

# PHLEXY-10 TABLETS

## DESCRIPTION

Phlexy-10 Tablets are tablets free from phenylalanine but containing a balanced mixture of essential and non-essential amino acids.

## INDICATIONS

For the dietary management of proven PKU in children from eight years of age and adults.

## PREPARATION AND ADMINISTRATION

Consume as directed. Water or diluted drinks must be taken at the same time.

## ADMINISTRATION GUIDELINES

The dosage should be determined by a clinician or dietitian only and is dependent on the age, body weight and medical condition of the patient. The daily intake of protein substitute should be taken in divided doses throughout the day.

## GENERAL PRECAUTIONS

Use under medical supervision. Not for parenteral use. Not suitable for use as a sole source of nutrition. This product should not be used as a sole source of protein but must be given in conjunction with a protein source, to supply the phenylalanine, fluid and general nutrition requirements of the patient in quantities as prescribed by a clinician or dietitian. Requires an additional source of vitamins, minerals and trace elements. Only intended for use by patients with PKU.

## STORAGE

Store in a cool dry place.

## PACK SIZE

75 tablets per tub.

## INGREDIENTS

Microcrystalline Cellulose, L-Leucine, L-Tyrosine, L-Lysine Hydrochloride, L-Proline, L-Arginine, L-Valine, L-Aspartic Acid, Partially Pregelatinised Maize Starch, Glycine, L-Isoleucine, L-Threonine, L-Glutamine, L-Serine, L-Alanine, L-Histidine, Magnesium Stearate, L-Cystine, Hydroxypropyl Methyl Cellulose, L-Tryptophan, Acacia Gum, L-Methionine, Stearic Acid, Glycerol, Taurine, L-Carnitine.



## PHLEXY-10 TABLETS

AVERAGE CONTENTS	UNIT	PER 100 TABLETS	PER 10 TABLETS
<b>Energy</b>	kcal	453	45
	kJ	1904	190
<b>Protein</b>	g	83.3	8.3
<b>Carbohydrate</b>	g	6.5	0.65
sugars	g	0.5	0.05
lactose	g	-	-
<b>Fat</b>	g	3.8	0.38
saturates	g	3.6	0.36
monounsaturates	g	-	-
polyunsaturates	g	-	-
LCT	%	-	-
LA/ALA	ratio	-	-
% energy linoleic acid	%	-	-
% energy $\alpha$ -linolenic acid	%	-	-
<b>Dietary fibre</b>	g	29.5	3
<b>Minerals</b>			
sodium	mg (mmol)	< 20 (<1)	< 2 (<0.1)
potassium	mg (mmol)	<20 (<1)	<2 (<0.1)
chloride	mg (mmol)	1779 (50.1)	178 (5)
calcium	mg (mmol)	<40 (<1)	< 4 (<0.1)
phosphorus	mg (mmol)	-	-
magnesium	mg (mmol)	131 (5.4)	13.1 (0.54)
iron	mg	-	-
zinc	mg	-	-
copper	µg	-	-
manganese	mg	-	-
fluoride	mg	-	-
molybdenum	µg	-	-
selenium	µg	-	-
chromium	µg	-	-
iodine	µg	-	-
<b>Vitamins</b>			
vitamin A	µg RE (IU)	-	-
vitamin D	µg (IU)	-	-
vitamin E	mg $\alpha$ -TE (IU)	-	-
vitamin K	µg	-	-
thiamin	mg	-	-
riboflavin	mg	-	-
niacin	mg (mg NE)	-	-
pantothenic acid	mg	-	-
vitamin B <sub>6</sub>	mg	-	-
folic acid	µg	-	-
vitamin B <sub>12</sub>	µg	-	-
biotin	µg	-	-
vitamin C	mg	-	-
<b>Others</b>			
choline	mg	-	-
myo-inositol	mg	-	-
<b>Water</b>			
osmolality	mOsm/kg H <sub>2</sub> O	-	-
<b>Amino acid profile</b>			
L-Alanine	g	4.1	0.41
L-Arginine	g	7.2	0.72
L-Aspartic Acid	g	6.8	0.68
L-Cystine	g	2.7	0.27
Glycine	g	6.4	0.64
L-Glutamine	g	5.0	0.5
L-Histidine	g	4.1	0.41
L-Isoleucine	g	6.4	0.64
L-Leucine	g	10.9	1.09
L-Lysine	g	7.4	0.74
L-Methionine	g	1.7	0.17
L-Phenylalanine	g	nil added	nil added
L-Proline	g	7.7	0.77
L-Serine	g	4.7	0.47
L-Threonine	g	5.4	0.54
L-Tryptophan	g	2.2	0.22
L-Tyrosine	g	9.7	0.97
L-Valine	g	7.0	0.7
L-Carnitine	g	0.07	0.007
Taurine	g	0.14	0.014

A food for special medical purposes; must be used under strict medical supervision.

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