



# SHAKE-UP

Your Day with PhenylAde<sup>®</sup> GMP Drink Mix



PhenylAde<sup>®</sup> 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

A POWDERED PKU MEDICAL  
PROVIDING PROTEIN FROM G  
AMINO ACIDS WITH

NUTRICIA  
**Phenyl**  
**GMP** DRINK  
with DHA



# VERY BERRY SMOOTHIE

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

PE = Protein Equivalent







# PEACH SMOOTHIE

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)
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Water	8 fl oz (240 mL)
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Peaches (Fresh or Frozen)	½ cup (122 g)
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Honey	½ teaspoon (3.5 g)
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Crushed Ice (or cubes)	½ cup (or 4-5 cubes)
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**Directions:** Combine all ingredients in a blender. Process until smooth.

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

PE = Protein Equivalent



# COFFEE LOVERS DELIGHT

20 g PE

Start your day with an energizing drink

**PhenylAde® GMP Drink Mix** 2 scoops or 2 pouches (67 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

\*Adding sugar will increase calories







## TROPICAL GETAWAY

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)
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



# MORE FLAVOR OPTIONS

## 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.\*

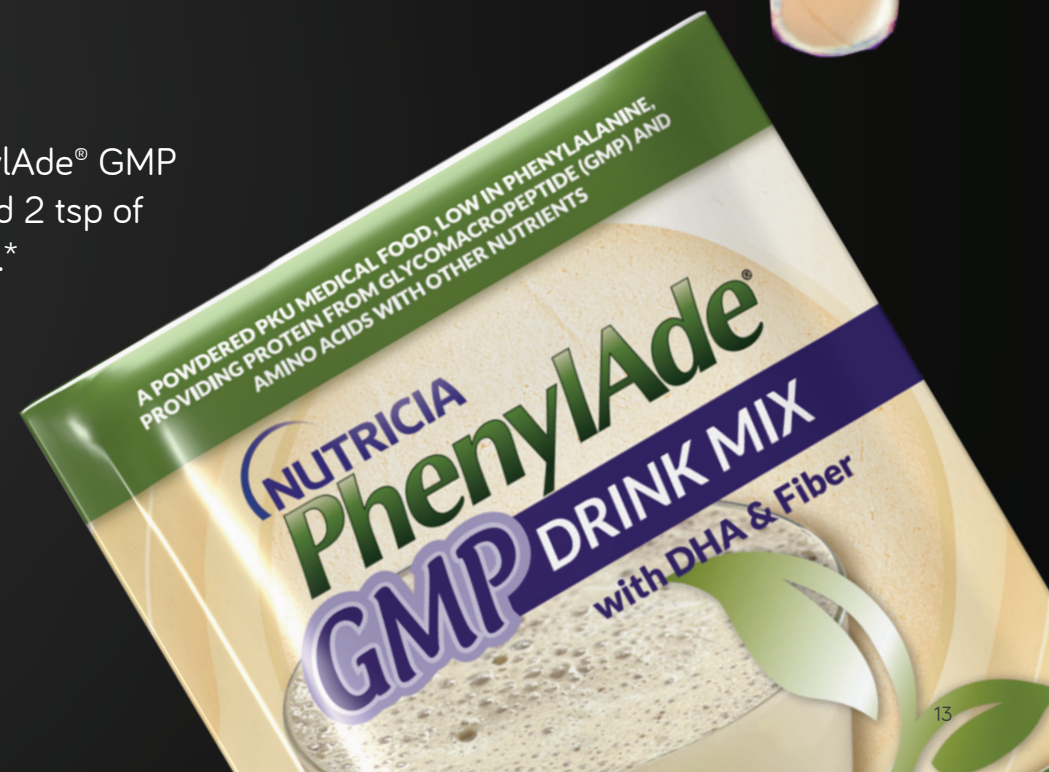
\*Adding flavoring to PhenylAde GMP may change the PHE/protein content. Be sure to read labels and account for any added PHE/protein. Always consult your metabolic clinic prior to making any changes to your PKU diet.

## Strawberry

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

## Chocolate

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







# 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)
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Water	4 fl oz (120 mL)
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Orange Juice	4 fl oz (120 mL)
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**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





# THE NUTRITION YOU NEED

## DHA

Includes 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.



Your choice of can or single-serve pouch!

# 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 patients in feeling full.



## EASY TRANSITION

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



## NO ARTIFICIAL COLORS



Scan to request a sample variety pack.

# MAKE THE MOVE TO PHENYLADE® GMP DRINK MIX TODAY!





# GET CONNECTED

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



YouTube/lowproliving



Facebook/NutriciaMetabolicNutrition



Instagram/NutriciaMetabolics



NutriciaMetabolics.com/blog



**NUTRICIA  
NAVIGATOR**

### 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 assistance program available to help guide you through the world of formula coverage from start to finish.

## GET STARTED TODAY

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



# PhenylAde® GMP Drink Mix

Taste the Difference!

## The Ultimate PKU Protein Shake



118

Calories

10 g

PE

18 mg

PHE

43.3 mg

DHA

1.5 g

Fiber

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Request a FREE Sample at  
[NutriciaMetabolics.com](https://NutriciaMetabolics.com) or 1-800-365-7354

ZPGMPDMRB

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