

The PKU GMPPro Range are Foods for Special Medical Purposes for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision. Suitable from 3 years of age. Accurate at time of publication September 2019.

This information is intended for Healthcare Professionals only.

RESTRICT MY PROTEIN

NOT MY TASTE NOT MY TIME



LIFE TASTES BETTER WITH

NUTRICIA
PKU **GMPPro**



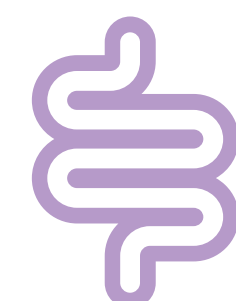
SETTLE FOR SUB-OPTIMAL? NOT ME

COMPLIANCE IS SUB-OPTIMAL IN MANY PKU PATIENTS¹

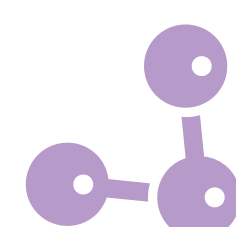
When something doesn't taste good, you're less likely to consume it again.



The central management regimen for PKU patients revolves around taking protein substitutes several times a day.²



Yet, the taste and flavours of many protein substitutes is sub-optimal and PKU patients commonly report symptoms of poor digestive health after their consumption.³



As a consequence of the sub-optimal taste of PKU protein substitutes, compliance to them is commonly sub-optimal too.^{1,4}



“The consumption of a food or drink is linked to sensory experience. Those experiences that are deemed pleasurable are most likely to be pursued, and those with negative associations avoided”.

- Ozcagli et al, 2013⁵

WE WANT BETTER OPTIONS

PKU PATIENTS DESERVE BETTER TASTING PRODUCTS

For PKU patients, consuming protein substitutes makes up a large part of their management regimen and daily routine.

Studies with oral nutritional supplements have shown that taste and oral sensation are important considerations for improving compliance.⁵



PKU PATIENTS DESERVE BETTER.



More satisfying products that are even better tasting. Products designed not only with nutritional benefits in mind, but **developed specifically for their good taste and oral sensation, to facilitate better compliance.**

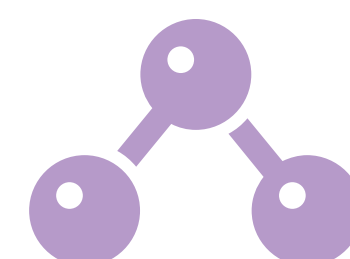
MADE FOR ME & MY PKU

PKU GMP_{Pro} DEVELOPED TO BE DELICIOUS

The PKU GMP_{Pro} Range was developed specifically for **good taste & oral sensation, to facilitate compliance.**



The **best tasting*** & **most preferred†** GMP-based protein substitutes in the UK, **which can aid in compliance⁵**



PKU GMP_{Pro} products help patients gain **essential nutrition** their diets may typically lack, including essential **marine-derived omega-3s & soluble fibre^{^^,6,7}**



Designed to tackle **frequently reported compliance barriers** (self-consciousness, taste, convenience)⁴



Patients can feel **more satisfied & fuller for longer**, compared to typical AA-based protein substitutes⁸

*compared to other vanilla or original (neutral, sweetened) flavoured GMP-based protein substitutes on the UK market (PKU patient event (n=40), Data on file 2019)⁹

†compared to Cambrookes RTD Glytactin in a blind taste-test against, the only other liquid-based formula available within the UK (PKU patient event (n=19), Data on file 2019)¹⁰

^^soluble fibre is only found in PKU GMP_{Pro} powder



TASTES GREAT? THAT'S NEW

PKU GMP_{ro} TASTES GREAT, WHICH CAN AID IN COMPLIANCE

PKU GMP_{ro} is a new GMP-based protein range, derived from a natural, whole protein source. PKU GMP_{ro} tastes better* & is preferred over† current GMP-based PKU protein substitutes in the UK market.

Glycomacropeptide (GMP)-based protein substitutes are known for their mild taste and palatability,^{11,12} a key factor in patient compliance.^{1,5} PKU GMP_{ro} products have a mild, vanilla flavour, with a smooth, creamy texture for easy drinking.¹³

”

“No after-taste or repeating, no smelly breath, it's amazing!”

