

PKU Formula

What is PKU Formula?

PKU formula is a special blend of amino acids that provides protein without the amino acid phenylalanine (fen-el-al-a-neen) or PHE (fee). Often, formula also contains carbohydrate, fat, vitamins and minerals to help meet your nutritional needs. Some formulas contain a unique ingredient called glycomacropeptide (GMP). GMP-based products contain some PHE, so be sure to talk to your dietitian to see if this is right for you.

Why do I need PKU Formula?

Since PKU is generally managed with a diet low in whole protein, you need to get additional, PKU-appropriate protein from a different source. PKU formula is your main source of protein and is essential for your health and well-being. Taking your full prescription of formula every day will provide your body with the protein it needs.

Can I just follow a low protein diet?

No, you can't. A diet low enough in whole protein to prevent high PHE levels will not provide enough protein to stay healthy. A low protein diet without formula can cause your body to become protein deficient. You must have formula daily to get enough protein to prevent serious health problems.

PKU Formula is one of the most important parts of your diet.

There are different types of PKU formula

They range from...

- Shake-like formulas
- Low volume formulas
- GMP-based formulas
- and more...
- Ready-to-drink formulas

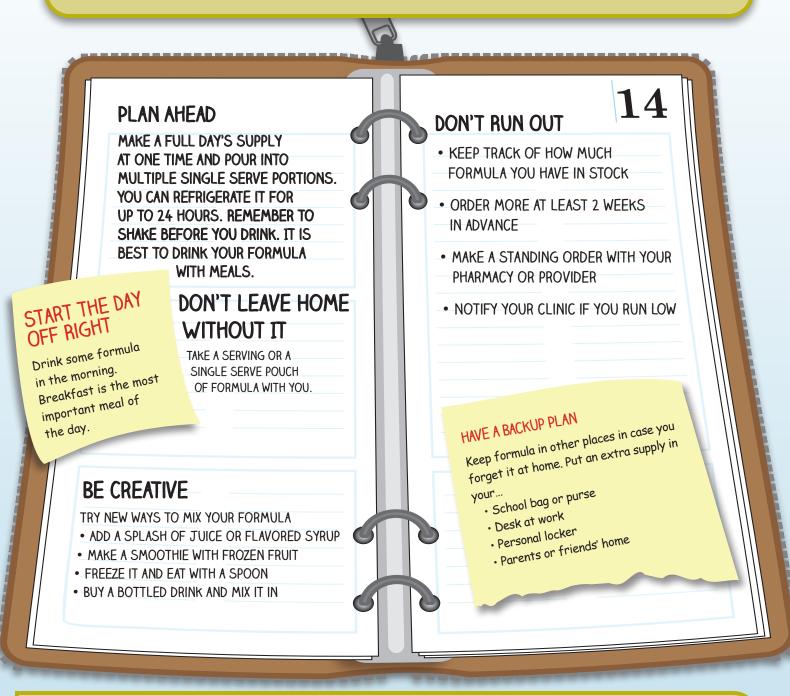
Your metabolic dietitian will help you determine which type of PKU formula is best for you.





Make Formula Part of Your Daily Routine.

It is important to drink formula throughout the day. Sticking to a routine will help you drink your full prescription of formula each day.



And most importantly...

Start Today! Once you set a routine, it will be easier to drink your formula throughout the day.

The information contained in this educational material is for information purposes only and is not intended to replace medical advice from a metabolic professional. Health-related decisions should be made in partnership with a qualified healthcare provider. This material is not intended to be a substitute for professional medical advice, diagnosis or treatment.

All featured products are medical foods for the dietary management of proven Phenylketonuria (PKU) and must be used under medical supervision.



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