



## A Food for Special Medical Purposes

### Important Notice

Must only be given to patients with proven TYR 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/tyrosine, fluid and general nutritional requirements.

For enteral use only.

### Storage

Store in a cool, dry place.

### Pack Size

30 x 34 gram



### TYR Easy Shake&Go

TYR Easy Shake&Go is a flavoured phenylalanine and tyrosine free protein substitute containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements. TYR Easy Shake&Go is suitable to be used in the dietary management of tyrosinemia patients age 3 years and above.

### Dosage TYR Easy Shake&Go

Dosage to be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient. Add cold water (80-130 ml) to the bottle containing the powder. Shake for 10 seconds. Ready for drinking. TYR Easy Shake&Go is recommended to be used or refrigerated immediately after mixing. Refrigerated product must be used within 5 hours. TYR Easy Shake&Go is available with a fresh orange taste.

Nutritional Information	Per 100 grams	Per 34 grams
Energy	1542 kJ 363 kcal	524 kJ 123 kcal
Fat	less 0.5 g	less 0.5 g
of which saturates	less 0.1 g	less 0.1 g
Carbohydrate	38 g	13 g
of which sugars	less 27 g	less 9 g
Fibre	3.7 g	1.3 g
Protein equivalent	45 gram	15 gram
Salt	0.93 g	0.32 g
<b>Vitamins</b>		
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	1.83 mg
Biotin	115 µg	39 µg
<b>Minerals</b>		
Sodium	402 mg 17.5 mmol	137 mg 6.0 mmol
Chloride	619 mg 17.5 mmol	211 mg 6.0 mmol
Potassium	772 mg 19.7 mmol	263 mg 6.7 mmol
Calcium	825 mg 20.6 mmol	280 mg 7.0 mmol

Minerals	Per 100 grams	Per 34 grams
Phosphorus	651 mg 21.0 mmol	221 mg 7.0 mmol
Magnesium	229 mg 9.4 mmol	78 mg 3.2 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
<b>Amino acids</b>		
L-Alanine	2.94 g	1.00 g
L-Arginine	3.50 g	1.19 g
L-Aspartic acid	6.10 g	2.07 g
L-Cystine	1.65 g	0.56 g
L-Glutamine	4.00 g	1.36 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	0.00 g	0.00 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 = 2648 mOsl/kg  
34 g + 130 ml = 1900 mOsl/kg



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