- PKU GMP_{ro} Case Study¹⁴



PKU GMP_{ro}; provide your patients with a protein substitute they can look forward to taking.

*compared to other vanilla or original (neutral, sweetened) flavoured GMP-based protein substitutes on the UK market (PKU patient event (n=40), Data on file 2019)⁹

†compared to Cambrookes RTD Glytactin in a blind taste-test, the only other liquid-based formula available within the UK (PKU patient event n=19, data on file, 2019).¹⁰



**INTRODUCING...
THE MOST PREFERRED
GMP-BASED LIQUID
PKU PROTEIN
SUBSTITUTE
IN THE UK^{10*}**

PKU GMPPro LQ: A NEW PKU PROTEIN SUBSTITUTE THAT IS READY-TO-DRINK, AT HOME OR ON-THE-GO

Taking protein substitutes several times a day needn't be a chore for PKU patients.

Tasty, nutritious *and* easy?

- Single-serving drinks to take anywhere
- No kitchen? No problem - just rip, tip and drink
- Busy day? Drink-and-go formula puts convenience first

Big on taste, focused on PKU nutrition

- Vitamin and mineral formulation to support busy lifestyles
- Supplemented with **essential dietary DHA and EPA** - marine-derived omega-3s often lacking in a typical PKU diet⁶

90% of PKU patients **preferred PKU GMPPro LQ** in a head-to-head test against the only other liquid GMP-based competitor in the UK*

*based on 19 participants in a blind taste-test against Cambrookes RTD Glytactin, the only other liquid-based formula available within the UK (PKU patient event, data on file 2019).¹⁰

PKU GMP_{ro} LQ: GREAT TASTE, READY FOR EVERY SITUATION

PKU GMP_{ro} HELPS PKU PATIENTS TACKLE THEIR COMPLIANCE BURDEN

Tastes great

- PKU GMP_{ro} LQ is the most preferred liquid GMP-based protein substitute,¹⁰ which can aid in compliance⁴

Convenient

- Drink-and-go formulas are proven to remove compliance barriers in PKU patients⁴

Liquid PKU protein substitutes are proven to:*

- Reduce self-consciousness⁴
- Offer sustained and efficacious improvements in compliance^{4,11}



PKU GMP_{ro} LQ also contains **essential omega-3 fatty acids DHA and EPA**, often lacking in typical PKU diets⁶

NEW – READY TO DRINK LIQUID

RIP IT. TIP IT. DRINK IT.

*Versus. powder-based alternatives

PATIENTS PREFER PKU GMPPro

THE PKU GMPPro RANGE WAS DESIGNED FOR PKU PATIENTS, WITH PKU PATIENTS

Designed to have a great taste and texture, PKU GMPPro can make compliance easier and more enjoyable.^{4,5}

PKU GMPPro; the best tasting GMP-based protein substitute*

40 PKU patients compared the taste of PKU GMPPro against other vanilla or original (neutral, sweetened) flavoured GMP-based protein substitutes and rated PKU GMPPro the best tasting.⁹

PKU GMPPro LQ; the patient preferred GMP-based liquid protein substitute†

19 PKU patients compared the taste of PKU GMPPro LQ against other vanilla or original (neutral, sweetened) flavoured GMP-based liquid protein substitutes and rated PKU GMPPro LQ the most preferred.¹⁰

*compared to other vanilla or original (neutral, sweetened) flavoured GMP-based protein substitutes on the UK market (PKU patient event n=40, data on file, 2019).⁹

†compared to Cambrookes RTD Glytactin in a blind taste-test, the only other liquid-based formula available within the UK (PKU patient event n=19, data on file, 2019).¹⁰



MY DIET FITS MY LIFESTYLE



PKU GMP_{ro} IS CONVENIENT

Taking time to make a protein substitute powder drink several times daily, every day, is a commitment.

