

# PKU cooler<sup>®</sup>

ACBS  GMS  PBS

## Description

### Food for special medical purposes.

PKU cooler<sup>®</sup> is a ready-to-drink phenylalanine free\* protein substitute, containing essential and non-essential amino acids, carbohydrate, vitamins, minerals, trace elements and docosahexaenoic acid (DHA).

With sugars and sweetener. Available in a choice of flavours.

## Indications

PKU cooler is for the dietary management of Phenylketonuria (PKU) from 3 years onwards.

## Dosage and Administration

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

PKU cooler10 (87ml) = 10g PE  
PKU cooler15 (130ml) = 15g PE  
PKU cooler20 (174ml) = 20g PE

The product can be used individually or interchanged to meet individual protein requirements.

1. The daily protein substitute requirement is given as PKU cooler
2. Additional protein is provided from exchanges of natural protein, to provide phenylalanine in controlled amounts, which is essential for growth and development
3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy

## Preparation Guidelines



1 Shake well



2 Open



3 Drink

Once opened drink immediately or recap, refrigerate and use within 24 hours.  
Water or permitted drinks should be taken after PKU cooler.  
PKU cooler is best served chilled.

### IMPORTANT NOTICE

Must only be given to patients with proven PKU under strict medical supervision.

Suitable from 3 years onwards.

Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply phenylalanine, fluid and general nutritional requirements.

Not for use as a sole source of nutrition.

For enteral use only.

### Nutritional Information

		Per 100ml	Per PKU cooler10 87ml	Per PKU cooler15 130ml	Per PKU cooler20 174ml
Energy	kJ	316	274	410	549
	kcal	75	65	97	130
Fat	g	0.9	0.8	1.2	1.6
	of which saturates	g	0.2	0.3	0.3
	DHA	mg	77	67	100
Carbohydrate	g	5.1	4.4	6.6	8.9
	of which sugars	g	3.4	3.0	4.4
Protein equivalent	g	11.5	10	15	20
L-Phenylalanine*	g	-	-	-	-
Salt	g	0.15	0.13	0.20	0.26
<b>Vitamins, minerals &amp; trace elements</b>					
Vitamin A (RE)	µg	150	131	195	261
Vitamin D	µg	5.8	5.0	7.5	10
Vitamin E (α TE)	mg	3.0	2.6	3.9	5.2
Vitamin K	µg	14	12	18	24
Vitamin C	mg	21	18	27	37
Thiamin	mg	0.40	0.35	0.52	0.70
Riboflavin	mg	0.44	0.38	0.57	0.77
Vitamin B6	mg	0.50	0.44	0.65	0.87
Niacin	mg (mg NE)	2 (6.8)	1.7 (5.9)	2.6 (8.9)	3.5 (12)
Folic acid	µg	58	50	75	101
Vitamin B12	µg	0.90	0.78	1.2	1.6
Pantothenic acid	mg	1.1	0.96	1.4	1.9
Biotin	µg	7.5	6.5	9.8	13

## Nutritional Information

		Per 100ml	Per PKU cooler10 87ml	Per PKU cooler15 130ml	Per PKU cooler20 174ml
Sodium	mg	60	52	78	104
	mmol	2.6	2.2	3.4	4.5
Chloride	mg	80	70	104	139
	mmol	2.2	1.9	2.9	3.9
Potassium	mg	140	122	182	244
	mmol	3.5	3.0	4.6	6.1
Calcium	mg	230	200	299	400
	mmol	5.8	5.0	7.5	10
Phosphorus	mg	205	178	267	357
	mmol	6.6	5.7	8.5	11
Magnesium	mg	63	55	82	110
	mmol	2.6	2.2	3.4	4.5
Iron	mg	4.2	3.7	5.5	7.3
Zinc	mg	3.2	2.8	4.2	5.6
Copper	mg	0.42	0.37	0.55	0.73
Iodine	µg	49	43	64	85
Selenium	µg	15	13	20	26
Manganese	mg	0.29	0.25	0.38	0.50
Chromium	µg	8.0	7.0	10	14
Molybdenum	µg	13	11	17	23
Choline	mg	115	100	150	200

## Nutritional Information

	Per 100ml	Per PKU cooler <sup>10</sup> 87ml	Per PKU cooler <sup>15</sup> 130ml	Per PKU cooler <sup>20</sup> 174ml	
<b>Amino Acids</b>					
L-Alanine	g	0.53	0.46	0.69	0.92
L-Arginine	g	0.86	0.75	1.12	1.50
L-Aspartic acid	g	1.36	1.18	1.77	2.37
L-Cystine	g	0.35	0.30	0.46	0.61
Glycine	g	1.35	1.17	1.76	2.35
L-Histidine	g	0.53	0.46	0.69	0.92
L-Isoleucine	g	0.93	0.81	1.21	1.62
L-Leucine	g	1.46	1.27	1.90	2.54
L-Lysine	g	0.96	0.84	1.25	1.67
L-Methionine	g	0.26	0.23	0.34	0.45
L-Proline	g	0.97	0.84	1.26	1.69
L-Serine	g	0.60	0.52	0.78	1.04
L-Threonine	g	0.93	0.81	1.21	1.62
L-Tryptophan	g	0.29	0.25	0.38	0.50
L-Tyrosine	g	1.37	1.19	1.78	2.38
L-Valine	g	1.07	0.93	1.39	1.86
L-Carnitine	mg	13	11	17	23
Taurine	mg	25	22	33	44

### Osmolality:

1550 mOsm/kg

\*No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients <3mg/100ml.

### Allergen Declaration

Contains fish (tuna oil)

Contains soya (soya lecithin)

### Storage

Store in a cool dry place.

Once opened drink immediately or recap, refrigerate and use within 24 hours.

### Pack Size/Weight

**cooler<sup>10</sup>**

30 x 87ml e pouches = 2.61L

**cooler<sup>15</sup>**

30 x 130ml e pouches = 3.9L

**cooler<sup>20</sup>**

30 x 174ml e pouches = 5.22L



### Flavours

Orange, purple, red, white and yellow.