



**Pack size**  
30 x 31.5 g sachets

## Description

GOLIKE PLUS 16+ is a Food for Special Medical Purposes in granules for oral use consisting of a prolonged-released amino-acid mixture without phenylalanine, with vitamins, minerals and other nutrients. It is gluten and lactose free.

## Indications

For the dietary management of phenylketonuria (PKU). The product is intended for persons of 16 years of age and older.

## Instructions for preparation

Pour the dose indicated by your doctor in approximately 200 ml of water (even sparkling) or other non-hot beverage and stir well before use. The product can also be added to foods with a creamy consistency: fruit smoothies, vegetable soup, fruit or vegetable purée, puddings or sweet creams (as indicated by your doctor). Take the product immediately after preparation. Take the product within 24 hours of opening the sachet.

## Ingredients

L-glutamine, L-leucine, L-tyrosine, L-lysine acetate, glazing agent: ethyl cellulose; calcium hydrogen phosphate dihydrate, L-aspartic acid, L-proline, maltodextrin, L-isoleucine, L-threonine, glycine, L-valine, L-arginine, potassium bicarbonate, L-serine, L-alanine, L-histidine, L-cystine, L-tryptophan, L-methionine, choline bitartrate, magnesium oxide, iron (maize starch, ferric pyrophosphate, glazing agent: sunflower lecithin), stabiliser: sodium alginate; taurine, L-ascorbic acid, inositol, L-carnitine, zinc sulphate, DL-alpha tocopheryl acetate, nicotinamide, chromium chloride hexahydrate, manganese gluconate, sodium molybdate, cupric gluconate, calcium-D-pantothenate, retinyl palmitate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cholecalciferol, folic acid, potassium iodide, sodium selenite, phytomenadione, D-biotin, cyanocobalamin.

## Suggested daily dose

According to doctor's indications only, depending on age, bodyweight, medical condition and any special conditions (pregnancy and breast-feeding) of the individual.

## Storage conditions

Store in a cool, dry place away from light, moisture and direct heat sources, at temperature below 25°C. The date of minimum durability refers to the product properly stored in the original packaging.

## Warnings and Precautions

Diet must contain also carbohydrates, fats, proteins and other nutrients in quantities to be established by a doctor in order to meet nutritional and phenylalanine requirements. Keep out of the reach of children. Do not use in case of known or suspected allergy and/or intolerance to one or more of the ingredients. The product must be used under medical supervision. It is not suitable for use as a sole source of nourishment. It may pose a health hazard when consumed by persons who do not have phenylketonuria. Not for parenteral use. Tell your doctor if you get any side effects. Tell your doctor if you are taking, have recently taken or might take any medicines.

## Shelf-life

18 months

## Nutrition Declaration

	Per 100 g	Per sachet of 31.5 g
Energy	283 kcal/1200 kJ	90 kcal/380 kJ
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	4.0 g	1.3 g
of which sugars	0 g	0 g
Fibre	7.2 g	2.3 g
Protein equivalent *	63.2 g	20 g
Salt	0.06 g	0.02 g
<b>Amino-acids</b>		
L-serine	2.6 g	0.8 g
L-threonine	3.8 g	1.2 g
L-leucine	8.8 g	2.8 g
Glycine	3.8 g	1.2 g
L-alanine	2.3 g	0.7 g
L-arginine	3.0 g	1.0 g
L-cystine	1.5 g	0.5 g
L-glutamine	15.2 g	4.8 g
L-histidine	2.1 g	0.7 g
L-aspartic acid	4.6 g	1.4 g
L-proline	4.6 g	1.4 g
L-isoleucine	4.2 g	1.3 g
L-lysine	5.3 g	1.7 g
L-tryptophan	1.5 g	0.5 g
L-valine	3.8 g	1.2 g
L-methionine	1.1 g	0.3 g
L-tyrosine	7.6 g	2.4 g
<b>Vitamins</b>		
Vitamin A (RE)	1000 mcg	315 mcg
Vitamin D	17 mcg	5.4 mcg
Vitamin E (αTE)	17 mg	5.4 mg
Vitamin K	100 mcg	32 mcg
Vitamin C	150 mg	47.250 mg
Thiamin	1.7 mg	0.5 mg
Riboflavin	2.0 mg	0.6 mg
Niacin	22 mg	6.9 mg
Vitamin B6	2.4 mg	0.8 mg
Folic acid	417 mcg	131 mcg
Vitamin B12	4 mcg	1.4 mcg
Biotin	71 mcg	23 mcg
Pantothenic acid	6.3 mg	2.0 mg
<b>Minerals</b>		
Potassium	1111 mg	350 mg
Calcium	1200 mg	378 mg
Magnesium	350 mg	110 mg
Phosphorus	950 mg	299 mg
Chloride	0.69 mg	0.22 mg
Sodium	25.1 mg	7.9 mg
Iron	21 mg	6.6 mg
Zinc	14 mg	4.5 mg
Copper	1.4 mg	0.45 mg
Manganese	2.8 mg	0.88 mg
Selenium	75 mcg	24 mcg
Chromium	50 mcg	16 mcg
Molybdenum	60 mcg	19 mcg
Iodine	200 mcg	63.0 mcg
<b>Other nutrients</b>		
Carnitine	0.08 g	0.03 g
Taurine	0.21 g	0.07 g
Choline	294 mg	92.5 mg
Inositol	151 mg	47.5 mg

\*1 g of protein equivalent (P.E.) = 1.2 g of amino-acids  
The protein content is provided by the amino-acids.