

# What is PKU explore™?



**When your child is around 6 months of age, your dietitian will help you introduce solids into their diet.**

**PKU explore is a powdered, phenylalanine-free\* protein substitute suitable for infants and young children with Phenylketonuria (PKU). It provides the 'safe' protein without phenylalanine (phe). When mixed with water it is easily made into a low volume spoonable consistency.**

PKU explore will be used alongside breast milk/standard infant formula and your child's phe-free formula in order to meet their increasing protein requirements.

At approximately 12 months of age, PKU explore will completely replace the phe-free formula. The solid foods you are introducing at this time will provide all the natural protein they require. Your dietitian will let you know how many phe-exchanges your child is allowed.

## **PKU explore is available in two different sizes:**

### **PKU explore5**

- Suitable from 6 months to 5 years of age.
- It comes in unflavoured 12.5g sachets which contain 5g protein equivalent.
- There are 30 sachets in a box.

### **PKU explore10**

- Suitable from 12 months to 5 years of age.
- It comes in either orange or raspberry flavoured 25g sachets which contain 10g protein equivalent.
- There are 30 sachets in a box.



**If you have any questions about PKU explore, you should always speak to your dietitian.**

\* No added phenylalanine. Phenylalanine may be present in trace amounts from other ingredients (<10mg/100g powder, <4mg/serving).