- Drink-and-go formula of **PKU GMP_{ro} LQ** means that patient compliance is not restricted by their availability for powder prep
- **PKU GMP_{ro} LQ** is easy to take in any situation, helping patients when **convenience is the key to compliance**¹
- **PKU GMP_{ro} Powder** is discreet and accommodates different tastes and preferences, **for added variety & discretion**
- Patients can **mix and match PKU GMP_{ro} products** to fit their lifestyle

Liquid PKU protein substitutes are **proven to improve compliance & reduce self-consciousness** in PKU teens and adults,^{*4} helping patients at every stage of their PKU journey

^{*}Versus. powder-based alternatives

I FEEL FULLER FOR LONGER



PKU GMP_{ro} IS SATISFYING

PKU patients want more from their protein substitutes – more natural, satisfying, and tasty.

Patients with PKU often anecdotally report feeling hungry. GMP-based protein substitutes like PKU GMP_{ro} may help patients feel fuller for longer^{11,15} compared to traditional amino acid-based protein substitutes.

As well as a GMP base, PKU GMP_{ro} has a higher energy content to help patients feel even more satisfied and less hungry between meals.

PKU patients feel significantly more full and tended to feel less hungry, while taking PKU GMP_{ro} as a full or part replacement for their usual amino-acid based protein substitutes.⁸

”

“She reported reduced feelings of hunger, which she said resulted in less sugar cravings and snacking”.

- PKU GMP_{ro} Case Study⁹

PACKED WITH NUTRITION I NEED



BIG ON TASTE, FOCUSED ON PKU NUTRITION

Typical PKU diets can often lack certain essential nutrients like omega-3 fatty acids and soluble fibre.^{6,7}

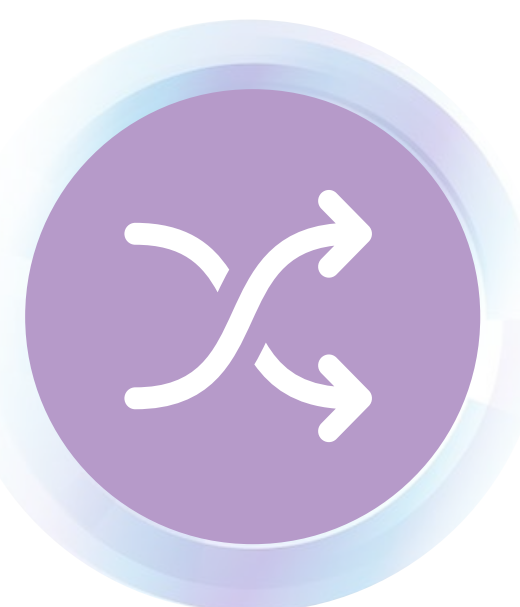
To combat this, all PKU GMPPro products provide a source of **Docosahexaenoic Acid (DHA)** - fundamental for the formation and function of the nervous system, particularly the brain and retina.¹⁶



PKU GMPPro LQ contains additional essential provides a **Eicosapentaenoic acid (EPA)** another omega-3 fatty acid, to help PKU patients achieve their daily nutritional needs⁶



We've supplemented PKU GMPPro powder **with soluble fibre**, to help support digestive health⁷



Patients can **mix and match PKU GMPPro products** to give variety, prevent taste fatigue, and help support compliance

MADE FOR ME & MY PKU



PKU GMP_{ro} HAS A LOT TO OFFER PATIENTS OF EVERY DIET AND LIFESTYLE

A second-to-none portfolio of supporting materials and services is offered alongside PKU GMP_{ro}, to help your patients along their PKU journey.



Homeward

Your home delivery service.



Low Pro Mobile app

Track your diet and more from your phone.



Loprofin foods

A range of low protein foods to suit your needs.



lowproteinconnect.com

Online resource for all things PKU.

MIX & MATCH MEANS MORE VARIETY

Your patients can mix and match PKU GMP_{ro} with other protein substitutes in the Nutricia Metabolics range, to give variety, prevent taste fatigue, and help support compliance further.

