

A Parent's Guide to
exploreTM

Includes
food diary



Important Contacts



Name	Contact Number



What is explore™?



When your child is around 6 months of age, your dietitian will help you introduce solids into their diet.

explore is a powdered protein substitute suitable for infants and young children with one of the following inborn errors of protein metabolism:

- **Maple Syrup Urine Disease (MSUD)**
- **Tyrosinaemia (TYR)**
- **Homocystinuria (HCU)**
- **Glutaric Aciduria Type 1 (GA)**
- **Methylmalonic Acidaemia/Propionic Acidaemia (MMA/PA)**

explore will be used alongside breast milk/standard infant formula and your child's special formula in order to meet their increasing protein requirements.

At approximately 12 months of age, explore will completely replace the special formula. The solid foods you are introducing at this time will provide all the natural protein they require. Your dietitian will let you know how much natural protein your child is allowed.

explore5

- Suitable from 6 months to 5 years of age.
- It comes in 12.5g sachets which contain 5g protein equivalent.
- There are 30 sachets in a box.
- It is available in unflavoured only.



If you have any questions about explore, you should always speak to your dietitian.





A series of horizontal dashed lines for writing, starting from the top and extending down the page. The lines are evenly spaced and cover most of the page's width.

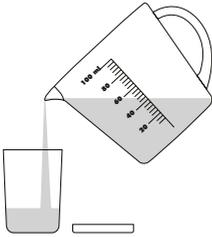


How to Prepare explore

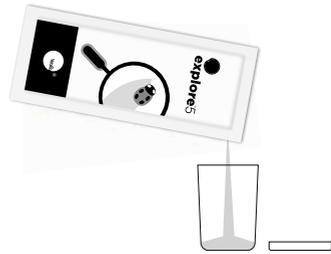
explore is easy to prepare. It is important to carefully follow the instructions, which are outlined below to help you.

Preparation Instructions

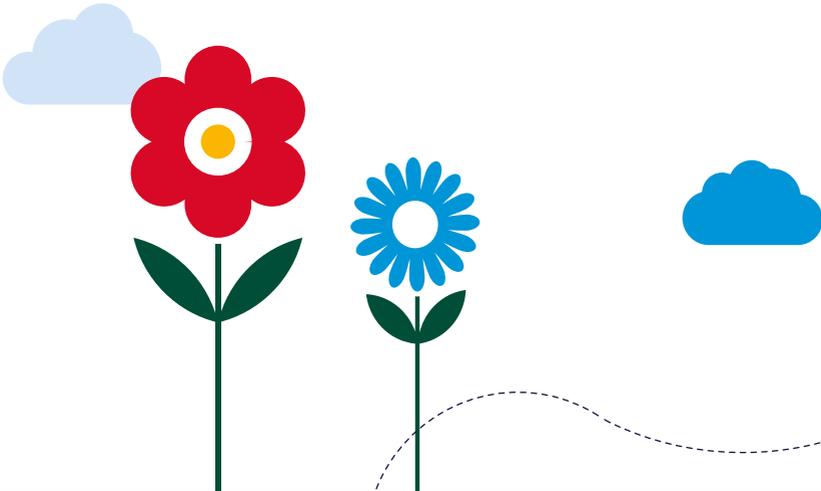
explore is taken off the spoon as a semi-solid consistency:



1. Add 12.5ml of cold water into a beaker.

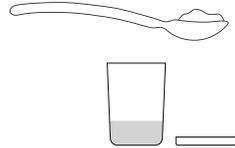


2. Empty the contents of the sachet into the beaker.





3. Secure the lid and shake well for 10 seconds.



4. Leave to stand for 2 minutes, allowing a spoonable consistency to form. Consume with a spoon.



Important Information

- **explore** should be prepared immediately prior to feeding and any remaining product must be discarded if not used within 1hr.
 - It is important that all the **explore** is consumed.
- Water or permitted drinks should be taken after **explore**.
- Infants and children should always be supervised when feeding.



Tips for Introducing explore

- Give at the beginning of a meal when your child is hungry, at the same time each day in the same way.
- Try to make sure the same people are giving explore each day.
- Always ensure they finish explore and ensure your child sees the empty beaker/bowl.
- Make sure your child realises explore is important, just like a medicine.
- Be persistent, especially during teething and illness. If your child stops taking explore, it will be more difficult to re-establish.



Give lots of praise - smiling and encouragement gives a positive message about explore.



Keeping a Food Diary

As you introduce solid foods into your child's diet it's useful to keep a food diary.

You should record:

- The different types of foods eaten (free foods and natural protein).
- The amount of food eaten.
- Amount of special formula taken.
- Amount of explore taken.

You will continue to have regular appointments with your dietitian to review your child's diet and it is useful to have all the information in one place.

Remember to take this along with you.



Week
Commencing
DD/MM/YY

Monday

Tuesday

Wednesday



Breakfast



Lunch



Snacks



Dinner

Natural Protein

explore

Special
Formula

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Breakfast



Lunch



Snacks



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explore is a protein substitute for the dietary management of Maple Syrup Urine Disease, Tyrosinaemia, Homocystinuria, Glutaric Aciduria Type 1, Methylmalonic Acidaemia/Propionic Acidaemia.

explore is suitable from 6 months to 5 years of age.

explore is a food for special medical purposes and must be used under medical supervision. Refer to labels for allergen and other product information.



Innovation in Nutrition

A Nestlé Health Science Company

*Reg. Trademark of Société des Produits Nestlé S.A.

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