

Available in
5 flavours

PKU

sphere

Vitaflo's first
GMP-based protein
substitute for
PKU

Chocolate

Vanilla

Red
Berry

Lemon

Banana

Ready to be discovered



Enhancing Lives Together
A Nestlé Health Science Company

VitaFlo's GMP-based protein substitute is specifically designed to include the features that you say are important to you[‡].



PKU sphere tastes really different to amino acid-based protein substitutes so if you haven't found a product that works for you yet, PKU sphere could be the product for you.

PKU sphere is the first GMP-based protein substitute to be clinically trialled long term[¥] in children and teenagers¹ so you can be confident it has been well accepted by others with PKU.

PKU sphere is low in volume and designed to support an overall healthy dietary intake by avoiding excess calories and sugar.

PKU sphere:

- ✦ tastes great
- ✦ smells pleasant
- ✦ is low in volume
- ✦ has a nutritional content that supports healthy PKU living
- ✦ looks like a typical shake or protein drink.

[‡] ESPKU conference survey (n=50) Data on file 2016.

[¥] Three years in children aged between 5 and 16 years

¹ Daly A, Högler W, Crabtree N, et al. Growth and Body Composition in PKU Children — A Three-Year Prospective Study Comparing the effects of L Amino Acid to Glycomacropeptide Protein Substitutes. *Nutrients* 2021;13:1323.

PKU sphere is now available in a variety of 5 flavour options:

Chocolate



Vanilla



Red Berry



Lemon



Banana



15g PE
28mg Phe
91 kcals
1.7g Sugar*



20g PE
36mg Phe
120 kcals
2.2g Sugar*

PKU sphere 15

Chocolate | Vanilla |
Red Berry

PKU sphere 20

Chocolate | Vanilla | Red Berry |
Lemon | Banana

GMP = Glycomacropeptide. PKU = Phenylketonuria.

*PKU sphere Chocolate contains 2.2g sugar / 15g PE and 2.8g sugar / 20g PE.

PKU sphere Lemon contains 2.5g sugar / 20g PE.

What is PKU sphere?

PKU sphere is a protein substitute which is based on glycomacropeptide (GMP). It is designed for the dietary management of phenylketonuria (PKU) from 4 years of age onwards.

How is PKU sphere different from other protein substitutes?

The big difference is that PKU sphere is based on GMP. It contains a blend of both GMP and some amino acids, whereas most other protein substitutes are based just on amino acids.

Typical amino acid-based protein substitutes



Free
amino
acids

Micronutrients
& essential
fats

PKU sphere – a GMP-based protein substitute



GMP

Free
amino
acids

Micronutrients
& essential
fats

All GMP-based protein substitutes including PKU sphere are supplemented with some amino acids because GMP is low in many important amino acids found in protein.

Therefore, PKU sphere contains a blend of both GMP and amino acids to ensure it is a nutritionally balanced protein substitute.





What is GMP?

GMP is derived from a natural protein, produced as part of the cheese making process. It is extracted from the whey fraction.



If I take PKU sphere, do I still need to consume a low protein diet?

Yes. PKU sphere is a protein substitute. As with any other protein substitute, PKU sphere is only a part of your PKU diet. The other aspects of the diet (avoiding high protein foods, consuming low protein foods and adhering to exchanges) all still apply.

My PKU sphere story

Kate* has PKU and has always been 'on diet'. She has recently started taking PKU sphere. Read about her experience of taking the product so far...

How did you find out about PKU sphere?

When I visited my clinic, the Doctor was very excited about the product and sent me some to try.

What was it about PKU sphere that made you want to try it?

After chatting to the Doctor, she was very positive about the other people with PKU who have already trialed it and gave positive feedback. The Doctor and my dietitian had tried it and said it tasted really good. I liked the idea of its convenience with the shaker that I could take anywhere. The fact it had no odour was a bonus!

What impact has PKU sphere had for you?

It has no smell so very easy to take out with me and it is very convenient to take, no fuss, no mess. It has no gritty texture and tastes of what it's supposed to!



"I take PKU sphere vanilla flavour, 3 times a day made with water."

"It's amazing, so easy to take."

"I can take it anywhere without being embarrassed about the smell."

*Name has been changed to protect anonymity.

The views expressed are based on the individual's own experience.

‡ESPKU conference survey (n=50) Data on file 2016.

So, well done for this product it's revolutionary and has changed my life in so many ways, thank you!

What advice would you give other adults with PKU that may be struggling with a PKU protein substitute, but are apprehensive about trying PKU sphere?

"PKU sphere is better for me than any other protein substitute I've used before."

To try it because they will be pleasantly surprised, it's so easy to use, it's hassle free and not time consuming. You will love taking it.

We asked 50 people with PKU for feedback about PKU sphere...

76%

of patients (n=38) we asked said that PKU sphere tasted as good as or much better than their current protein substitute.‡

74%

of patients (n=37) we asked rated PKU sphere Vanilla as 7 out of 10 or above.‡

76%

of patients (n=38) we asked rated PKU sphere Red Berry as 7 out of 10 or above.‡

PKU sphere is simple to prepare

PKU sphere can easily be mixed with water in a shaker to look and smell like any other protein shake you might see people taking.

1



Pour 100ml
(PKU sphere15)/120ml
(PKU sphere20)
of water into a
sphere shaker.

2



Empty the contents
of one PKU sphere15
or PKU sphere20
sachet into
the shaker.

3



Secure lid, shake and
it's ready to drink.

PKU sphere tips:

- ✦ Take PKU sphere immediately after mixing to enjoy it at its best.
- ✦ Make with ice cold water or lots of ice to get a cool PKU sphere shake.
- ✦ The compartment at the base of the PKU sphere shaker holds the contents of one PKU sphere sachet, it's easier than ever to take PKU sphere anywhere.
- ✦ **Vitaflo has developed some PKU sphere shake and smoothie recipes. Speak to your dietitian to request these recipes or visit the Vitafriends Australia website. You can also try creating your own using permitted ingredients.**



VitaFlo to You™

PKU sphere is available on our free home delivery service*. Ask your dietitian for details on how to register for this convenient service.

* Usual pharmacy dispensing fees apply.



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www.facebook.com/VitafriendsPKUau

www.instagram.com/vitaflo_vitafriendspku_au/



Recipes using PKU sphere

are available at www.vitafriendspku.com.au/

We also have a range of convenient low protein foods to help support dietary compliance.

PKU sphere is a Food for special medical purposes. For the dietary management of Phenylketonuria. Use under medical supervision. Not for use as a sole source of nutrition. Information correct at time of print. Further information including allergens can be found on the product label.



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