

Introducing your
 **express**[™]
plus⁺
experience



Freedom in a sachet
Have your best day, every day



VitaFlo[™]

Enhancing Lives Together

Express yourself in a new way

For many people the convenience of a liquid protein substitute is key; but for those who require the flexibility of a powder product, VitaFlo™ has the ideal solution.

We've developed a product that offers more than it ever has before...



Discrete non-medical packaging

Fits into your everyday life so you won't stand out. Looks just like a shake your friends or colleagues may drink.

Pre-measured sachets

Lightweight and compact. No weighing or measuring required, making it easy to transport and store every day or when away from home.

Lots of flavour options

Helps prevent flavour fatigue by adding more choice and variety. Unflavoured express plus can be mixed with flavour pacs for more flavour choice.

We've added starch

Adding a small amount of water forms a smooth, low volume semi-solid you can enjoy off a spoon. It's gone in seconds.



expressTM
plus⁺

2 pack sizes*

An accurate amount of either 15g or 20g protein equivalent (PE). As your protein requirements increase, you don't need to change protein substitute.

Are you calorie conscious?

Just 79 kcal in 15g PE** allows you to consume more energy from foods, rather than your protein substitute.

Contains docosahexaenoic acid (DHA), a source of omega 3

DHA is found in foods which cannot be eaten as part of a protein restricted diet. We have included it in express plus so you don't miss out and won't need to take an additional supplement.

* GA and MMA/PA express plus available in 15g PE only.

** Unflavoured express plus.



A range with you in mind

There's something for everyone

Product	For the dietary management of:	Free From*	Flavour	Pack Size
	Phenylketonuria	Phenylalanine	Orange, tropical, lemon and unflavoured	15g & 20g PE
	Maple Syrup Urine Disease	Leucine, Isoleucine & Valine	Unflavoured	15g & 20g PE
	Homocystinuria	Methionine	Unflavoured	15g & 20g PE
	Tyrosinemia	Phenylalanine & Tyrosine	Unflavoured	15g & 20g PE
	Glutaric Aciduria Type 1	Lysine Low Tryptophan	Unflavoured	15g PE
	Methylmalonic Aciduria & Propionic Aciduria	Methionine, Threonine & Valine Low Isoleucine	Unflavoured	15g PE



Express plus is colour-coded by disorder for safety, helping to ensure that only the right product gets to you.

* Specified amino acids have not been added to the product but may be present in trace amounts from other ingredients.

Have it your way

Make it. Shake it. Take it.

Simply mix and go.

Express plus offers the versatility that ready to drink protein substitutes don't.

Step 1

Choose your favourite flavour pac[†] to add to your unflavoured express plus.

Step 2

Tailor-make your express plus volume to suit you.

Spoonable



Express plus as a spoonable semi-solid consistency
the solution to those who like a really low volume.

1. Empty the contents of the **express plus sachet** and **flavour pac sachet** into the shaker.
2. Add 10-20ml or 2-4 teaspoons of water.
3. Stir well for 10 seconds and eat with a spoon.



Mini Drink



Express plus mini drink
the solution to taking it quickly.

1. Empty the contents of the **express plus sachet** and **flavour pac sachet** into the shaker.
2. Add 80-100ml of water.
3. Secure lid and shake well for 10 seconds.

[†] Flavour pacs are flavoured powders in a sachet format. They are available in orange, tropical, blackcurrant and raspberry.



Flexi Drink

Express plus flexi drink
the solution to making it your own.



1. Empty the contents of the **express plus sachet** and **flavour pac sachet** into the shaker.
2. Add as much water as you like!
3. Secure lid and shake well for 10 seconds.

Boost



Express plus boost
the ideal option when extra energy is required or to boost your flavours.

1. Empty the contents of the **express plus sachet** and **flavour pac sachet** into the shaker.
2. Add 100-200ml of ProZero[†] or the amount that best suits you.
3. Secure lid and shake well for 10 seconds.

[†] ProZero is a protein free liquid used in a similar way to milk.

Make express plus work for you

- Use ice cold water for a refreshing cool drink.
- Once you've made up your express plus, drink it immediately – the fresher the better.

Add your own twist and make express plus up with permitted drinks of your choice.

We have developed recipes so that you don't have to. To get your copy, contact your dietitian or visit www.updatedexpress.com/info for more information.



Make the most of your express plus experience



Sample packs with sachets of express plus for you to try. Contact your dietitian to request your sample pack.



Flavour pacs helping you add variety to your express plus. Contact your dietitian to request a sample pack.



Recipe booklet featuring various ways to make your express plus, your way. To request a copy, contact your dietitian or visit www.updatedexpress.com/info to find out more.



Preparation videos providing a visual guide to get the most out of your express plus at www.updatedexpress.com/info.



Express plus is available on our **free home delivery service**. Ask your dietitian to register you.

Express plus, ProZero and flavour pacs are Foods for Special Medical Purposes for the dietary management of proven inborn errors of protein metabolism. Use under medical supervision. Not suitable for use as a sole source of nutrition. Express plus and flavour pacs are suitable for use from 3 years of age and ProZero from 6 months of age onwards.

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Enhancing Lives Together
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