



Life's better  
when you  
lighten up.



Enhancing Lives Together

# Vitaflo's lower calorie, low sugar, ready-to-drink protein substitute for PKU.

**PKU air®** was specifically developed as a lower calorie, low sugar, ready-to-drink protein substitute for PKU, suitable from 3 years of age through to adulthood.



**ONLY  
100 kcals  
per serving\***

PKU air is a great option if you want to get fewer calories from your protein substitute.

**PKU air  
provides just  
300 calories  
per day\*\***

**PKU air  
provides less  
than 1g  
of sugar  
per day\*\***

Can help reduce your daily sugar intake from a protein substitute if taken instead of higher sugar options, which may also be beneficial from a dental health perspective.

**ONLY  
0.3g sugar  
per serving\***

**PKU  
air<sub>15</sub>**

**15g PE  
/ 130 ml**

**75  
kcals**

**0.3g  
sugar**

**PKU  
air<sub>20</sub>**

**20g PE  
/ 174 ml**

**100  
kcals**

**0.3g  
sugar**

\* From a 20g PE serving \*\* From a typical daily 60g PE intake



## Five unique flavours

The five flavours can be 'mixed and matched' throughout the day, or a favourite chosen:

-  Berry blast (Red)
-  Citrus twist (Green)
-  Caribbean crush (White)
-  Mango breeze (Yellow)
-  Coffee fusion (Gold)



## A popular choice

PKU air is popular with children (from 3 years of age onwards), teens and adults alike, who enjoy the variety of flavours.







### **Lifestyle-friendly format**

The non-medical looking pouch won't draw attention to your protein substitute in social situations and is easy to take to school, university, work or travelling.

### **A Product for Life**

Suitable from 3 years of age and into adulthood. Once you're established on PKU air you can stay on it for life and it's also suitable for use in pregnancy.



### Interchangeable

With your dietitians' agreement, PKU air can be taken alongside PKU cooler®, PKU express™ plus or PKU sphere™, offering flexibility and variety.

### Contains vitamins and DHA

PKU air makes a significant contribution towards meeting your daily nutrient requirements.





## Supporting Resources:



**Starter packs:** Try PKU air from the comfort of your own home. Each pack contains two pouches of each flavour.



**VitaFlo to You:** PKU air is available on our free home delivery service. Ask your dietitian to register you.



**Live Life Well (LLW):** Resources to support you with healthy PKU living, including great recipes ideas and hints and tips.



[Request a sample pack here](#)

**Social media:** Follow us for information on patient events, healthy PKU living, and great recipe ideas.

 [VitaFriendsPKU.UK](https://www.facebook.com/VitaFriendsPKU.UK)

 [@vitafriendspku](https://www.instagram.com/@vitafriendspku)

 VitaFriends [VitaFriendsPKU.co.uk](https://www.vitafriendspku.co.uk)



PKU Air is a Food for Special Medical Purposes to be used under medical supervision,  
for the dietary management of Phenylketonuria (PKU). Not suitable as a sole source of nutrition.  
Suitable from 3 years onwards. Information correct as of March 2024.



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