



SHAKE-UP

Your Day with PhenylAde[®] GMP Drink Mix

PhenylAde[®] GMP Drink Mix is a medical food for the dietary management of Phenylketonuria (PKU) and must be used under medical supervision.



THE ULTIMATE PKU PROTEIN SHAKE

All images used in the booklet are for illustrative purposes only and may not represent finished recipe.

VERY BERRY SMOOTHIE

20 g PE

Start your day with a filling fruit smoothie.

PhenylAde® GMP Drink Mix	½ cup of powder (66.6 g)
Water	8 fl oz (240 mL)
Strawberries	½ cup (76 g)
Blueberries	¼ cup (37 g)
Banana	¼ medium (30 g)
Crushed Ice (or cubes)	½ cup (or 4-5 cubes)

Directions: Combine all ingredients in a blender. Process until smooth.

Tip: Use frozen berries or add ice for a thicker shake.

Calories **310** | PHE **75 mg** | Fiber **6.2 g**

PE = Protein Equivalent

For greater accuracy, use a gram scale.





PEACH SMOOTHIE

20 g PE

Enjoy a PKU protein shake with a peach perfect attitude and a honey sweet touch.

PhenylAde® GMP Drink Mix	½ cup of powder (66.6 g)
Water	8 fl oz (240 mL)
Peaches (Fresh or Frozen)	½ cup (122 g)
Honey	½ teaspoon (3.5 g)
Crushed Ice (or cubes)	½ cup (or 4-5 cubes)

Directions: Combine all ingredients in a blender. Process until smooth.

Calories **300** | PHE **58 mg** | Fiber **4.6 g**

PE = Protein Equivalent

For greater accuracy, use a gram scale.

COFFEE LOVERS DELIGHT

20 g PE

Start your day with an energizing drink.

PhenylAde® GMP Drink Mix	½ cup of powder (66.6 g)
Cold Brewed Coffee	8 fl oz (240 mL)
Sugar	To taste

Directions: In a shaker (or closed lid cup) combine all ingredients and shake. Serve over ice. Add sugar, if needed, to taste.

Tip: Serve over ice or blend with 3-4 ice cubes for a thicker shake.

Calories **240*** | PHE **44 mg** | Fiber **3.0 g**

PE = Protein Equivalent

For greater accuracy, use a gram scale.

*Adding sugar will increase calories





TROPICAL GETAWAY

20 g PE

Transport yourself to a tropical island with this pineapple infused recipe.

PhenylAde® GMP Drink Mix	½ cup of powder (66.6 g)
Water	8 fl oz (240 mL)
Pineapple Chunks (Fresh or Frozen)	½ cup (123 g)
Strawberries (Fresh or Frozen)	½ cup (76 g)
Crushed Ice (or cubes)	½ cup (or 4-5 cubes)

Directions: Combine all ingredients in a blender. Process until smooth.

Calories **325** | PHE **76 mg** | Fiber **5.5 g**

PE = Protein Equivalent

For greater accuracy, use a gram scale.



ORANGE WAKE-UP SHAKE

20 g PE

Juice-up your morning with this refreshing morning shake.

PhenylAde® GMP Drink Mix	½ cup of powder (66.6 g)
Water	4 fl oz (120 mL)
Orange Juice	4 fl oz (120 mL)

Directions: In a shaker (or closed lid cup) combine all ingredients and shake.

