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
Start your day with a filling fruit smoothie

<table>
<thead>
<tr>
<th>Calories</th>
<th>PHE</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>335</td>
<td>69  mg</td>
<td>6.2 g</td>
</tr>
</tbody>
</table>

**Directions:** Combine all ingredients in a blender. Process until smooth.

**Tip:** Use frozen berries or add ice for a thicker shake.

<table>
<thead>
<tr>
<th>PhenylAde GMP Drink Mix</th>
<th>2 scoops or 2 pouches (67 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>8 fl oz (240 mL)</td>
</tr>
<tr>
<td>Strawberries</td>
<td>½ cup (76 g)</td>
</tr>
<tr>
<td>Blueberries</td>
<td>¼ cup (37 g)</td>
</tr>
<tr>
<td>Banana</td>
<td>¼ medium (30 g)</td>
</tr>
<tr>
<td>Crushed Ice (or cubes)</td>
<td>½ cup (or 4-5 cubes)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories</th>
<th>PHE</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>305</td>
<td>48  mg</td>
<td>4.6 g</td>
</tr>
</tbody>
</table>

**Directions:** Combine all ingredients in a blender. Process until smooth.

<table>
<thead>
<tr>
<th>PhenylAde GMP Drink Mix</th>
<th>2 scoops or 2 pouches (67 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>8 fl oz (240 mL)</td>
</tr>
<tr>
<td>Fresh or Frozen Peaches</td>
<td>½ cup (122 g)</td>
</tr>
<tr>
<td>Honey</td>
<td>½ teaspoon (3.5 g)</td>
</tr>
<tr>
<td>Crushed Ice (or cubes)</td>
<td>½ cup (or 4-5 cubes)</td>
</tr>
</tbody>
</table>

PE = Protein Equivalents
Coffee Lovers Delight

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>PhenylAde GMP Drink Mix</td>
<td>2 scoops or 2 pouches (67 g)</td>
</tr>
<tr>
<td>Cold Brewed Coffee</td>
<td>8 fl oz (120 mL)</td>
</tr>
<tr>
<td>Sugar</td>
<td>To taste</td>
</tr>
</tbody>
</table>

**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

Transport yourself to a tropical island with this pineapple infused recipe

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>PhenylAde GMP Drink Mix</td>
<td>2 scoops or 2 pouches (67 g)</td>
</tr>
<tr>
<td>Water</td>
<td>8 fl oz (240 mL)</td>
</tr>
<tr>
<td>Fresh or Canned Pineapple Chunks</td>
<td>½ cup (123 g)</td>
</tr>
<tr>
<td>Strawberries</td>
<td>½ cup (76 g)</td>
</tr>
<tr>
<td>Crushed Ice (or cubes)</td>
<td>½ cup (or 4-5 cubes)</td>
</tr>
</tbody>
</table>

**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**

**Tip:**

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.
**Orange Wake-Up Shake**

Juice-up your morning with this refreshing morning shake.

**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*

<table>
<thead>
<tr>
<th>Calories</th>
<th>PHE</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>315</td>
<td>41</td>
<td>3.2 g</td>
</tr>
</tbody>
</table>

---

**‘Milk’ & Cereal**

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

**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.

<table>
<thead>
<tr>
<th>Calories</th>
<th>PHE</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>363</td>
<td>19</td>
<td>2.2 g</td>
</tr>
</tbody>
</table>

---

**‘Mineral GO**

Water is a natural source of minerals.

<table>
<thead>
<tr>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Magnesium</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

---

**Breakfast Made Easy**

- PhenylAde GMP Drink Mix
- Water
- Loprofin Cereal Loops
- Orange Juice

---

**PhenylAde GMP Drink Mix**

- 1 scoop or 1 pouch (33 g)
- 1 cup (60 g)

---

**PhenylAde GMP Drink Mix**

- 2 scoops or 2 pouches (67 g)
- 4 fl oz (120 mL)

---

**PhenylAde GMP Drink Mix**

- 2 scoops or 2 pouches (67 g)
- 4 fl oz (120 mL)

---

**PhenylAde GMP Drink Mix**

- 2 scoops or 2 pouches (67 g)
- 4 fl oz (120 mL)
**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.

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

**Glycomacropeptide (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.

**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.

Available in Vanilla or Original flavor

**A GMP-based PKU Formula With Both DHA & Fiber**
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.

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.

GET CONNECTED

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

Facebook/NutriciaMetabolicNutrition
Twitter/lowproliving
Instagram/NutriciaMetabolics
LowProLiving.com

GET STARTED TODAY
Coverage@Nutricia.com | 800-605-0410
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

Request a FREE Sample at MedicalFood.com or 1-800-605-0410

©2018 Nutricia North America