



sphere™

How to get the most  
out of your GMP-based  
protein substitute.





# sphere™

A GMP-based protein substitute designed to give you another great option when choosing a protein substitute that works for you.



**15g PE**

**28mg Phe**

**91 kcals**



**20g PE**

**36mg Phe**

**120 kcals**

GMP = Glycomacropeptide, PKU = Phenylketonuria.

Find out more.



To find out more information  
about GMP and why it's  
included in PKU sphere™,  
**pick up a PKU sphere booklet**  
from your metabolic centre.

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# My PKU sphere story.

**Kate\* has PKU and has always been 'on diet'. She has recently started taking PKU sphere. Read about her experience of taking the product so far...**

## **How did you find out about PKU sphere?**

When I visited my clinic, the Doctor was very excited about the product and sent me some to try.

**"I take  
PKU sphere  
vanilla flavour,  
3 times a day  
made with  
water."**

## **What was it about PKU sphere that made you want to try it?**

After chatting to the Doctor, she was very positive about the other people with PKU who have already trialled it and gave positive feedback. The Doctor and my dietitian had tried it and said it tasted really good. I liked the idea of its convenience with the shaker that I could take anywhere. The fact it had no odour was a bonus!

**"It's amazing,  
so easy to take."**

## **What impact has PKU sphere had for you?**

It has no smell so very easy to take out with me and it is very convenient to take, no fuss, no mess. It has no gritty texture and tastes of what it's supposed to!

**"I can take  
it anywhere  
without being  
embarrassed  
about the  
smell."**

So, well done for this product  
it's revolutionary and has changed  
my life in so many ways, thank you!

**What advice would you give  
other adults with PKU that may  
be struggling with a PKU protein  
substitute, but are apprehensive  
about trying PKU sphere?**

To try it because they will be pleasantly  
surprised, it's so easy to use, it's hassle  
free and not time consuming.  
You will love taking it.

**"PKU sphere  
is better for me  
than any other  
protein substitute  
I've used  
before."**



## PKU sphere is simple to prepare



Pour 100ml (PKU sphere15)/120ml (PKU sphere20) of water or ProZero® into a sphere shaker.



Empty the contents of one PKU sphere15 or PKU sphere20 sachet into the shaker.



Secure lid, shake and it's ready to drink.

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## PKU sphere tips

- Take PKU sphere immediately after mixing to enjoy it at its best.
- The compartment at the base of the PKU sphere shaker holds the contents of one PKU sphere sachet, it's easier than ever to shake PKU sphere anywhere.
- PKU sphere in the shaker looks like other protein shakes you see all the time, no one will know you are taking a PKU product.
- **Try the following PKU sphere shakes and smoothie ideas or try creating your own using permitted ingredients.**

## PKU sphere shakes and smoothies



**Blend ingredients  
together until smooth...**



**PKU sphere  
tropical  
smoothie\***

**297 Calories (kcal)<sup>†</sup>**

- 1 sachet of  
PKU sphere  
Red Berry
- 1/2 Banana
- 120ml ProZero
- 20ml Orange  
and mango juice





## PKU sphere slush\*

153 Calories (kcal)<sup>†</sup>

- 1 sachet of PKU sphere Red Berry
- 45g Lemon or lime sorbet

## PKU sphere tutti frutti\*

298 Calories (kcal)<sup>†</sup>

- 1 sachet of PKU sphere Vanilla
- 50g Fresh strawberries
- 1/2 Banana
- 50ml ProZero
- 100ml Mango and orange juice



## PKU sphere berry blast\*

223 Calories (kcal)†

- 1 sachet of PKU sphere Red Berry or Vanilla
- 80g Frozen summer fruits mix
- 120ml ProZero





## PKU sphere summer smoothie\*

250 Calories (kcal)†

- 1 sachet of PKU sphere Red Berry
- 2 Peaches
- 120ml ProZero
- 30g Frozen strawberries

# Shake ingredients together...

## PKU sphere fruity shake\*

199 Calories (kcal)†

- 1 sachet of PKU sphere Vanilla
- 200ml Orange and mango juice





## PKU sphere 'milkshake'

**198 Calories (kcal)†**

- 1 sachet of PKU sphere Vanilla or Red Berry
- 120ml ProZero

## Stir ingredients together...

## PKU sphere winter coffee\*

**155 Calories (kcal)†**

- 1 sachet of PKU sphere Vanilla
- 1 tsp Instant coffee
- 200ml Boiled water, left to cool for 2 minutes
- 50ml ProZero



## PKU sphere forest fruits shake\*

221 Calories (kcal)\*

- 1 sachet of PKU sphere  
Red Berry
- 200ml Forest fruits juice



## PKU sphere and more

PKU sphere is interchangeable with Vitaflo's other PKU protein substitutes and can be introduced gradually as recommended by your dietitian.



### 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

15g PE 20g PE



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Innovation in Nutrition

**A Nestlé Health Science Company**

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\*Refer to ingredient labels for allergens, protein content and other information. †Calories are based on using a PKU sphere15 sachet. If using PKU sphere15 sachet, deduct 29 calories from value in the table to get total calorie content of shake/smoothie using PKU sphere15.

PKU sphere and Prozero are Foods for special medical purposes. For the dietary management of Phenylketonuria. Use under medical supervision. Not for use as a sole source of nutrition. Information correct at time of print. Further information including allergens can be found on the product label.