All products mentioned here are Foods for Special Medical Purposes for the dietary management of proven phenylketonuria (PKU) and must be used under medical supervision

PKU GMP_{ro} CAN BE USED WITH OTHER NUTRICIA METABOLICS PROTEIN SUBSTITUTES



LOPHLEX LQ



Juicy Berries, Juicy Orange,
Juicy Tropical, Juicy Citrus

Available in 10g PE and 20g PE pouches

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PKU GMP_{ro} CAN BE USED WITH OTHER NUTRICIA METABOLICS PROTEIN SUBSTITUTES



LOPHLEX POWDER



Unflavoured, Orange, Berry
Available in 20g PE sachets

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PKU GMP_{ro} CAN BE USED WITH OTHER NUTRICIA METABOLICS PROTEIN SUBSTITUTES



PHLEXY-10 TABLETS

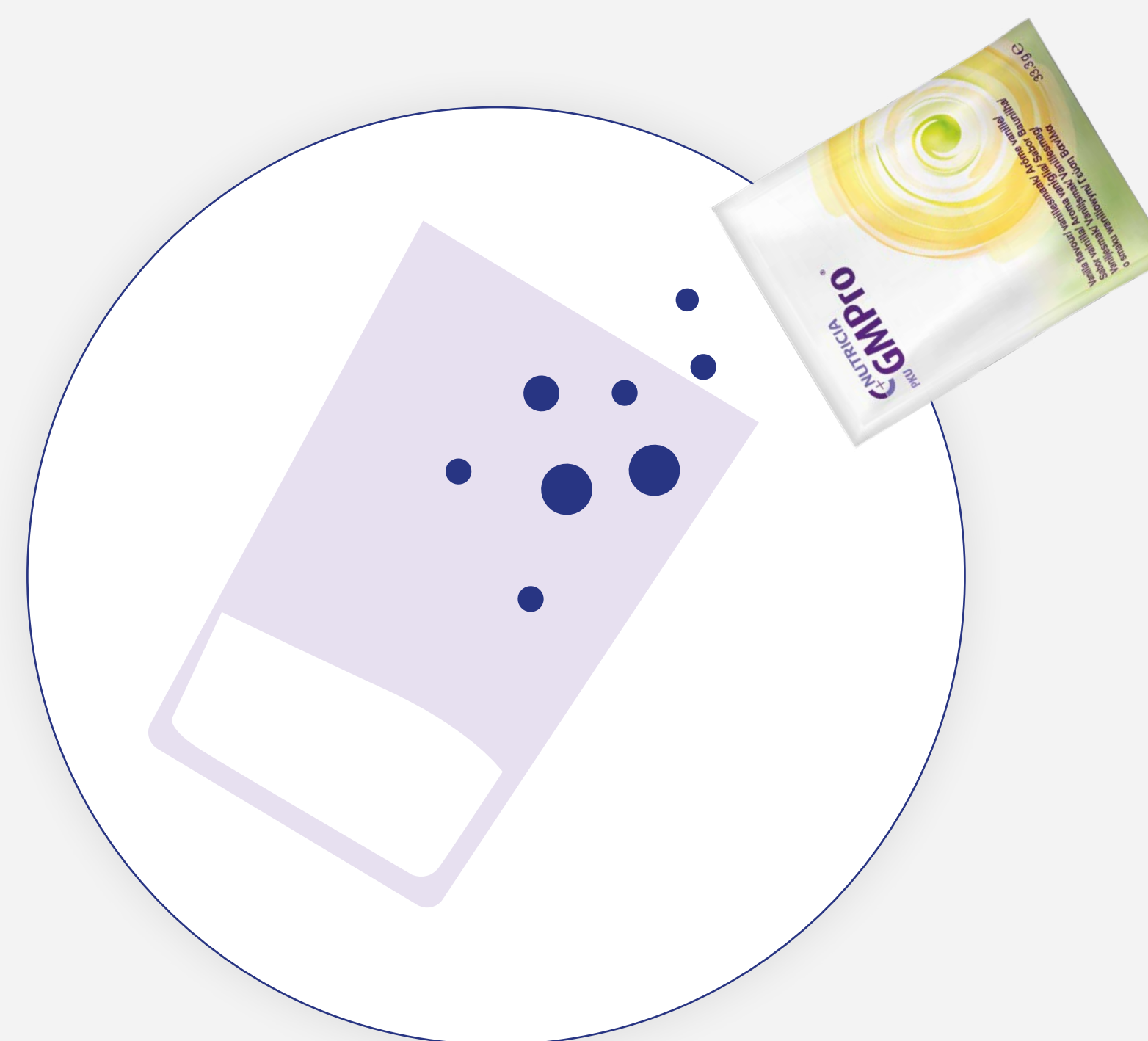


12 tablets provides 10g PE
(1 tub contains 75 tablets ~ 60g PE)

