



## A Food for Special Medical Purposes

### 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.

### Storage

Store in a cool, dry place.

### Pack Size

30 x 34 gram



### PKU Easy Shake&Go Unflavoured

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

### Dosage PKU Easy Shake&Go Unflavoured

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.

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 is available in unflavoured formula

Nutritional Information	Per 100 grams	Per 34 grams
Energy	1582 kJ 372 kcal	538 kJ 126 kcal
Fat	< 0.5 g	0 g
of which saturates	0 g	0 g
Carbohydrate	44 g	15 g
of which sugars	30 g	10, g
Fibre	0 g	0 g
Protein equivalent	45 g	15 gg
Salt	1 g	0.34 g

Vitamins		
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	78µg
Vitamin B12	2.94 µg	1 µg
Pantothenic acid	5.4 mg	1.83 mg
Biotin	115 µg	39 µg
Others		
Choline	441 mg	150 mg
Minerals		
Sodium	439 mg 19.1 mmol	149 mg 6.5 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		
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	61µg
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		
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



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