



SHAKE-UP

Your Day with PhenylAde® GMP Drink Mix



PhenylAde GMP Drink Mix is a medical food for the dietary management of Phenylketonuria. Must be used under medical supervision.

THE ULTIMATE PKU PROTEIN SHAKE



Very Berry Shake **20 g PE**

Start your day with a filling fruit smoothie

PhenylAde GMP Drink Mix	2 scoops or 2 pouches (67 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 **335** | PHE **69 mg** | Fiber **6.2 g**



Peaches and Cream **20 g PE**

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

PhenylAde GMP Drink Mix	2 scoops or 2 pouches (67 g)
Water	8 fl oz (240 mL)
Fresh or Frozen Peaches	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 **305** | PHE **48 mg** | Fiber **4.6 g**

PE = Protein Equivalents



Coffee Lovers Delight **20 g PE**

Turn your favorite pick-me up into an on-the-go PKU protein shake

PhenylAde GMP Drink Mix	2 scoops or 2 pouches (67 g)
Cold Brewed Coffee	8 fl oz (120 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 **265*** | PHE **38 mg** | Fiber **3.0 g**

*Adding sugar will increase calories



Tropical Get Away **20 g PE**

Transport yourself to a tropical island with this pineapple infused recipe

PhenylAde GMP Drink Mix	2 scoops or 2 pouches (67 g)
Water	8 fl oz (240 mL)
Fresh or Canned Pineapple Chunks	½ cup (123 g)
Strawberries	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 **330** | PHE **59 mg** | Fiber **5.5 g**



MORE FLAVOR OPTIONS

Chocolate

Mix one serving of PhenylAde GMP Drink Mix as directed. Add 2 tsp of Chocolate flavored syrup**

Orange Cream

Mix one serving of PhenylAde GMP Drink Mix with 4 fl oz (120 mL) of water and 2 fl oz (60 mL) of orange flavored drink**

Strawberry

Mix one serving of PhenylAde GMP Drink Mix as directed. Add 2 tsp of Strawberry flavored syrup**



** Adding flavoring to PhenylAde GMP 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.



BREAKFAST MADE EASY



'Milk' & Cereal 10 g PE

Turn your cereal into a protein-packed way to start your day

PhenylAde GMP Drink Mix	1 scoop or 1 pouch (33 g)
Water	5 fl oz (120 mL)
Loprofin Cereal Loops	1 cup (60 g)



Directions: In a shaker (or closed lid cup) combine PhenylAde GMP Drink Mix and water. Shake until fully blended. Pour over cereal.
Important: Be sure to consume all liquid to get the full 10 g PE.

Calories **363** | PHE **19 mg** | Fiber **2.2 g**

Orange Wake-Up Shake 20 g PE

Juice-up your morning with this refreshing morning shake.

PhenylAde GMP Drink Mix	2 scoops or 2 pouches (67 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 **315** | PHE **41 mg** | Fiber **3.2 g**

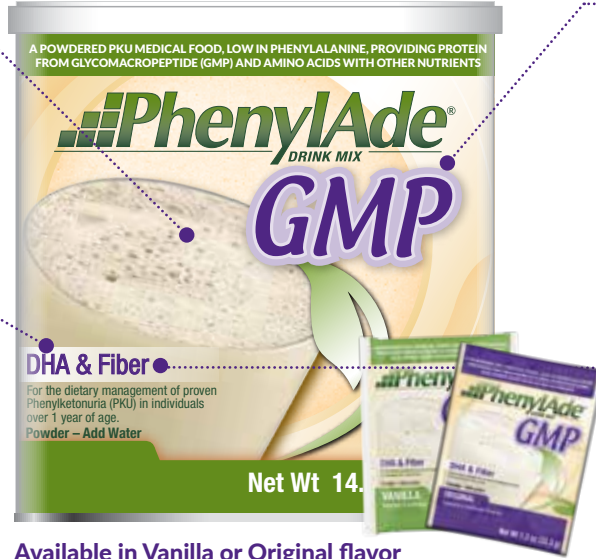
PHENYLADE® GMP DRINK MIX

CALCIUM & VITAMIN D

PhenylAde GMP Drink Mix is an **EXCELLENT** source of both calcium and vitamin D, which are key nutrients to help build and **maintain strong bones and teeth.**

DHA

DHA is an omega-3 fatty acid. Good sources of DHA, such as fatty fish, are typically not permitted in the traditional PKU diet. Therefore, some clinicians suggest supplementing DHA to the PKU diet. Each pouch or scoop of PhenylAde GMP Drink Mix contains **52 mg of DHA.**



Available in Vanilla or Original flavor

GMP

Glycomacropeptide (GMP) is a whey protein concentrate derived from milk. **GMP is made from a whole protein** source. Together with a blend of certain amino acids, PhenylAde GMP Drink Mix provides a suitable source of protein for the dietary management of PKU.

PhenylAde GMP Drink Mix contains 15 mg of PHE per serving (33.3 g) from GMP

FIBER

FIBER helps support digestive health. The PKU diet tends to be low in fiber. Each pouch or scoop of PhenylAde GMP Drink Mix provides 1.5 g of soluble fiber to help meet daily fiber needs.

THE ONLY GMP-BASED PKU FORMULA WITH BOTH DHA & FIBER



Connect with peers to find inspiration and tips to help maintain diet-for-life.



YouTube/lowproliving



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LowProLiving.com

Need Help with PKU Formula Coverage?

We understand getting coverage for PKU formula is important. It may also influence medical decisions and the ability to maintain diet for life.

Let Nutricia help you navigate your insurance or Medicaid plans and guide you, from start to finish, through the PKU formula coverage process. All at no cost to you.

Successfully helped
9 out of 10
people obtain
formula coverage

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PhenylAde® GMP Drink Mix

Taste the Difference!

The Ultimate PKU Protein Shake



132
Calories

10 g
PE

15 mg
PHE

52 mg
DHA

1.5 g
Fiber

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ZPGMPDMRB

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