flavorings.



Offers Docosahexaenoic acid (DHA)

often lacking in the typical PKU diet.



Designed to be mixed with only 3 fl oz

to help you take all your daily formula in a small volume.

PKU
express™
plus⁺



Convenient with pre-measured packets

no weighing or measuring needed & easy to take on the go.



New Raspberry flavor

in addition to 4 other flavor choices for those looking for a variety.



Make it. Shake it. Take it.

Simply mix and go.



PKU express plus drink

1. Empty the packet into a cup with a lid.
2. Add 3 fl oz (90 ml) of cold water or other permitted beverage.
3. Secure the lid and shake well for 10 seconds until powder dissolves.



Add your own twist

Try adding permitted flavorings such as extracts, coffee syrups, or fresh fruit purées. Make your own frappuccino, shake, or smoothie by adding a permitted low protein milk alternative.



Recipe Ideas



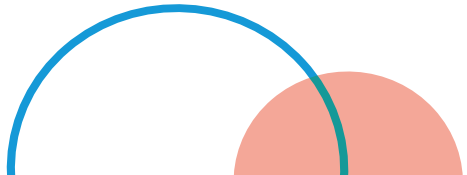
Coffee Frappuccino

- 1 packet PKU express plus20, unflavored
- 1 tsp instant coffee dissolved in 2 fl oz (60 ml) boiling water and cooled
- 6 fl oz (180 ml) coconut milk, unsweetened (from carton)
- 2 tsp maple syrup
- 1/2 cup ice

Place all ingredients into a blender and blend until smooth.

Nutrition Info

Calories 190 | Protein Equivalent 20 g | Intact Protein 0.2 g | Phenylalanine 14 mg





Cranberry Raspberry Fizz

- 1 packet PKU express plus20, unflavored
- 6 fl oz (180 ml) cranberry raspberry flavored juice drink
- 4 fl oz (120 ml) permitted lemon and lime sparkling water

1. Shake the PKU express plus and cranberry raspberry juice drink together in a shaker cup.
2. Top with sparkling water.
3. Add ice before serving.



Nutrition Info

Calories 210 | Protein Equivalent 20 g | Intact Protein 0.5 g | Phenylalanine 11 mg

Peach Melba

- 1 packet PKU express plus20, **raspberry** flavor
- 1/2 cup canned peach slices, in light syrup
- 1/2 cup ice
- 4 fl oz (120 ml) almond milk, original

Place all ingredients into a blender and blend until smooth.

Nutrition Info

Calories 210 | Protein Equivalent 20 g | Intact Protein 1.3 g | Phenylalanine 52 mg



Pink Lemon Sorbet

- 1 packet PKU express plus20 **raspberry** flavor
- 1 cup permitted lemon sorbet (slightly melted)

Place the ingredients into a blender and blend until smooth.

Nutrition Info

Calories 320 | Protein Equivalent 20 g | Intact Protein 0.2 g | Phenylalanine 6 mg



Make PKU express plus work for you

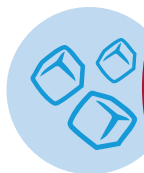
- Use ice cold water for a refreshing cool drink.
- Once you prepare your PKU express plus, drink it immediately – the fresher the better.

USE UNDER MEDICAL SUPERVISION.

Be sure to check with your healthcare professional before making changes to your diet.

For more information on

**the PKU express plus range, visit www.VitafloUSA.com,
email vitaflonam@vitaflousa.com,
or call **888-848-2356**.**



PRO TIP:

Add your own twist and prepare PKU express plus with permitted drinks of your choice.

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These recipes are suitable for a protein restricted diet for Phenylketonuria (PKU). These recipes can be made with either PKU express plus 20 or PKU express plus 15. PKU express plus is a formula for use in the dietary management of PKU from 3 years of age and for use under medical supervision. Be sure to check with your healthcare professional before making changes to your diet.

These recipes were analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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A Nestlé Health Science Company

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