



# PKU EASY Microtabs Plus

A Food for Special  
Medical Purposes  
Patient Guide



# About PKU EASY Microtabs Plus

PKU Easy Microtabs Plus are a phenylalanine free protein substitute tablet, containing essential and non essential amino acids along with vitamins and minerals.

## INDICATIONS

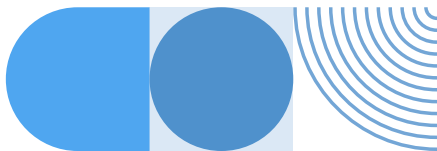
PKU Easy Microtabs Plus are suitable to be used in the dietary management of proven Phenylketonuria (PKU) in patients aged 3 years and above under strict medical supervision.

## DOSAGE

Dosage will be determined by your clinician or dietitian.

The measuring cup included inside the box should be used to measure the dosage of microtabs. Please fill the cup with microtabs up to the 25 ml mark. This will equate to 20 g of microtabs.

20 grams of microtabs = 10 grams of protein equivalent. If you would usually take a '20' protein substitute, e.g. Sphere 20 then replace this with 2 x level cupfuls of microtabs.



## ADMINISTRATION

PKU Easy Microtabs Plus are small, coated, slow-release tablets which are to be swallowed whole with liquid. They can also be taken with cold foods such as custard, jam or fruit puree. Due to the coating which is used to improve the palatability of the product, PKU Easy Microtabs Plus should not be chewed or crushed, and have minimal smell and taste. The inner matrix of the tablets includes ethylcellulose in a specific composition which results in the slow release of the amino acids through the gastrointestinal tract.

## STORAGE AND SHELF LIFE

Store in a cool, dry place below 25 ° C.

18 months after production. Once opened, the product should be consumed within one month.

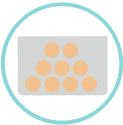
### Important Notice:

- Must only be given to patients with proven PKU under strict medical supervision.
- Suitable from 3 years of age.
- Not for use as a sole source of nutrition.
- Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply phenylalanine, fluid and general nutritional requirements
- Use during pregnancy only after consulting your doctor or nutritionist.



# PKU EASY Microtabs Plus

Small, unique, slow release tablets designed with patients' daily lives in mind



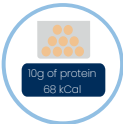
- Innovative micro-tablets which are easy to take, supplying necessary vitamins, minerals and amino acids.



- Each microtab has a coating which is used to improve the palatability of the product. The inner matrix of the tablets provides a prolonged release of amino acids into the body.



- No aftertaste and no smell on breath after use.



- One measuring cup of Microtabs Plus provides 10 grams of protein equivalent, 68 kcal and 3.42g of fibre.

# Instructions for Use



**1** Unscrew the cap of the PKU EASY Microtabs Plus bottle and use the measuring cup supplied.



**2** Pour microtabs to level with 25ml mark on the measuring cup.



**3** One 25ml measure provides 10 g of protein equivalent. The PKU EASY Microtabs Plus should be swallowed whole with liquid or mixed with cold food. Please do not chew the microtabs. If you require more than 10 g please repeat step 2, as required i.e. 20 g = 2 x 25ml measures.

\*For enteral use only.

\*Only to be used under medical supervision.

# How to Prescribe

**PKU EASY Microtabs Plus** are provided in packs containing 6 x 100g bottles (600g total weight)



## Prescribing PKU EASY Microtabs Plus

**Example prescription written for a PKU patient requiring 60g protein equivalent supplementation per day:**

### **PKU EASY Microtabs Plus 6 x 600g packs monthly**

They will usually require prescribing in grams on GP prescribing systems. Please note that the amount of protein a patient requires per day is not equivalent to the weight of PKU EASY Microtabs Plus required i.e. ~60g protein equivalent of PKU EASY Microtabs Plus weighs 120g



## Finding PKU EASY Microtabs Plus on GP Prescribing Systems

PKU EASY Microtabs Plus will be listed on the prescribing system:

- PKU EASY Microtabs Plus (POA Pharma GmbH)
- PZN: 18708567



## Helpful hint for calculating number of PKU EASY Microtabs Plus packs required

For a prescription, a useful guide is the amount of daily protein required, divided by 10 to give the number of packs required for a month

e.g. 60g protein per day requires  $\approx 6 \times 600\text{g}$  packs  
for 1 month



## Where to find PKU EASY Microtabs Plus

[www.spezialapotheken.shop/obertor](http://www.spezialapotheken.shop/obertor)



**OBERTOR  
APOTHEKE**

Apotheken für Spezialversorgungen OHG

Obertorstraße 41

73728 Esslingen

Tel. 0711 – 3969580

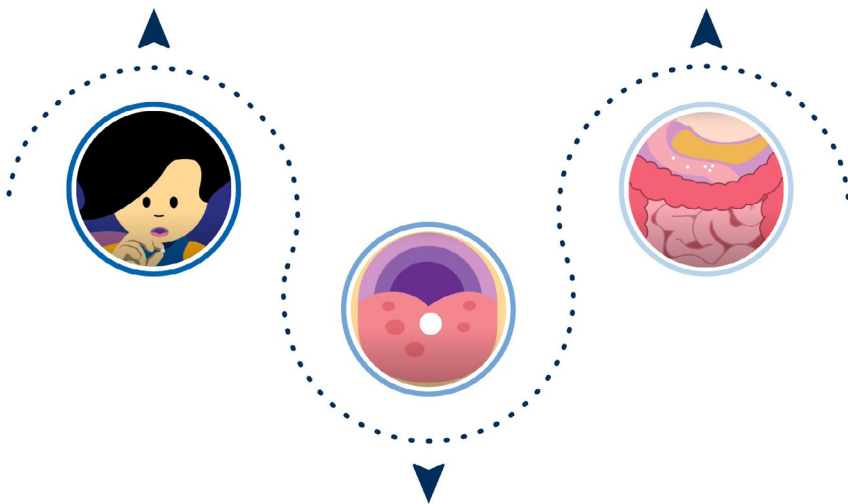
[shop.obertor@spezialapotheken.de](mailto:shop.obertor@spezialapotheken.de)

# How they work

Tablets can offer several benefits when it comes to managing metabolic disease in children and young adults.

