

NUTRICIA  
*PhenylAde*® GMP  
**ULTRA**

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*Make it your way!*

Brought to you by Nutricia North America



# YOU'VE NEVER TASTED A PKU FORMULA LIKE THIS BEFORE!

PhenylAde® GMP ULTRA tastes great mixed with just about anything! Enjoy mixed with water, fruit-flavored drinks, coconut water, iced tea or any way you choose.

We created this booklet to help with fun mixing ideas to showcase the flexibility of ULTRA to make it your way! These easy-to-make recipes use everyday ingredients and a few creative ideas.

We understand the importance of PKU formula and want to help make drinking it easy and enjoyable. We hope you enjoy PhenylAde GMP ULTRA and these ideas to Make it Your Way!



Julia,  
Adult  
with PKU



Watch Video

## TIPS AND TRICKS FOR A GREAT MIX



### MIXING TIPS

For mixing formula in a shaker cup always add liquid to the shaker first, then add powder, ice, any other ingredient and shake. It is normal for the product to foam, simply wait for it to settle, give one final mix and enjoy.

### ADDING ICE

Ice chills mixed drinks and when making a smoothie, ice thickens your drink. For shaken drinks, once cold, you can get rid of the ice by pouring the drink from the shaker into a cup. Experiment a little and adjust your ice level for taste, texture, and your own personal style.

### KEEP IT SIMPLE

If a recipe calls for an ingredient you don't like or don't have, simply use a similar item and make it your way.

### READ YOUR LABELS

Be sure to read labels and account for any added protein and phenylalanine (PHE). It is always best to use flavored drinks or mixers that have little to no protein or PHE added.

### GO INCOGNITO

If mixing PKU formula with a store-bought beverage, once you shake it up, pour back into the original bottle for easy travel and drinking formula in public settings with ease.

20 g Protein Equivalent

102  
Calories

NUTRICIA  
PhenylAde<sup>®</sup> GMP  
**ULTRA**

LEMONADE  
Naturally Flavored

20 g Protein Equivalent

A powdered PKU medical food for the dietary management  
of proven Phenylketonuria (PKU) in individuals over 3 years of age.

Net Wt 1.2 oz (33.4 g)

NUTRICIA  
PhenylAde<sup>®</sup> GMP  
**ULTRA**

VANILLA  
Artificially Flavored

20 g Protein Equivalent

A powdered PKU medical food for the dietary management  
of proven Phenylketonuria (PKU) in individuals over 3 years of age.

Net Wt 1.2 oz (33.4 g)

106  
Calories

107  
Calories

NUTRICIA  
PhenylAde<sup>®</sup> GMP  
**ULTRA**

PLAIN  
Artificially Flavored

20 g Protein Equivalent

A powdered PKU medical food for the dietary management  
of proven Phenylketonuria (PKU) in individuals over 3 years of age.

Net Wt 1.2 oz (33.4 g)

## ULTRA EASY, ULTRA GOOD

20

### LOW VOLUME

One 20 g PE pouch mixes with just 6 fl.oz to aid in meeting daily protein intake in lower volume and fewer total servings.



### LOWER CALORIE

Fewer calories per gram of protein\* to help adults and teens with added diet flexibility and body weight management.



### SUPPORTS BONE HEALTH

Provides a complete blend of vitamins and minerals, with high levels of calcium and vitamin D per pouch to help support strong bones and teeth.



### MADE WITH GMP

GMP-based formulas are known for their mild taste and may aid in feeling full.

\*Phenylade GMP ULTRA contain over 50% fewer calories than PhenylAde Essential.

# ULTRA

## STRAWBERRY LEMONADE SLUSH



Turn your ULTRA lemonade into a sweet and refreshing drink. This easy smoothie blends up in seconds and is a great option for breakfast or brunch. Try it with frozen strawberries if fresh ones are not in season. (Reduce the ice if using frozen berries).

### NUTRITION INFORMATION:

**125  
KCAL**

Calories

**20 G**

Protein equivalent  
from formula

**0.3 G**

Protein from  
other foods

**45 MG**

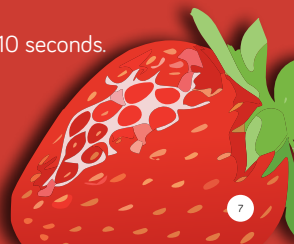
Phenylalanine

### INGREDIENTS:

- 1 pouch (33.4 g) PhenylAde® GMP ULTRA Lemonade
- ½ cup (72 g) frozen strawberries (about 6)
- 6 fl oz (180 mL) water
- Ice cubes
- Optional: Garnish with fresh mint

### DIRECTIONS:

Add all ingredients to a blender and mix for 10 seconds. Serve immediately.



# ULTRA

## 50/50



A lemonade and iced tea blend is an enjoyable drink you can sip all day long. ULTRA Lemonade is the perfect complement to your favorite iced tea brand — mix together and it is ready to go!

