



Life's better
when you
lighten up.



Enhancing Lives Together

Vitaflo's lower calorie, low sugar, ready-to-drink protein substitute for PKU.

PKU air[®] was specifically developed as a lower calorie, low sugar, ready-to-drink protein substitute for PKU, suitable from 3 years of age through to adulthood.



ONLY
100 kcals
per serving*

PKU air is a great option if you want to get fewer calories from your protein substitute.

PKU air provides just **300 calories** per day**

PKU air provides less than **1g** of sugar per day**

Can help reduce your daily sugar intake from a protein substitute if taken instead of higher sugar options, which may also be beneficial from a dental health perspective.

ONLY
0.3g sugar
per serving*

PKU
air₁₅

15g PE
/130 ml

75
kcals

0.3g
sugar

PKU
air₂₀

20g PE
/174 ml

100
kcals

0.3g
sugar

* From a 20g PE serving ** From a typical daily 60g PE intake

Five unique flavours

The five flavours can be 'mixed and matched' throughout the day, or a favourite chosen:

-  Berry blast (Red)
-  Citrus twist (Green)
-  Caribbean crush (White)
-  Mango breeze (Yellow)
-  Coffee fusion (Gold)



A popular choice

PKU air is popular with children (from 3 years of age onwards), teens and adults alike, who enjoy the variety of flavours.





Lifestyle-friendly format

The non-medical looking pouch won't draw attention to your protein substitute in social situations and is easy to take to school, university, work or travelling.

A Product for Life

Suitable from 3 years of age and into adulthood. Once you're established on PKU air you can stay on it for life and it's also suitable for use in pregnancy.

Interchangeable

With your dietitians' agreement, PKU air can be taken alongside PKU cooler®, PKU express™ plus or PKU sphere™, offering flexibility and variety.

Contains vitamins and DHA

PKU air makes a significant contribution towards meeting your daily nutrient requirements.



Supporting Resources:



Starter packs: Try PKU air from the comfort of your own home. Each pack contains two pouches of each flavour.



VitaFlo to You: PKU air is available on our free home delivery service. Ask your dietitian to register you.



Live Life Well (LLW): Resources to support you with healthy PKU living, including great recipes ideas and hints and tips.



[Request a sample pack here](#)

Social media: Follow us for information on patient events, healthy PKU living, and great recipe ideas.

 [VitaFriendsPKU.UK](#)

 [@vitafriendspku](#)

 VitaFriends [VitaFriendsPKU.co.uk](#)



PKU Air is a Food for Special Medical Purposes to be used under medical supervision,
for the dietary management of Phenylketonuria (PKU). Not suitable as a sole source of nutrition.
Suitable from 3 years onwards. Information correct as of March 2024.



Enhancing Lives Together
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AIRPSA-0424-V1