

Available in  
5 flavours



sphere®

Vitaflo's first  
GMP-based protein  
substitute for PKU.

Ready to be discovered.



Enhancing Lives Together



# sphere®

Vitaflo's GMP-based protein substitute is specifically designed to include the features that you say are important to you.

**PKU sphere:**

- great taste
- smells pleasant
- is low in volume
- has a nutritional content that supports healthy PKU living
- looks like a normal shake or protein drink.

PKU sphere tastes really different to amino acid-based protein substitutes so if you haven't found a product that works for you yet, PKU sphere could be the product for you.

PKU sphere is the first GMP-based protein substitute to be clinically trialled long term in children and teenagers so you can be confident it has been well accepted by others with PKU.

PKU sphere is low in volume and designed to support an overall healthy dietary intake by avoiding excess calories and sugar.



**PKU sphere is now available in a variety of 5 flavour options:**



**PKU sphere15**

Red Berry | Chocolate | Vanilla

**PKU sphere20**

Red Berry | Chocolate | Vanilla | Lemon | Banana

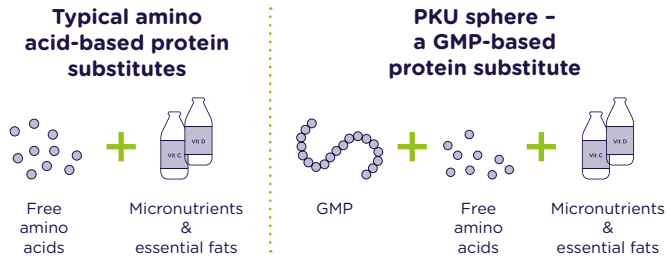
GMP = Glycomacropeptide. PKU = Phenylketonuria. \*PKU sphere Chocolate contains 2.2g sugar / 15g PE and 2.8g sugar / 20g PE. PKU sphere Lemon contains 2.9g / 20g PE.

## What is PKU sphere?

PKU sphere is a protein substitute which is based on glycomacropeptide (GMP). It is designed for the dietary management of phenylketonuria (PKU) from 4 years of age onwards.

## How is PKU sphere different from other protein substitutes?

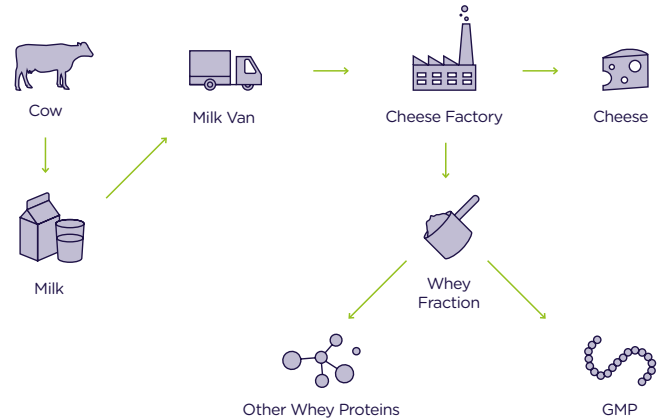
The big difference is that PKU sphere is based on GMP. It contains a blend of both GMP and some amino acids, whereas most other protein substitutes are based just on amino acids.



All GMP-based protein substitutes including PKU sphere are supplemented with some amino acids because GMP is low in many important amino acids found in protein. Therefore, PKU sphere contains a blend of both GMP and amino acids to ensure it is a nutritionally balanced protein substitute.

## What is GMP?

GMP is derived from a natural protein, produced as part of the cheese making process. It is extracted from the whey fraction.



## If I take PKU sphere, do I still need to consume a low protein diet?

Yes. PKU sphere is a protein substitute. As with any other protein substitute, PKU sphere is only a part of your PKU diet. The other aspects of the diet (avoiding high protein foods, consuming low protein foods and adhering to exchanges) all still apply.