### NUTRITION INFORMATION:

102  
KCAL

Calories

20 G

Protein equivalent  
from formula

0 G

Protein from  
other foods

36 MG

Phenylalanine

### INGREDIENTS:

- 1 pouch (33.4 g) PhenylAde® GMP ULTRA Lemonade
- 6 fl oz. (180 mL) of iced tea, unsweetened
- Ice cubes

### DIRECTIONS:

Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product.*



# ULTRA

## CRANBERRY SPRITZ

Revitalize your day and your tastebuds with this bright, refreshing drink. Perfect for hot days, this mix combines **PhenylAde GMP ULTRA Lemonade** with your favorite cranberry cocktail blend.

### NUTRITION INFORMATION:

**210  
KCAL**

Calories

**20 G**

Protein equivalent  
from formula

**0.2 G**

Protein from  
other foods

**38 MG**

Phenylalanine

### INGREDIENTS:

- 1 pouch (33.4 g) PhenylAde® GMP ULTRA Lemonade
- 6 fl oz cranberry cocktail
- $\frac{3}{4}$  cup (180 mL) water
- Ice cubes

### DIRECTIONS:

In a shaker cup add 1 pouch of PhenylAde GMP ULTRA Lemonade to cranberry cocktail and shake. Enjoy immediately.

Be sure to read the nutrition facts table, as protein and calories may vary by product.

# ULTRA

## Vanilla Latte



If you love a good latte, this could just be your new favorite way to drink formula. Spice it up with cinnamon or pumpkin spice or just make it straight—you can't go wrong with an ULTRA Vanilla latte.

### NUTRITION INFORMATION:

**110  
KCAL**

Calories

**20 G**

Protein equivalent  
from formula

**0.2 G**

Protein from  
other foods

**40 MG**

Phenylalanine

### INGREDIENTS:

- 1 pouch (33.4 g) PhenylAde® GMP ULTRA Vanilla
- 6 fl oz. (180 mL) of chilled, black coffee
- Ice cubes

### DIRECTIONS:

Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product.*

# ULTRA

## Vanilla Colada



NUTRICIA  
**PhenylAde® GMP**  
**ULTRA**

**VANILLA**  
Artificially Flavored

20 g Protein Equivalent

A powdered PKU medical food for the dietary management of proven Phenylketonuria (PKU) in individuals over 3 years of age.

Net Wt 1.2 oz (33.4 g)

This is it—the drink that brings tropical flavors and creamy deliciousness together. Have it for breakfast and have another for dessert. Swap out the citrus or syrup type when you need a change, and you too can create your own signature ULTRA colada.

### NUTRITION INFORMATION:

**330**  
**KCAL**

Calories

**20 G**

Protein equivalent  
from formula

**0.9 G**

Protein from  
other foods

**68 MG**

Phenylalanine

### INGREDIENTS:

- 1 pouch (33.4 g) PhenylAde® GMP ULTRA Vanilla
- 1 ½ tsp (7.5 mL) lime juice
- 1 Tbsp (15 mL) maple syrup
- 6 fl oz (180 mL) pineapple juice
- 1 Tbsp (15 mL) coconut cream
- Ice cubes

### DIRECTIONS:

Shake the coconut cream well before opening the container. Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product.*





# ULTRA

## Matcha Match



Make your ULTRA anything but Plain with this delicious recipe. Shake up a glass of ULTRA Matcha to have as breakfast or as an afternoon refresher. Experiment with the amount of matcha powder and honey until you find your own perfect matcha mix.

### NUTRITION INFORMATION:

**110  
KCAL**

Calories

**20 G**

Protein equivalent  
from formula

**<0.1 G**

Protein from  
other foods

**38 MG**

Phenylalanine

### INGREDIENTS:

- 1 pouch (33.4 g) PhenylAde® GMP ULTRA Plain
- ½ tsp (1 g) of matcha powder, unsweetened
- 6 fl oz (180 mL) cold water
- Ice cubes (optional)

### DIRECTIONS:

Whisk together one pouch of PhenylAde GMP ULTRA Plain (or Vanilla) with 6 fl oz of iced matcha.

*Be sure to read the nutrition facts table, as protein and calories may vary by product.*



# ULTRA

## *Orange Dream*



If you love all things orange, turn a plain orange drink into a flavorful serving of PKU formula.