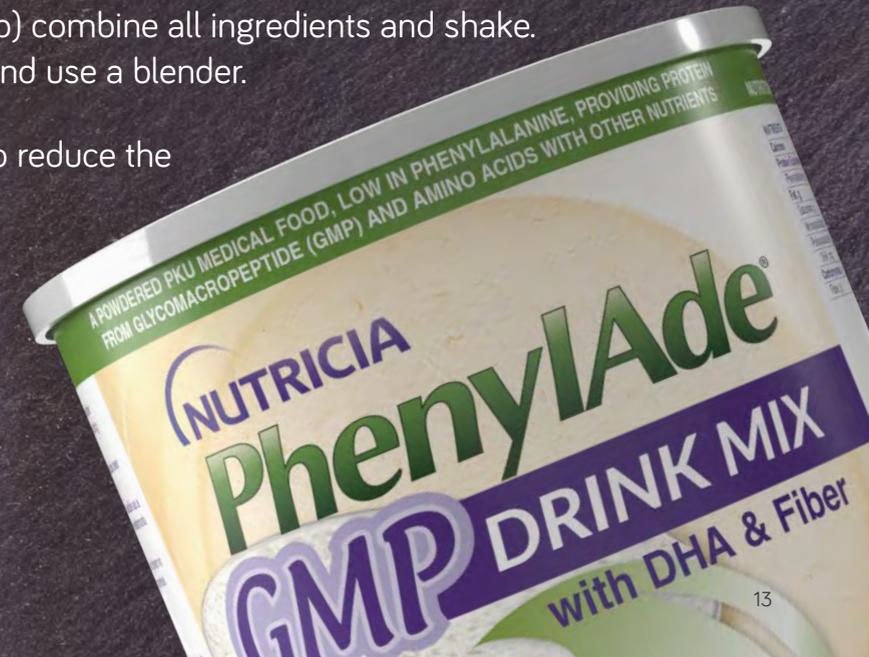
Tip: For a thicker, colder drink, add ice and use a blender.

Use a PHE-free orange flavored drink to reduce the PHE by 10 mg.

Calories **295** | PHE **50 mg** | Fiber **3.1 g**

PE = Protein Equivalent

For greater accuracy, use a gram scale.



MORE FLAVOR OPTIONS

Orange Cream

Mix one serving (33.3 g) of PhenylAde® GMP Drink Mix with 3 fl oz (90 mL) of water and 2 fl oz (60 mL) of orange flavored drink.*

*Adding flavoring to PhenylAde GMP Drink Mix may change the PHE/protein content. Be sure to read labels and account for any added PHE/Protein. Always consult your metabolic clinic prior to making any changes to your PKU diet.

For greater accuracy, use a gram scale.



Strawberry

Mix one serving (33.3 g) of PhenylAde® GMP Drink Mix as directed. Add 2 tsp of Strawberry flavored syrup.*

Chocolate

Mix one serving (33.3 g) of PhenylAde® GMP Drink Mix as directed. Add 2 tsp of Chocolate flavored syrup.*



THE NUTRITION YOU NEED

DHA

With DHA, a nutrient typically lacking in the PKU diet.



FIBER

With 1.5 g of soluble fiber per serving to help support digestive health.



BONE HEALTH

Support for bone health with high levels of calcium and vitamin D.



VITAMINS AND MINERALS

Complete with essential vitamins and minerals.



THE TASTE YOU DESERVE

MADE WITH GMP

Contains glycomacropeptide (GMP), which is made from an intact protein source and is naturally low in phenylalanine.



GREAT TASTE

PKU formulas made with GMP are known for their mild taste and may aid in feeling full.



EASY TRANSITION

Vanilla or Plain flavor for easy transition from other Nutricia products.



NO ARTIFICIAL COLORS



REQUEST SAMPLES

MAKE THE MOVE TO PHENYLADE® GMP DRINK MIX TODAY!



GET CONNECTED

Connect with peers to find inspiration and tips to help maintain your PKU diet.



JOIN NOW!



-  YouTube/lowproliving
-  Facebook/NutriciaMetabolicNutrition
-  Instagram/NutriciaMetabolics
-  NutriciaMetabolics.com/blog

Need Help with PKU Formula Coverage?

Obtaining formula coverage can be a frustrating process. As part of our Nutricia Connect program, we offer **Nutricia Navigator**, a free program offering one-on-one support to help guide you through the world of formula coverage from start to finish.

GET STARTED TODAY

-  [NutriciaMetabolics.com/Formular-Coverage](https://www.nutriciametabolics.com/Formular-Coverage)
-  1-800-365-7354

PHENYLADE® GMP DRINK MIX

Taste the Difference!



The Ultimate PKU Protein Shake



Request a FREE Sample at
NutriciaMetabolics.com or 1-800-365-7354

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