# My PKU sphere story.

**Kate\* has PKU and has always been 'on diet'. She has recently started taking PKU sphere. Read about her experience of taking the product so far...**

## How did you find out about PKU sphere?

When I visited my clinic, the Doctor was very excited about the product and sent me some to try.

## What was it about PKU sphere that made you want to try it?

After chatting to the Doctor, she was very positive about the other people with PKU who have already trialled it and gave positive feedback. The Doctor and my dietitian had tried it and said it tasted really good. I liked the idea of its convenience with the shaker that I could take anywhere. The fact it had no odour was a bonus!

## What impact has PKU sphere had for you?

It has no smell so very easy to take out with me and it is very convenient to take, no fuss, no mess. It has no gritty texture and tastes of what it's supposed to!

"I take PKU sphere vanilla flavour, 3 times a day made with water."

"It's amazing, so easy to take."

"I can take it anywhere without being embarrassed about the smell."

So, well done for this product it's revolutionary and has changed my life in so many ways, thank you!

**What advice would you give other adults with PKU that may be struggling with a PKU protein substitute, but are apprehensive about trying PKU sphere?**

To try it because they will be pleasantly surprised, it's so easy to use, it's hassle free and not time consuming. You will love taking it.

**We asked 50 people with PKU for feedback about PKU sphere...**

**76%**

of patients (n=38) we asked said that PKU sphere tasted as good as or much better than their current protein substitute.†

**74%**

of patients (n=37) we asked rated PKU sphere Vanilla as 7 out of 10 or above.†

**76%**

of patients (n=38) we asked rated PKU sphere Red Berry as 7 out of 10 or above.†

"PKU sphere is better for me than any other protein substitute I've used before."

\*Name has been changed to protect anonymity.  
The views expressed are based on the individual's own experience.

†ESPKU conference survey (n=50) Data on file 2016.



## PKU sphere is simple to prepare

PKU sphere can easily be mixed with water in a shaker to look and smell like any other protein shake you might see people taking.



Pour 100ml (PKU sphere15)/120ml (PKU sphere20) of water into a sphere shaker.



Empty the contents of one PKU sphere15 or PKU sphere20 sachet into the shaker.



Secure lid, shake and it's ready to drink.

## PKU sphere tips

- Take PKU sphere immediately after mixing to enjoy it at its best.
- Make with ice cold water or lots of ice to get a cool PKU sphere shake.
- PKU sphere in the shaker looks like other protein shakes you see all the time, no one will know you are taking a PKU product.
- The compartment at the base of the PKU sphere shaker holds the contents of one PKU sphere sachet, it's easier than ever to take PKU sphere anywhere.
- **Try the following PKU sphere shakes and smoothie ideas or try creating your own using permitted ingredients.**

## PKU sphere shakes and smoothies



**Blend ingredients  
together until smooth...**



### **PKU sphere tropical smoothie\***

**297 Calories (kcal)\***

- 1 sachet of PKU sphere Red Berry
- 1/2 Banana
- 120ml ProZero
- 20ml Orange and mango juice



### **PKU sphere slush\***

**153 Calories (kcal)\***

- 1 sachet of PKU sphere Red Berry
- 45g Lemon or lime sorbet

### **PKU sphere tutti frutti\***

**298 Calories (kcal)\***

- 1 sachet of PKU sphere Vanilla
- 50g Fresh strawberries
- 1/2 Banana
- 50ml ProZero
- 100ml Orange and mango juice



## PKU sphere berry blast\*

223 Calories (kcal)\*

- 1 sachet of PKU sphere Red Berry or Vanilla
- 80g Frozen summer fruits mix
- 120ml ProZero



