



**Pack size**  
30 x 24 g sachets

## Description

GOLIKE PLUS 3-16 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 between 3 and 16 years of age.

## 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, maltodextrin, L-aspartic acid, L-proline, L-isoleucine, L-threonine, glycine, L-valine, potassium bicarbonate, L-arginine, 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; inositol, taurine, L-ascorbic acid, L-carnitine, zinc sulphate, nicotinamide, DL-alpha tocopheryl acetate, chromium chloride hexahydrate, sodium molybdate, manganese gluconate, calcium-D-pantothenate, cupric gluconate, retinyl palmitate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, cholecalciferol, folic acid, potassium iodide, phytomenadione, sodium selenite, 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 24 g
Energy	280 kcal/1187 kJ	67 kcal/286 kJ
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	4.3 g	1.0 g
of which sugars	0 g	0 g
Fibre	7.1 g	1.7 g
Protein equivalent *	62.2 g	15 g
Salt	0.06 g	0.015 g
<b>Amino-acids</b>		
L-serine	2.5 g	0.6 g
L-threonine	3.8 g	0.9 g
L-leucine	8.6 g	2.1 g
Glycine	3.8 g	0.9 g
L-alanine	2.3 g	0.5 g
L-arginine	3.0 g	0.7 g
L-cystine	1.5 g	0.4 g
L-glutamine	15.0 g	3.6 g
L-histidine	2.1 g	0.5 g
L-aspartic acid	4.5 g	1.1 g
L-proline	4.5 g	1.1 g
L-isoleucine	4.1 g	1.0 g
L-lysine	5.3 g	1.3 g
L-tryptophan	1.5 g	0.4 g
L-valine	3.8 g	0.9 g
L-methionine	1.0 g	0.3 g
L-tyrosine	7.5 g	1.8 g
<b>Vitamins</b>		
Vitamin A (RE)	1295 mcg	311 mcg
Vitamin D	25 mcg	6.0 mcg
Vitamin E (αTE)	13 mg	3.2 mg
Vitamin K	100 mcg	24 mcg
Vitamin C	135 mg	32.31 mg
Thiamin	2.0 mg	0.5 mg
Riboflavin	1.9 mg	0.5 mg
Niacin	27 mg	6.4 mg
Vitamin B6	2.6 mg	0.6 mg
Folic acid	267 mcg	64.1 mcg
Vitamin B12	4.2 mcg	1.0 mcg
Biotin	54 mcg	13 mcg
Pantothenic acid	11 mg	2.6 mg
<b>Minerals</b>		
Potassium	1250 mg	300 mg
Calcium	1339 mg	321 mg
Magnesium	304 mg	72.9 mg
Phosphorus	1060 mg	254 mg
Chloride	0.75 mg	0.18 mg
Sodium	25 mg	5.9 mg
Iron	23 mg	5.6 mg
Zinc	14 mg	3.4 mg
Copper	1.4 mg	0.3 mg
Manganese	2.5 mg	0.6 mg
Selenium	58 mcg	14 mcg
Chromium	46 mcg	11 mcg
Molybdenum	88 mcg	21 mcg
Iodine	225 mcg	54.0 mcg
<b>Other nutrients</b>		
Carnitine	0.08 g	0.02 g
Taurine	0.21 g	0.05 g
Choline	321 mg	77.1 mg
Inositol	214 mg	51.4 mg

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