

NEW TIPS ON HOW TO USE PKU GOLIKE



WHAT IS PKU GOLIKE?

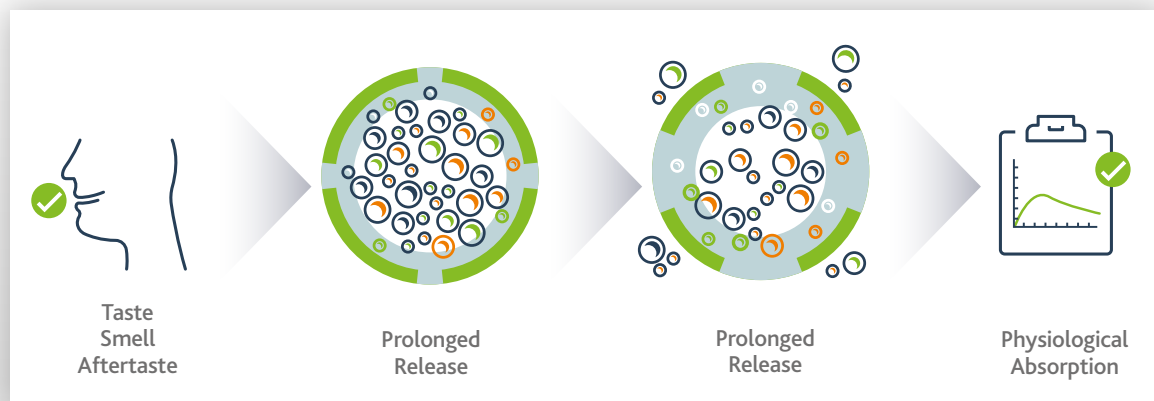


POWERED BY



PKU GOLIKE is a food for special medical purposes for the dietary management of Phenylketonuria. **PKU GOLIKE** is a Phenylalanine-free amino acid mix in granules, where the unpleasant smell, taste and aftertaste of amino acids are masked by a special coating, thanks to the patented **Physiomimic Technology™**.

Through *Physiomimic Technology™* the amino acids are released from the granules over a longer period of time (**prolonged release**) for a more **physiological absorption**, in line with natural intact proteins. **PKU GOLIKE** contains amino acids, carnitine, taurine, as well as age-adapted vitamins and minerals. Each sachet can be of 15g or 20g P.E.



HOW TO TAKE PKU GOLIKE?

PKU GOLIKE is versatile and can be consumed in different ways, depending on how you prefer to take your AA mix!



If you want simplicity, try it with **GOLIKE**
Shake & Drink:
easy to use and quick to sip!



To explore new ways, add it to **creamy food and thick drinks** at the end of each preparation.



Mix it with **cold and warm** (not too hot) recipes and **consume shortly** after preparation.



One sachet can be used for **different preparations** but within **24 hours** after opening.

Granules of **PKU GOLIKE** remain intact when mixed with food and drinks, to ensure that the original flavour is not altered.

The amount of **PKU GOLIKE** to be added can vary according to your preference on texture and taste. For **better texture** and **higher degree of acceptability**, our general recommendation would be to use up to a whole sachet for main dishes (e.g. soups, pasta and veggie burgers) and approximately half a sachet for sauces, creams and desserts (applesauce, jelly and yogurt).

Please refer to your doctor or your medical centre to discuss daily doses, depending on age, bodyweight, medical condition and any special conditions (e.g. pregnancy and breast-feeding).

PKU GOLIKE must be used under medical supervision.

Main dishes, drinks or desserts:
get inspired and find your favourite recipes with PKU GOLIKE!

THE "ON THE GO"

Always on the run? Mix up to **one sachet** of **PKU GOLIKE** with **200 ml** of juice or smoothie for an ideal snack at school, work or when you are out with friends. Thick juices (pear, peach, apricot) are recommended.



If you are using a ready-made smoothie or juice, drink first some of it before adding PKU GOLIKE, then shake and enjoy!

THE SAVOURY OPTIONS

If you crave a savoury flavour, try a **full sachet** of **PKU GOLIKE** with soups or healthy vegetable plates? Suitable for every season: cold and refreshing in summer or nice and warm in winter.



Add some spices and fresh herbs to make it even tastier!

THE SWEET TREAT

Do you fancy a dessert? Simply stir about **half sachet** of **PKU GOLIKE** into **125-150 g** of fruit jelly, low-protein yogurt alternative or why not try to make a home-made low-protein pudding?



If you are using plant-based yogurt alternatives which are now available in supermarkets, check carefully the very different protein levels.

THE FRUITY SNACK

Just stir approximately **1/3 sachet** of **PKU GOLIKE** into **100 g** applesauce to enjoy a fresh and healthy snack.



Add cinnamon and sugar for even more taste!

Please check the protein content using the food label, as this may change due to recipe modifications.

Drink PKU GOLIKE: now granules can be taken in just a few sips!

TRY THE NEW GOLIKE Shake & Drink: AS EASY AS DRINKING A GLASS OF WATER!

GOLIKE Shake & Drink is an additional option to take **PKU GOLIKE**, for those who prefer drinking it, quickly and in just a few sips.

Indeed, **GOLIKE Shake & Drink** is a slightly gelled, water-based solution (consisting of xanthan gum and other food additives) to be used in just three quick and simple steps:

MIX

Pour the granules contained in the sachet of **PKU GOLIKE** into the bottle of **GOLIKE Shake & Drink**.



Each bottle can fit both 15g or 20g of P.E

SHAKE

Shake well for about 10 seconds to allow granules to **get combined with the water gelled solution**.



With the help of a little shake, granules get suspended in the bottle.

DRINK

Cheers...

Now granules are ready to sip!

Consume the solution right after its preparation.



If some granules are left in the bottle, add some water and shake again to ensure complete consumption.

WHAT'S YOUR FAVOURITE WAY TO TAKE PKU GOLIKE?

Whether you want to drink it as a glass of water or add it to food and thick drinks...

Try all the options and find your favourite way to
add PKU GOLIKE to your everyday life!



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APPLIED PHARMA RESEARCH

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