PKU EASY Microtabs Plus feature an innovative coating which improves the palatability of the tablets, and an inner matrix which delays the release of the amino acids

Once the PKU EASY Microtabs Plus are swallowed and enter the stomach, the beads of amino acid begin to break down, continuing as they pass into the small intestine.



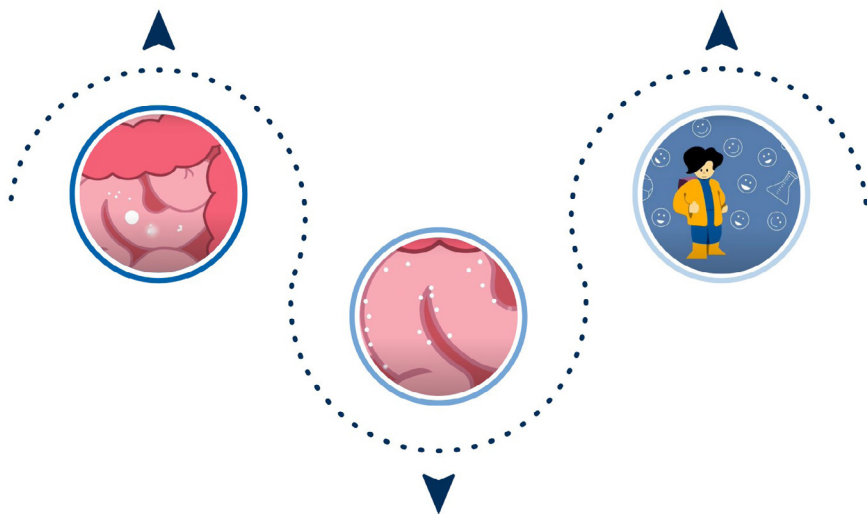
The outer coating ensures the tablet doesn't dissolve in the mouth or release harsh flavours, ensuring a neutral taste.





They are slowly released for absorption over a prolonged period of time.

For you as a patient, this means fewer worries about protein supplements and more time having fun with friends and family.



The amino acids are then absorbed into the body through the wall of the intestine, readily available for new protein synthesis.

## Tips on how to take PKU EASY Microtabs Plus



Many people find it helpful to start with a teaspoon of microtabs swallowed with a liquid of your choice to help you adjust to the sensation of swallowing the microtabs.



Once you've mastered swallowing a teaspoon of the microtabs, you can increase the amount of microtabs you swallow at one time based on your comfort.





Microtabs can also be added to cold foods e.g. a small amount of fruit smoothie, fruit puree or jam. The smoothie, puree or jam allows the microtabs to be held together, making them easier to swallow.



Avoid chewing the microtabs to maintain integrity of the special coating which minimises their taste and smell.

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You can find us at:



[www.poapharma.de](http://www.poapharma.de)



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# Nutritional Information

## NUTRITIONAL INFORMATION:

	100g	20g	
Energy	1428	286	kJ
	339	68	kcal
Protein	54	10.8	g
Protein equivalent	50	10	g
Fat	185	0.37	g
of which saturated fat	155	0.31	g
Carbohydrate	18	3.6	g
of which sugars	0.57	0.11	g
Fibre	171	3.42	g
Salt	132	0.26	g

## AMINO ACIDS:

	100g	20g	
L-Alanine	217	0.43	g
L-Arginine	3.46	0.69	g
L-Aspartate	5.49	1.10	g
L-Carnitine	0.057	0.011	g
L-Cystine	1.42	0.28	g
Glycine	5.43	1.09	g

	100g	20g	
L-Glutamine	4.26	0.85	g
L-Histidine	2.17	0.43	g
L-Isoleucine	3.75	0.75	g
L-Leucine	5.85	1.17	g
L-Lysine	3.89	0.78	g
L-Methionine	1.0	0.20	g
L-Proline	3.92	0.78	g
L-Serine	2.42	0.48	g
L-Threonine	3.75	0.75	g
L-Tyrosine	5.50	1.10	g
L-Valine	4.34	0.87	g
Taurine	0.085	0.017	g
L-Tryptophan	1.17	0.23	g

### VITAMINS:

	100g	20g	
Vitamin A	667	133	µg
Vitamin D3	8.4	1.67	µg
Vitamin E	7.5	1.51	mg
Vitamin K*	58.3	11.7	µg
Vitamin C	41.7	8.33	mg
Thiamin	1.0	0.20	mg

\* Vitamin K as K2

	100g	20g	
Riboflavin	12	0.23	mg
Niacin	16.7	3.33	mg
Vitamin B6	1.3	0.27	mg
Folic Acid	585	117	µg
Vitamin B12	4.2	0.83	µg
Biotin	20.8	4.15	µg
Pantothenic acid	4.2	0.83	mg

## MINERALS:

	100g	20g	
Potassium	161	32	mg
Calcium	667	133	mg
Phosphorus	643	129	mg
Magnesium	250	50	mg
Iron	12.5	2.5	mg
Zinc	9.2	1.8	mg
Copper	1.25	0.25	mg
Manganese	1.25	0.25	mg
Selenium	63	12.6	µg
Chromium	25.3	5.1	µg
Molybdenum	58.3	11.7	µg
Iodine	126	25.2	µg

For further information please contact us at:

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