## PKU sphere summer smoothie\*

250 Calories (kcal)\*

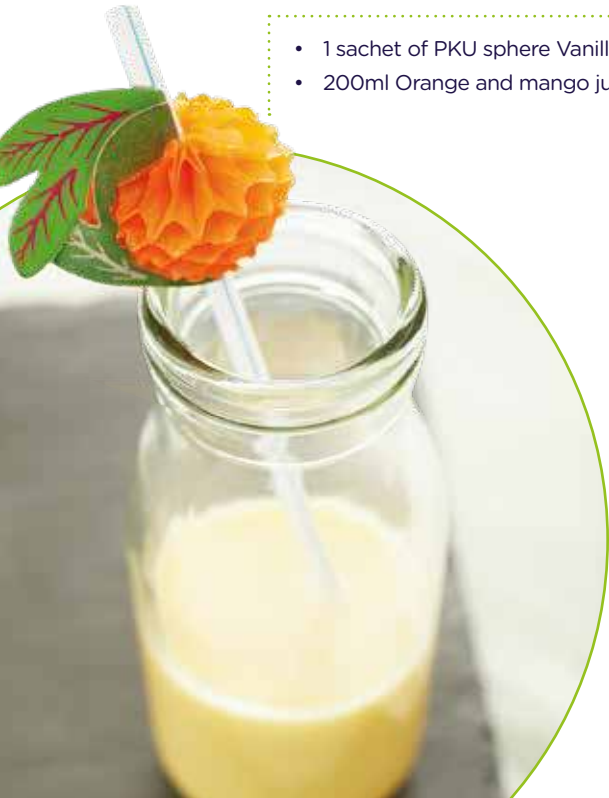
- 1 sachet of PKU sphere Red Berry
- 2 Peaches
- 120ml ProZero
- 30g Frozen strawberries

## Shake ingredients together...

### PKU sphere fruity shake\*

199 Calories (kcal)\*

- 1 sachet of PKU sphere Vanilla
- 200ml Orange and mango juice



### PKU sphere 'milkshake'\*

198 Calories (kcal)\*

- 1 sachet of PKU sphere Vanilla or Red Berry
- 120ml ProZero

## Stir ingredients together...

### PKU sphere winter coffee\*

155 Calories (kcal)\*

- 1 sachet of PKU sphere Vanilla
- 1 tsp Instant coffee
- 200ml Boiled water, left to cool for 2 minutes
- 50ml ProZero





## PKU sphere forest fruits shake\*

**221 Calories (kcal)\***

- 1 sachet of PKU sphere  
Red Berry
- 200ml Forest fruits juice



## PKU sphere and more

PKU sphere is interchangeable with Vitaflo's other PKU protein substitutes and can be introduced gradually as recommended by your dietitian.



### PKU air™

Yellow (Mango Breeze)  
Gold (Coffee Fusion)  
Green (Citrus Twist)  
Red (Berry Blast)  
White (Caribbean Crush)

15g PE 20g PE



### PKU cooler™

Yellow  
Red  
White  
Orange  
Purple

10g PE 15g PE 20g PE



### PKU express™ Plus

Unflavoured  
Orange  
Lemon  
Tropical  
Raspberry

15g PE 20g PE



### PKU sphere™

Red Berry  
Vanilla  
Chocolate  
Lemon  
Banana

15g PE 20g PE



**VitaFlo to You™** – PKU sphere is available on our free home delivery service. Ask your dietitian to register you.



Sign up for our newsletter at [www.vitafriendsPKU.co.uk/en](http://www.vitafriendsPKU.co.uk/en)



Join us online at [www.facebook.com/VitafriendsPKU.uk](http://www.facebook.com/VitafriendsPKU.uk)



Recipes using PKU sphere are available at [www.vitafriendsPKU.co.uk](http://www.vitafriendsPKU.co.uk). We also have a range of convenient low protein foods to help support dietary compliance.

\*Refer to ingredient labels for allergens, protein content and other information. <sup>†</sup>Calories are based on using a PKU sphere20 sachet. If using PKU sphere15 sachet, deduct 29 calories from value in the recipes to get total calorie content of shake/smoothie using PKU sphere15.

PKU sphere and ProZero are Foods for special medical purposes. For the dietary management of Phenylketonuria. Use under medical supervision. Not for use as a sole source of nutrition. Information correct at time of print. Further information including allergens can be found on the product label.



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