



# Taking you to a new dimension.

VitaFlo's® first GMP-based protein substitute.



Innovation in Nutrition

A Nestlé Health Science Company

## What is a protein substitute and why do I need it?

Proteins are made up of small building blocks called amino acids. As you have PKU, you need to limit your intake of one particular amino acid called phenylalanine or Phe. In order to limit your Phe intake, you have to limit your intake of protein. This means you could miss out on all the other amino acids you need to stay healthy. Protein substitutes give you all of these other amino acids. Protein substitutes are sometimes referred to as protein supplements and are taken daily to help meet your protein requirements.

## What is PKU sphere™?

**PKU sphere™ is a protein substitute which is based on glycomacropeptide (GMP). It is designed for use in the dietary management of phenylketonuria (PKU) from 6 years of age onwards.**

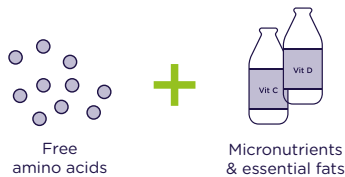


sphere™

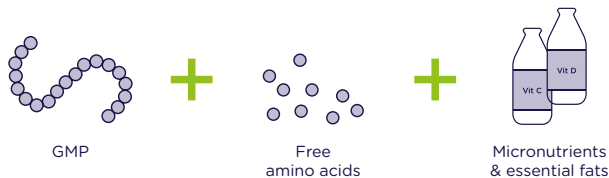
## How is PKU sphere™ different from other protein substitutes?

The big difference is that PKU sphere™ is based on GMP. It contains a blend of both the whole protein GMP and some amino acids, whereas most other protein substitutes are based just on amino acids.

### Typical amino acid-based protein substitutes



### PKU sphere™ - a GMP-based protein substitute

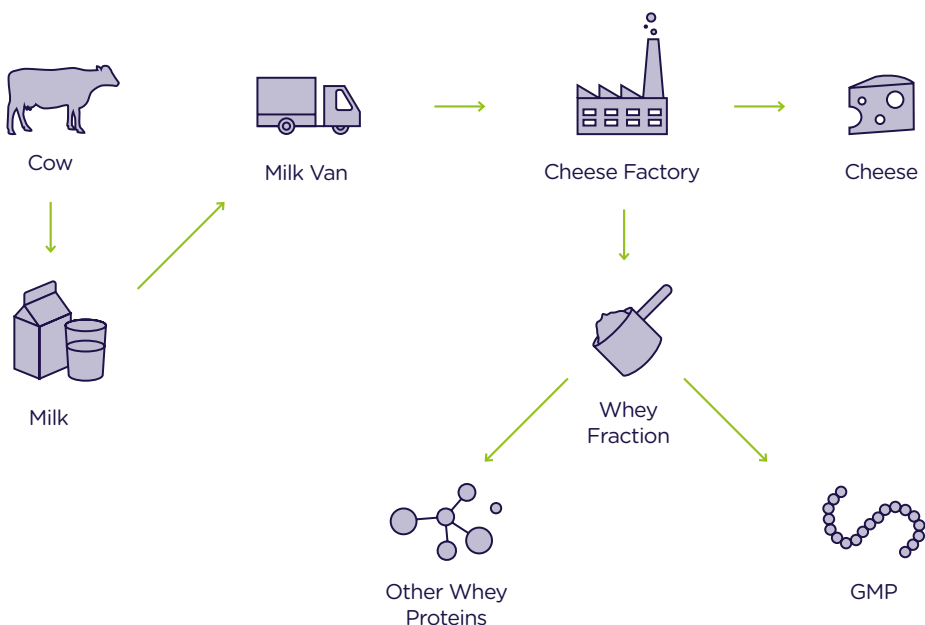


All GMP-based protein substitutes including PKU sphere™ are supplemented with some amino acids because GMP is low in many important amino acids found in protein. Therefore, PKU sphere™ contains a blend of both GMP and amino acids to ensure it is a nutritionally balanced protein substitute.

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## What is GMP?

GMP is a whole protein, derived from milk, produced as part of the cheese making process. It is extracted from the whey fraction.



## Why does PKU sphere™ contain GMP?

GMP is creating a lot of interest in the world of PKU. Although it is a whole protein, it is naturally very low in phenylalanine (Phe for short), the amino acid that needs to be avoided in PKU. This makes it suitable for use in PKU protein substitutes.

PKU sphere™ offers you a greater choice. As a whole protein, GMP tastes and smells different to amino acids. These differences may help some individuals with PKU who struggle to take their amino acid based protein substitute in the right amounts on a day-to-day basis.<sup>1</sup>

## If I take PKU sphere™, do I still need to consume a low protein diet?

Yes. PKU sphere™ is a protein substitute. As with any other protein substitute, PKU sphere™ is only a part of your PKU diet. The other aspects of the diet (avoiding high protein foods, exchanges and consumption of low protein foods) all still apply.

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## PKU sphere™ contains Phe, will I need to count it as an exchange?

It depends. Your dietitian will be able to answer this question for you although, in some cases, individuals with PKU may need to consume PKU sphere™ for a period of time before your dietitian can make a decision.