### NUTRITION INFORMATION:

**175  
KCAL**

Calories

**20 G**

Protein equivalent  
from formula

**<0.1 G**

Protein from  
other foods

**36 MG**

Phenylalanine

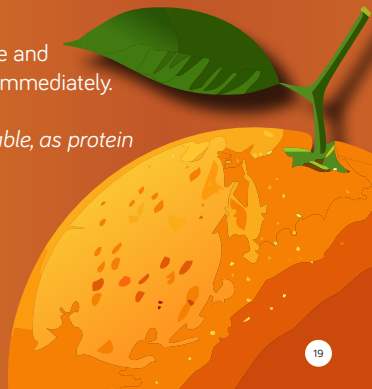
### INGREDIENTS:

- 1 pouch (33.4 g) PhenylAde® GMP ULTRA Plain
- 6 fl oz (180 mL) orange flavored drink
- Ice cubes

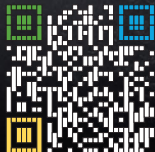
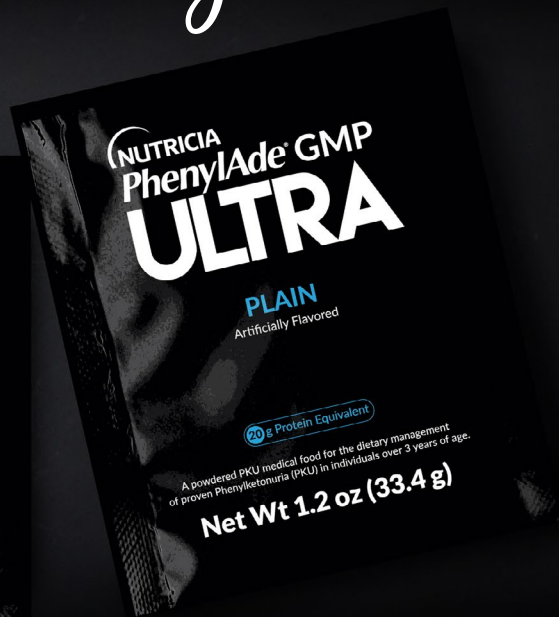
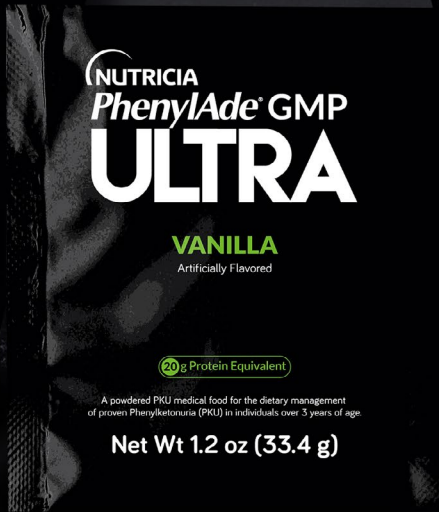
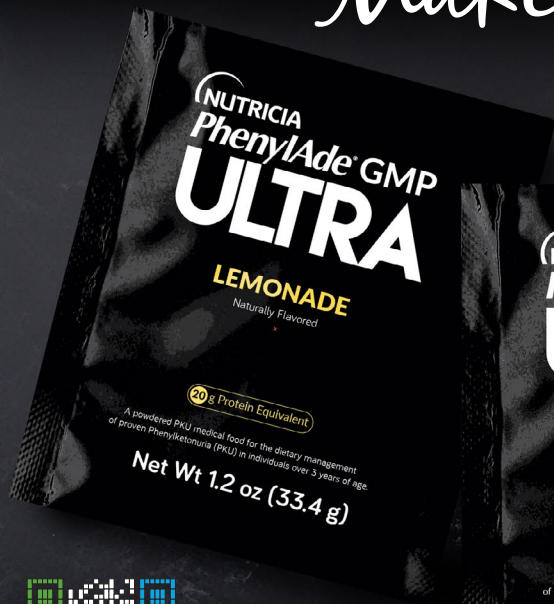
### DIRECTIONS:

Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product.*



# Make it your way!



REQUEST A  
SAMPLE PACK  
TODAY!

# A FULL RANGE OF GMP-BASED PKU FORMULAS TO MEET YOUR TASTE AND NUTRITION NEEDS



PRODUCT CATEGORY	SHAKE	READY-TO-DRINK	LESS-TO-DRINK	FLEXIBILITY
Protein Equivalent (PE) per 100 g of powder	30 g PE	10 g (PE) per container	60 g PE	80 g PE
PE per pouch / serving	10	10	20	10
Calories per 10 g PE	132	110	49 or 54	42
Customizable Flavor	YES	NO	YES	YES
Contains Vitamins and Minerals	YES	YES	YES	NO
Recommended Waterper pouch	5 fl oz (150 mL)	N/A	6 fl oz (180 mL)	6-8 fl oz (180-240 mL)
Flavors	Vanilla or Plain	Plain	Plain, Lemonade or Vanilla	Unflavored

**PHENYLADE® GMP- A DIFFERENCE YOU CAN TASTE**

# ULTRA EASY, ULTRA GOOD



[NutriciaMetabolics.com/ULTRA](https://NutriciaMetabolics.com/ULTRA)

# NUTRICIA

Brought to you by Nutricia North America

PhenylAde® GMP ULTRA is a medical food for the dietary management of Phenylketonuria (PKU) and must be used under medical supervision. Suitable for individuals over 3 years of age.

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