

TOP TIPS ON HOW TO USE PKU GOLIKE



WHAT IS PKU GOLIKE?



POWERED BY

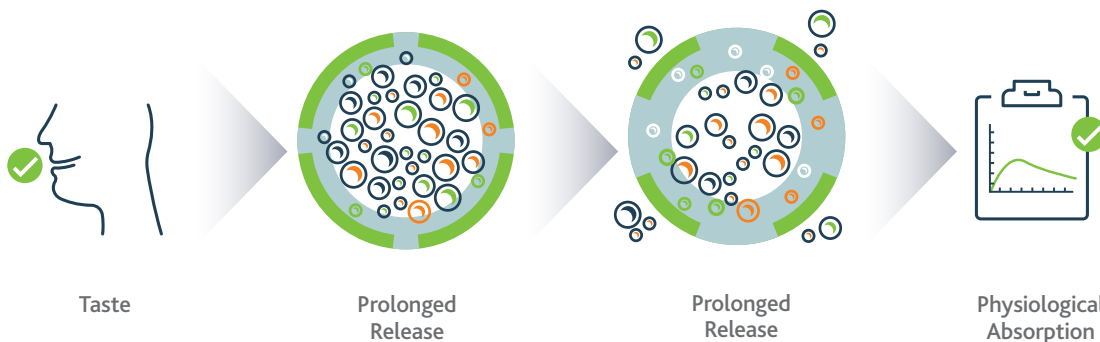


PKU GOLIKE is a food for special medical purposes for the dietary management of Phenylketonuria.

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 into the gut, starting when the granules come in contact with fluids.

PKU GOLIKE PURE 3+ contains amino acids, carnitine and taurine. **PKU GOLIKE PLUS 3-16** and **PKU GOLIKE PLUS 16+** contain amino acids, carnitine and taurine, with the addition of age-adapted vitamins and minerals.



HOW TO TAKE PKU GOLIKE?

Add it to your favourite food or drink, when you are ready to have your break



Creamy foods are recommended for best texture



Mix it with both cold and warm liquids or food (not hot)



Consume the dish/drink shortly after preparation



The content of a sachet can be used **for different preparations** but within **24 hours after opening**

The neutral taste is guaranteed by the unique formula made of non-dissolvable granules. This requires that **PKU GOLIKE** is added to a certain amount of food/drink, which can vary according to your preference on texture and taste. For a 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, 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 (pregnancy and breast-feeding). PKU GOLIKE must be used under medical supervision.

THE GRAND CLASSIC

Just stir approximately $\frac{1}{3}$ sachet of **PKU GOLIKE** into 100 g applesauce.



Add cinnamon and sugar for even more taste!

THE MILKY DRINK

Add a full sachet of **PKU GOLIKE** to 200 ml of low-protein plant-based milk alternative (oat, rice or coconut drink).



Try to add low or no protein versions of chocolate powder.

THE FRUITY OR CREAMY DESSERT

Do you fancy a dessert? Simply stir between half and a whole sachet of **PKU GOLIKE** into fruit jelly, a 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 DRINK

Whether you prefer apricot, pear, peach or juices with mixed fruit, add up to 1 sachet of **PKU GOLIKE** in about 200 ml of your favourite fruit juices or nectars.



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

THE SIMPLE AND REFRESHING

At home or on the go, just drink **half a sachet** of **PKU GOLIKE** with a glass of **200 ml** of water (even sparkling).



Use preferably a short glass and remember to stir well with a spoon before drinking. If necessary, add some more liquid to make sure granules do not remain anywhere in the glass.

THE SAVORY OPTION

If you fancy a savoury flavour, why not take your **full sachet** of **PKU GOLIKE** with tomato or vegetable juices? Suitable for every seasons: try it cold and refreshing in the summer or nice and warm like a soup in the winter.



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

THE “ON THE GO”

Are you on the run? Mix **PKU GOLIKE** (approximately one sachet) with **150-200 ml** smoothie for an ideal snack at school, work or when you are out with friends.



*If you are using a ready-made smoothie, drink first some of it before adding your **PKU GOLIKE** into the bottle. Then shake vigorously and enjoy your smoothie.*

DO YOU LIKE OUR IDEAS?

Whether you are hungry or thirsty, fancy a sweet or a savoury treat, **get inspired** and find your own way to add **PKU GOLIKE** to your everyday life!



PKU GOLIKE



APPLIED PHARMA RESEARCH

Balerna, Switzerland
www.apr.ch

PB2-enHQ1904-01