

# PKU ANAMIX FIRST SPOON

## DESCRIPTION

PKU Anamix First Spoon is a low volume, semi-solid (spoonable), very low phenylalanine, amino acid based, powdered protein substitute, containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements. Supplemented with DHA (docosahexaenoic acid) and ARA (arachidonic acid).

## INDICATIONS

For the dietary management of proven PKU in children aged 6 months to 5 years.

## PREPARATION AND ADMINISTRATIONS

Pour the prescribed amount of powder into a clean bowl. Gradually add the required amount of water whilst stirring with a clean feeding spoon. Mix until desired thickness is achieved.

The suggested serving size is 10ml of water plus one sachet PKU Anamix First Spoon (12.5g). The consistency of the product can be altered by adding more or less water as required. It is recommended that cooled, boiled water be used when preparing the product for infants.

## ADMINISTRATION GUIDELINES

The dosage should be determined by a clinician or dietitian only and is dependent on the age, body weight and medical condition of the patient. The daily intake of protein substitute should be taken in divided doses throughout the day.

## GENERAL PRECAUTIONS

Use under medical supervision. Not for parenteral use. Not suitable for use as a sole source of nutrition. This product should not be used as a sole source of protein but must be given in conjunction with a protein source, to supply the phenylalanine, fluid and general nutrition requirements of the patient in quantities as prescribed by a clinician or dietitian. Only intended for use by patients with PKU.

## STORAGE

Store in a cool, dry place. Prepare immediately prior to feeding and discard if not used within 1 hour.

## PACK SIZE

30 x 12.5g sachets.

## INGREDIENTS

Sugar, Pregelatinised Rice Starch, L-Arginine L-Aspartate, Dried Glucose Syrup, L-Leucine, L-Lysine Acetate, L-Tyrosine, L-Glutamine, L-Proline, Calcium Phosphate Tribasic, L-Valine, Glycine, L-Isoleucine, L-Threonine, L-Serine, L-Histidine, L-Alanine, Potassium Chloride, L-Cystine, Disodium Hydrogen Phosphate, L-Tryptophan, Tripotassium Citrate, Choline Bitartrate, L-Methionine, Magnesium Acetate, Magnesium L-Aspartate, High Arachidonic Acid Single Cell Vegetable Oil, High Docosahexaenoic Acid Single Cell Vegetable Oil, M-Inositol, L-Ascorbic Acid, Sodium Caseinate (From Cow's Milk), Refined Vegetable Oil (Sunflower), Sodium Ascorbate, Ferrous Sulphate, Taurine, Zinc Sulphate, Emulsifier (E471, Soy Lecithin), L-Carnitine, DL-Alpha Tocopheryl Acetate, Calcium D-Pantothenate, Nicotinamide, Manganese Sulphate, Copper Sulphate, Thiamine Hydrochloride, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Acetate, Antioxidants (E304, E306), Potassium Iodide, Chromium Chloride, Folic Acid, Vitamin K<sub>1</sub>, Sodium Selenite, Sodium Molybdate, D-Biotin, Vitamin D<sub>3</sub>, Cyanocobalamin.



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AVERAGE CONTENTS	UNIT	PER 100G	PER 12.5G SACHET
<b>Energy</b>	kcal	324	41
	kJ	1377	172
<b>Protein</b>	g	40	5
<b>Carbohydrate</b>	g	38.4	4.8
sugars	g	25.2	3.2
lactose	g	-	-
<b>Fat</b>	g	1.15	0.14
saturates	g	0.33	0.04
monounsaturates	g	0.31	0.04
polyunsaturates	g	0.51	0.06
DHA	mg	209	26
ARA	mg	209	26
LCT	%	99.3	99.3
LA/ALA	ratio	2.6:1	2.6:1
% energy linoleic acid	%	0.14	0.14
% energy $\alpha$ -linolenic acid	%	0.06	0.06
<b>Dietary fibre</b>	g	-	-
<b>Minerals</b>			
sodium	mg (mmol)	416 (18.1)	52 (2.3)
potassium	mg (mmol)	1048 (26.8)	131 (3.4)
chloride	mg (mmol)	640 (18)	80 (2.3)
calcium	mg (mmol)	1252 (31.2)	157 (3.9)
phosphorus	mg (mmol)	916 (29.5)	115 (3.7)
magnesium	mg (mmol)	176 (7.2)	22 (0.91)
iron	mg	24.8	3.1
zinc	mg	17.6	2.2
copper	$\mu$ g	1300	160
manganese	mg	1.3	0.16
fluoride	mg	-	-
molybdenum	$\mu$ g	36.8	4.6
selenium	$\mu$ g	47.2	5.9
chromium	$\mu$ g	42	5.3
iodine	$\mu$ g	254	31.8
<b>Vitamins</b>			
vitamin A	$\mu$ g RE (IU)	1196 (3983)	150 (498)
vitamin D	$\mu$ g (IU)	26.4 (1056)	3.3 (132)
vitamin E	mg $\alpha$ -TE (IU)	14.2 (21.2)	1.8 (2.7)
vitamin K	$\mu$ g	114	14.3
thiamin	mg	1.5	0.19
riboflavin	mg	1.5	0.19
niacin	mg (mg NE)	6.8 (22.8)	0.85 (2.9)
pantothenic acid	mg	8.4	1.1
vitamin B <sub>6</sub>	mg	1.5	0.19
folic acid	$\mu$ g	168	21
vitamin B <sub>12</sub>	$\mu$ g	3.7	0.46
biotin	$\mu$ g	55.6	7
vitamin C	mg	150	18.8
<b>Others</b>			
choline	mg	278	34.8
myo-inositol	mg	299	37.4
<b>Water</b>			
osmolality	mOsm/kg H <sub>2</sub> O	-	-
<b>Amino acid profile</b>			
L-Alanine	g	1.89	0.24
L-Arginine	g	3.29	0.41
L-Aspartic Acid	g	3.09	0.39
L-Cystine	g	1.24	0.16
Glycine	g	2.93	0.37
L-Glutamine	g	4.3	0.54
L-Histidine	g	1.89	0.24
L-Isoleucine	g	2.93	0.37
L-Leucine	g	4.95	0.62
L-Lysine	g	3.41	0.43
L-Methionine	g	0.77	0.1
L-Phenylalanine	mg	13	1.6
L-Proline	g	3.57	0.45
L-Serine	g	2.17	0.27
L-Threonine	g	2.45	0.31
L-Tryptophan	g	0.96	0.12
L-Tyrosine	g	4.4	0.55
L-Valine	g	3.15	0.39
L-Carnitine	g	0.03	0
Taurine	g	0.07	0.01

A food for special medical purposes; must be used under strict medical supervision.

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