- PKU sphere™ contains 36mg of Phe per sachet.
- For some individuals, the Phe in PKU sphere™ will have little or no impact on blood Phe levels. These individuals will NOT need to reduce their intake of natural protein exchanges.
- For others, it will have an impact. In these individuals, PKU sphere™ will have to be counted towards their intake of natural protein exchanges. Alternatively, switching partially, rather than completely, to PKU sphere™ may be more appropriate.

## Are GMP-based protein substitutes like PKU sphere™ better than other protein substitutes?

At the moment there isn't enough evidence to show that GMP-based protein substitutes are better than those which are based solely on free amino acids. Vitaflo® is dedicated to supporting research in this exciting new area of PKU management.

## My dietitian wants me to introduce PKU sphere™ gradually. Why can't I just switch over to PKU sphere™ immediately?

In some cases, it is possible to switch over to PKU sphere™ immediately but your dietitian may prefer you to make a gradual switch so they can monitor your Phe levels and ensure you are taking the right amount of PKU sphere™ sachets per day for you.

**PKU sphere™ is the lowest calorie and volume GMP-based protein substitute available. Each sachet of PKU sphere™ contains**  
**20g PE**  
**120kcal**  
**36mg Phe**

## What's so great about PKU sphere™?

PKU sphere™ is the lowest calorie and volume GMP-based protein substitute available in the UK. It also has the lowest sugar content, so you can enjoy GMP in a way that easily fits into healthy PKU living.

PKU sphere™ tastes really different to amino acid based protein substitutes so if you haven't found a product that works for you yet, PKU sphere™ could be the product for you.

PKU sphere™ is the first GMP-based protein substitute to be clinically trialled long term in children and teenagers so you can be confident it has been well accepted by others with PKU.



PKU sphere™ can be used interchangeably with Vitaflo's® other protein substitutes including PKU air, PKU cooler and PKU express.

PKU sphere™ is available in a choice of two flavours, Red Berry or Vanilla.

PKU sphere™ contains a complete range of vitamins and minerals plus docosahexaenoic acid (DHA) to help ensure you get enough of these important nutrients in your diet.

**PKU air**  
 Yellow (Mango Breeze)  
 Gold (Coffee Fusion)  
 Green (Citrus Twist)  
 Red (Berry Blast)  
 White (Caribbean Crush)  
 15g PE 20g PE



**PKU cooler**  
 Yellow  
 Red  
 White  
 Orange  
 Purple  
 10g PE 15g PE 20g PE

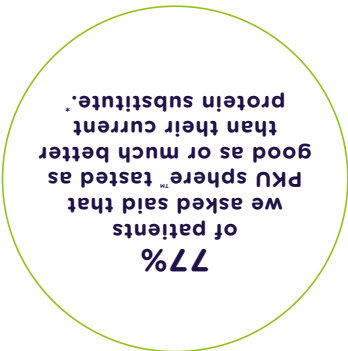
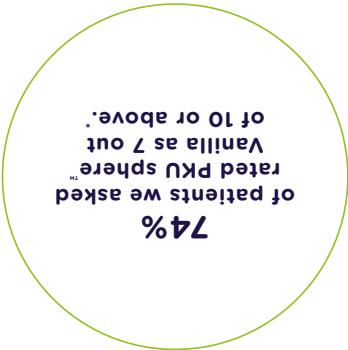
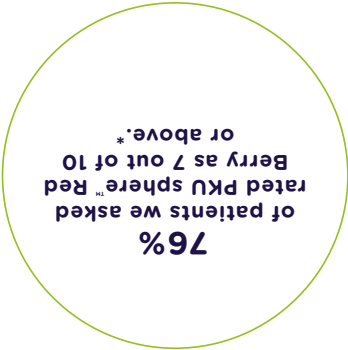


**PKU express**  
 Unflavoured  
 Orange  
 Lemon  
 Tropical  
 15g PE 20g PE



**PKU sphere™**  
 Red Berry  
 Vanilla  
 20g PE





## How do I make PKU sphere™

It is designed to be mixed with water in a shaker to look and smell like any other protein shake you might see people taking!

### Making PKU sphere™ is simple:



Add approx.  
120ml of water  
into a shaker.



Pour in one  
PKU sphere™  
sachet.



Shake well and  
drink immediately.

### Top tips

- \* Make with ice cold water or lots of ice to get a cool sphere™ shake.
- \* Once made up, drink PKU sphere straight away to enjoy it at its very best.
- \* The PKU sphere™ shaker has a separate compartment at the base which holds the contents of one sachet of PKU sphere™ so it's even easier to take when you're out and about.

For more information visit  
[www.vitafriendsPKU.co.uk](http://www.vitafriendsPKU.co.uk)





sphere™



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1. Data on file. Daly A, Chahal S, MacDonald A. The use of glycomacropeptide as an alternative protein substitute in PKU children. 2014.

PKU sphere is a food for special medical purposes and should be used under medical supervision.  
For more detailed product information, including precautions and allergens please refer to product label.