PREPARING PKU GMP_{ro} IS SIMPLE TRY IT FOR YOURSELF



MAKE IT SHAKE IT TAKE IT



Add approx. 80ml of water into a shaker.

Pour in a PKU GMP_{ro} sachet.

(your patient can make it to their preferred volume)

Try a sample pack for yourself

A PKU GMP_{ro} sample pack includes:

1 x Shaker | 8 x 33.3g sachets | Information leaflet

Product can be provided to patients upon the request of a HCP.
They are intended for the purpose of professional evaluation only.



PIP CODE: 1227545

PREPARING PKU GMP_{ro} IS SIMPLE TRY IT FOR YOURSELF



MAKE IT **SHAKE IT** TAKE IT



Shake it well, until the powder has dissolved completely

You can add two sachets at once to approx.
160ml water, to make a 20g PE version.

Try a sample pack for yourself

A PKU GMP_{ro} sample pack includes:
1 x Shaker | 8 x 33.3g sachets | Information leaflet

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PIP CODE: 1227545

PREPARING PKU GMP_{ro} IS SIMPLE TRY IT FOR YOURSELF



MAKE IT SHAKE IT TAKE IT



Drink immediately

Making it in a shaker means it looks and smells like any other non-PKU protein shake.

Try a sample pack for yourself

A PKU GMP_{ro} sample pack includes:
1 x Shaker | 8 x 33.3g sachets | Information leaflet

Product can be provided to patients upon the request of a HCP.
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PIP CODE: 1227545

PKU GMP_{ro} LQ IS CONVENIENT TRY IT FOR YOURSELF



RIP IT. TIP IT. DRINK IT.

Drink-and-go formula puts patient convenience first.

Try Nutricia's latest PKU GMP-based liquid protein substitute for yourself



Product can be provided to patients upon the request of a HCP. They are intended for the purpose of professional evaluation only.

PIP CODE: 4133773

THE BEST TASTING* & MOST PREFERRED† PKU GMP-BASED PROTEIN SUBSTITUTES

Mix and match PKU GMPPro products to get taste, nutrition, flexibility and convenience

*PKU GMPPro powder; compared to other vanilla or original (neutral, sweetened) flavoured GMP-based protein substitutes on the UK market (PKU patient event; n=40. Data on file, 2019)⁹

†PKU GMPPro Liquid; compared to the only other ready to drink PKU GMP-based liquid available on the UK market (PKU patient event; n=19. Data on file, 2019)¹⁰

**Versus. powder-based alternatives



PKU GMP_{ro} (POWDER)

- Discreet - made up in a standard shaker
- Made up to any volume, to suit every taste
- A source of DHA (an omega-3 fatty acid) & soluble fibre, nutrients often lacking in PKU diets^{6,7}
- Small sachet size – easy to pack & take away

PKU GMP_{ro} LQ

- Drink-and-go formulas are discreet,** avoiding unwanted attention if your patients are self-conscious⁴
- A source of EPA & DHA (essential omega-3 fatty acids), important fats typically lacking in the PKU diet⁶
- Easy on the go, ready for any situation
- Single-serving carton – easy to drink

PKU GMPPro CAN SUPPORT PEOPLE AT ALL STAGES OF THEIR JOURNEY.



SEE HOW IT CAN SUPPORT YOUR PATIENTS.

[MORE INFO](#)

PKU GMP_{Pro} OFFERS SUPPORTING SERVICES TO IMPROVE EVERY PATIENT LIFESTYLE

In PKU, dietary compliance is complex. Your patients are individual, and they will all approach their diets differently.

