



ACBS GMS PBS

Description

Food for special medical purposes.

PKU air[®] is a ready-to-drink phenylalanine free* protein substitute, containing essential and non-essential amino acids, carbohydrate, vitamins, minerals, trace elements and docosahexaenoic acid (DHA). With sugar and sweeteners. Available in a choice of flavours.

Indications

PKU air is for the dietary management of Phenylketonuria (PKU) from 3 years onwards.

Dosage and Administration

To be determined by the clinician or dietitian, and is dependent on the age, body weight and medical condition of the patient.

PKU air15 (130ml) = 15g PE PKU air20 (174ml) = 20g PE

The product can be used individually or interchanged to meet individual protein requirements.

1. The daily protein substitute requirement is given as PKU air.
2. Additional protein is provided from exchanges of natural protein, to provide phenylalanine in controlled amounts, which is essential for growth and development.
3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy.

Preparation Guidelines



1 Shake well



2 Open



3 Drink

Water or permitted drinks should be taken after PKU air.

IMPORTANT NOTICE

Must only be given to patients with proven PKU under strict medical supervision.

Suitable from 3 years onwards.

Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply phenylalanine, fluid and general nutritional requirements.

Not for use as a sole source of nutrition.

For enteral use only.

Nutritional Information

| | | Per 100ml | Per PKU air15 130ml | Per PKU air20 174ml |
|--|------------|--------------|---------------------------|---------------------------|
| Energy | kJ | 243 | 316 | 423 |
| | kcal | 57 | 75 | 100 |
| Fat | g | 0.60 | 0.80 | 1.0 |
| of which saturates | g | 0.20 | 0.30 | 0.30 |
| DHA | mg | 77 | 100 | 134 |
| Carbohydrate | g | 1.5 | 2.0 | 2.6 |
| of which sugars | g | 0.20 | 0.30 | 0.30 |
| Protein equivalent | g | 11.5 | 15 | 20 |
| L-Phenylalanine* | g | - | - | - |
| Salt | g | 0.15 | 0.20 | 0.26 |
| Vitamins, minerals and trace elements | | | | |
| Vitamin A (RE) | µg | 150 | 195 | 261 |
| Vitamin E (αTE) | mg | 3.0 | 3.9 | 5.2 |
| Vitamin D | µg | 5.8 | 7.5 | 10 |
| Vitamin K | µg | 14 | 18 | 24 |
| Vitamin C | mg | 21 | 27 | 37 |
| Thiamin | mg | 0.40 | 0.52 | 0.70 |
| Riboflavin | mg | 0.44 | 0.57 | 0.77 |
| Vitamin B6 | mg | 0.50 | 0.65 | 0.87 |
| Niacin | mg (mg NE) | 2.0 (6.8) | 2.6 (9) | 3.5 (12) |
| Folic acid | µg | 58 | 75 | 101 |
| Vitamin B12 | µg | 0.92 | 1.2 | 1.6 |
| Pantothenic Acid | mg | 1.1 | 1.4 | 1.9 |
| Biotin | µg | 7.5 | 10 | 13 |
| | mg | 0.24 | 0.32 | 0.41 |
| Sodium | mg | 60 | 78 | 104 |
| | mmol | 2.6 | 3.4 | 4.5 |
| Chloride | mg | 80 | 104 | 139 |
| | mmol | 2.2 | 2.9 | 3.9 |
| Potassium | mg | 140 | 182 | 244 |
| | mmol | 3.5 | 4.6 | 6.1 |
| Calcium | mg | 230 | 299 | 400 |
| | mmol | 5.8 | 7.5 | 10 |
| Phosphorus | mg | 210 | 273 | 365 |
| | mmol | 6.7 | 8.7 | 12 |
| Magnesium | mg | 63 | 82 | 110 |
| | mmol | 2.6 | 3.4 | 4.5 |
| Iron | mg | 4.2 | 5.5 | 7.3 |
| Zinc | mg | 3.2 | 4.2 | 5.6 |
| Copper | mg | 0.42 | 0.55 | 0.73 |
| Iodine | µg | 49 | 64 | 85 |
| Selenium | µg | 15 | 20 | 26 |
| Manganese | mg | 0.29 | 0.38 | 0.50 |
| Chromium | µg | 8 | 10 | 14 |
| Molybdenum | µg | 13 | 17 | 23 |

Nutritional Information

| | | Per 100ml | Per PKU air15 130ml | Per PKU air20 174ml |
|--------------------|----|--------------|---------------------------|---------------------------|
| Others | | | | |
| Choline | mg | 115 | 150 | 200 |
| Amino Acids | | | | |
| L-Alanine | g | 0.53 | 0.69 | 0.92 |
| L-Arginine | g | 0.86 | 1.12 | 1.50 |
| L-Aspartic Acid | g | 1.36 | 1.77 | 2.37 |
| L-Cystine | g | 0.35 | 0.46 | 0.61 |
| L-Glutamine | g | 0 | 0 | 0 |
| Glycine | g | 1.35 | 1.76 | 2.35 |
| L-Histidine | g | 0.53 | 0.69 | 0.92 |
| L-Isoleucine | g | 0.93 | 1.21 | 1.62 |
| L-Leucine | g | 1.46 | 1.90 | 2.54 |
| L-Lysine | g | 0.96 | 1.25 | 1.67 |
| L-Methionine | g | 0.26 | 0.34 | 0.45 |
| L-Proline | g | 0.97 | 1.26 | 1.69 |
| L-Serine | g | 0.60 | 0.78 | 1.04 |
| L-Threonine | g | 0.93 | 1.21 | 1.62 |
| L-Tryptophan | g | 0.29 | 0.38 | 0.50 |
| L-Tyrosine | g | 1.37 | 1.78 | 2.38 |
| L-Valine | g | 1.07 | 1.39 | 1.86 |
| L-Carnitine | mg | 13 | 17 | 23 |
| Taurine | mg | 25 | 33 | 44 |

Osmolality: 1400 mOsm/Kg

*No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<3mg/100ml)

Allergen Declaration

Contains soya (soya lecithin)

Contains fish (tuna oil)

Pack Size/Weight

air₁₅

30 x 130ml e pouches = 3.9L

air₂₀

30 x 174ml e pouches = 5.22L

Flavours:

Yellow (mango breeze),

Gold (coffee fusion), Contains <20mg of caffeine per pouch

White (caribbean crush),

Green (citrus twist),

Red (berry blast)

Storage

Store in a cool, dry place.

Once opened drink immediately or recap,
refrigerate and use within 24 hours.



Vitaflo™

Enhancing Lives Together

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