We know that being on diet is better, but not all patients can manage it, all the time.

Factors influencing compliance include the nature, nurture, lifestyle and attitudes of a patient, as well as the inconvenience of dietary management.

Compliance is also highly dynamic, with patients changing between states of **compliance**, **partial compliance**, and **non-compliance**.

PKU GMP_{Pro} can support PKU patients at all stages of their journey.

Patient profiles are for illustrative purposes only



TOM IS TOTALLY COMMITTED

COMPLIANT

“I stick to my diet religiously because it makes me feel better and it’s a habit. I’m focused on looking after my health and keeping active.”

[MORE INFO](#)

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SOPHIE IS COMMITTED BUT STRUGGLING

PARTIALLY COMPLIANT

“I really want to get my diet sorted, but sometimes it’s hard. I forget to take my protein substitute with me when I’m in a rush, and it’s easy to put off drinking them.”

[MORE INFO](#)

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PKU GMP_{Pro} can support PKU patients at all stages of their journey.

Patient profiles are for illustrative purposes only



SAM THINKS IT'S IMPOSSIBLE

NOT-COMPLIANT

“I just want to enjoy life, not worry about taking protein substitutes all the time. I don't like thinking about what I can and can't eat when I'm out with family and friends.”

[MORE INFO](#)

LQ POWDER

KEY NUTRITIONAL INFORMATION



Average contents		per 100g	per serving
Energy	kcal	45	112
	kJ	188	470
Protein Equivalent:	g	4	10
L-phenylalanine	mg	7.2	18
Carbohydrate:	g	3.4	8.5
Sugars	g	3	7.5
Fat:	g	1.6	4
Saturates	g	0.16	0.4
Monosaturates	g	0.95	2.38
Polyunsaturates	g	0.49	1.23
Docosahexaenoic acid	mg	24	60
Elcosapentaenoic acid	mg	6	15
Dietry Fibre	g	0.37	0.93
Minerals			
Calcium	mg (mmol)	144 (3.6)	360 (9)
Iron	mg	1.4	3.5
Zinc	mg	0.96	2.4
Selenium	µg	5.5	13.8
Vitamins:			
Vitamin A	mg	80	200
Vitamin D ₃	µg	2.5	6.3
Vitamin E	mg (α-TE)	1.3	3.3
Vitamin K ₁	µg	7	17.5
Thiamin	mg	0.16	0.4
Riboflavin	mg	0.16	0.4
Niacin	mg (mg NE)	1.4 (3)	1.4 (3)
Pantothenic acid	mg	0.52	1.3
Vitamin B ₆	mg	0.14	0.35
Folic acid	µg	20	50
Vitamin B ₁₂	µg	0.28	0.7
Biotin	mg	3.1	7.8
Vitamin C	mg	6.2	15.5



LQ **POWDER**

KEY NUTRITIONAL INFORMATION



Average contents		per 100g	per serving
Energy	kcal	384	128
Protein Equivalent:	g	30	10
L-phenylalanine	mg	54	18
Carbohydrate:	g	37.5	12.5
Sugars	g	26	8.7
Fat:	g	11.7	3.9
Saturates	g	2.8	0.93
Monosaturates	g	6.4	2.1
Polyunsaturates	g	2.5	0.83
Docosahexaeonic acid	mg	155	51.6
Dietry Fibre	g	4.5	1.5
Minerals			
Calcium	mg (mmol)	1155 (28.8)	385 (9.6)
Iron	mg	14.5	4.8
Zinc	mg	11.2	3.7
Selenium	µg	52.8	17.6
Vitamins:			
Vitamin D ₃	µg	22.5	7.5
Vitamin E	mg (α-TE)	15.3	5.1
Vitamin K ₁	µg	72	24
Thiamin	mg	1.8	0.6
Riboflavin	mg	1.8	0.6
Niacin	mg (mg NE)	15.0 (26.9)	5.0 (9.0)
Pantothenic acid	mg	4.8	1.6
Vitamin B ₆	mg	1.7	0.57
Folic acid	µg	360	120
Vitamin B ₁₂	µg	3.6	1.2
Vitamin C	mg	72	24



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TOM IS COMMITTED TO HIS PKU DIET

Tom finds sticking to his PKU diet relatively easy. He's interested in health trends, like maintaining good digestive health, and consuming nutritional products that contain more natural ingredients. He's motivated to stay healthy, get on with life, and not let his PKU get in his way.



PKU GMP_{ro} OFFERS SUPPORTING SERVICES TO IMPROVE EVERY PATIENT LIFESTYLE

Healthy lifestyle

PKU GMP_{ro} offers **a more natural source of protein** than standard AA-based protein substitutes.

- PKU GMP_{ro} LQ is the **only GMP-based PKU liquid formulation supplemented with essential dietary DHA & EPA** - omega-3 fatty acids often lacking in typical PKU diets⁶
- PKU GMP_{ro} Powder is the **only powdered GMP-based PKU protein substitute which contain both DHA & soluble fibre**, which can improve digestive health in PKU patients.⁷

Fuller for longer

PKU GMP_{ro} can help patients feel **fuller for longer**^{5,10} compared to AA-based substitutes, helping patients to snack less and maintain healthy eating habits.

Online support

PKU GMP_{ro} users can find new recipes and tips to stay healthy with our recipe books and community website **www.lowproteinconnect.com**

Tom can mix and match PKU GMP_{ro} products to take the health benefits that suits his needs best.

SOPHIE IS COMMITTED BUT STRUGGLING

Sophie understands the importance of her PKU diet, but struggles with full compliance, finding it a bit of a chore. Her diet is not quite ingrained, meaning she must set reminders and plan ahead of time. Sophie wants to achieve full compliance, she's doing it to feel good and stay healthy, she just wants it to be easier.



PKU GMP_{ro} OFFERS SUPPORTING SERVICES TO IMPROVE EVERY PATIENT LIFESTYLE

Aids compliance

PKU GMP_{ro} **tastes good**, which can make it **easier** & **more enjoyable** for your patients that struggle to maintain **full compliance**, vs traditional AA substitutes.¹²

- PKU GMP_{ro} LQ is **quick** & **easy on the go**; liquid protein substitutes are proven to improve compliance vs powder alternatives⁴
- PKU GMP_{ro} Powder is **lightweight** & **versatile** – several sachets can be discreetly packed into a bag and made to any volume, to suit individual preferences

Online support

PKU GMP_{ro} users can also access a lot of support content online – they can find **easy recipes** in patient recipe booklets, ways to **track their diet** on the Low Pro mobile app and more info at www.lowproteinconnect.com

Patients can also benefit from Nutricia Metabolics' home delivery service, **Homeward**, reducing time and hassle collecting prescriptions

Patients, like Sophie, can mix and match PKU GMP_{ro} products to suit their lifestyle.

SAM THINKS ITS IMPOSSIBLE

Some PKU patients find maintaining compliance impossible. Life gets in the way, they relax their restrictions, and do it all a bit 'ad hoc'. They probably know they should be on diet, and may consider it if there was a way to make it easier or tastier.



PKU GMPPro OFFERS SUPPORTING SERVICES TO IMPROVE EVERY PATIENT LIFESTYLE

Aids compliance

PKU GMPPro **tastes good**⁹, which can aid **compliance**.⁵

- Liquid protein substitutes, like PKU GMPPro LQ, are **proven to reduce self-consciousness & further improve compliance** in PKU patients⁴
- PKU GMPPro Powder is easy to make up with a standard shaker, meaning it can be **more discreet for concerned patients**, like Sam. PKU GMPPro Powder is also **lightweight & easy to pack** for work or holidays

Home Delivery

Patients can benefit from Nutricia Metabolics' home delivery service, **Homeward**, reducing time and hassle collecting prescriptions.

Online support

PKU GMPPro users can also access a lot of support content online to **make life easier** – easy recipes in **patient recipe booklets**, ways to **track their diet** on the Low Pro mobile app, and more community info at www.lowproteinconnect.com

Sam can feel like compliance is possible with PKU GMPPro products.