

My  **express**TM
plus⁺

Freedom in a sachet



**How to get the most out
of your express plus**

- Includes hints and tips on how to enjoy express plus
- 11 brand new recipes for you to try

VitafloTM

Enhancing Lives Together

Express plus gives you full control over your own protein substitute

You can make it up any way you like, as a spoonable semi-solid, a mini drink, a flexi drink or as an express plus boost!

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.

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 volume 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.



How to get the most out of express plus



Use ice cold water for a refreshing cool drink.



Once you've made up your express plus, drink it immediately — the fresher the better.



Refresh your taste buds!

If you take unflavoured express plus, you could try it with one of the different flavour pacs[†] Vitaflo has available:

- **Blackcurrent**
- **Orange**
- **Raspberry**
- **Tropical**

You can add as much or as little of the flavour pac as you like to your own taste. Simply add the flavour pac powder into the beaker with the express plus before adding the liquid and shake.

Add your own twist

Try adding permitted flavourings such as cordials, coffee syrups or fresh fruit purées. Make your own frappuccino, milkshake or smoothie by adding a permitted low protein milk alternative.

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

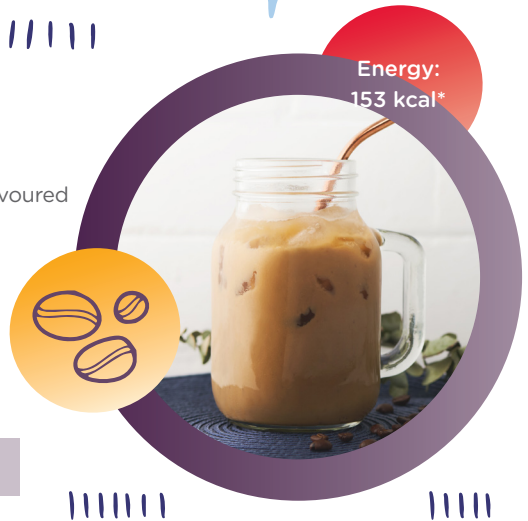
Recipe ideas for expressTM plus⁺

These recipes have been specifically designed for use in a low protein diet. Refer to labels for allergen and other product information. All recipes are exchange free.

Coffee Frappuccino

- 1 sachet express plus 15 or express plus 20, unflavoured
- 1 tsp instant coffee dissolved in 50ml boiling water and cooled
- 150ml permitted coconut drink
- 1 tsp maple syrup
- 40g ice

1. Place all the ingredients into a blender and blitz.



Cranberry & Raspberry Fizz

- 1 sachet express plus 15 or express plus 20, unflavoured
- 80ml cranberry and raspberry juice drink
- 80ml permitted lemon and lime sparkling water

1. Shake the express plus unflavoured, cranberry juice and raspberry juice together in an express beaker.
2. Top up with 80ml lemon and lime sparkling water.
3. Add ice before serving.

Energy:
122 kcal*



* For these recipes, energy (kcal) has been calculated using express plus 20.

Energy:
169 kcal*

Cola Fizz

- 1 sachet express plus 15 or express plus 20, unflavoured
- 150ml permitted Cola

1. Shake together into an express beaker. Open carefully!
2. Add ice before serving.



Mockito

- 1 sachet express plus 15 or express plus 20, unflavoured
- 30ml Robinson's crushed lime and mint cordial
- 150ml sparkling water

1. Shake the unflavoured express plus and the cordial together in an express beaker.
2. Top up with 150ml sparkling water.
3. Add ice before serving.

Energy:
137 kcal*



Lemon & Elderflower Fizz

- 1 sachet express plus 15 or express plus 20, unflavoured
- 30ml elderflower cordial
- 80ml permitted lemon and lime sparkling water

1. Shake the express plus unflavoured and cordial together in an express beaker.
2. Top up with 80ml lemon and lime sparkling water.
3. Add ice before serving.

Energy:
188 kcal*



* For these recipes, energy (kcal) has been calculated using express plus 20

Apple & Mango Fusion

- 1 sachet express plus 15 or express plus 20, unflavoured
- 50g tinned mango slices in light syrup
- 100ml apple juice

Energy:
177 kcal*

Can you taste the Caribbean? Shake

- 1 sachet express plus 15 or express plus 20, unflavoured
- 3 tsp banana Nesquik
- 150ml permitted coconut drink

1. Add all the ingredients into an express beaker and shake.
2. Add ice before serving.

Energy:
186 kcal*

Tomato Crush

- 1 sachet express plus 15 or express plus 20, unflavoured
- 150ml tomato juice
- Drops of Tabasco sauce to taste

Energy:
143 kcal*

* For these recipes, energy (kcal) has been calculated using express plus 20.

Energy:
196 kcal*

Peach Melba

- 1 sachet express plus 15 or express plus 20, unflavoured plus a raspberry flavour pac sachet
- 50g peach slices, in light syrup
- 100ml ProZero

1. Place all the ingredients into a blender and blitz.
2. Add ice.

Pink Ice Ice Baby

- 1 sachet express plus 15 or express plus 20, unflavoured plus a raspberry flavour pac sachet
- 100g permitted lemon sorbet (slightly melted)

1. Place all the ingredients into a blender and blitz.

Energy:
222 kcal*



Pineapple & Coconut Shake

- 1 sachet express plus 15 or express plus 20, unflavoured
- 70g tinned pineapple chunks in juice
- 100ml permitted coconut drink

1. Place all the ingredients into a blender and blitz.
2. Add ice before serving.

* For these recipes, energy (kcal) has been calculated using express plus 20

Moving from express to express plus

If you have been taking express for a while, you might find that express plus is a little different.



Some people may switch from express to express plus very easily and quickly. However, if you need a more gradual approach, we hope that these steps will help you.

Suggestion One

Swap 1 express plus sachet for 1 express sachet each day.

For example, if you currently take 3 express sachets per day, take 1 express plus sachet on day one and 2 current express sachets. Gradually increase express plus and decrease the current express until you have swapped over.

You could use this table to help you:

	NUMBER OF SACHETS OF  express™	NUMBER OF SACHETS OF  express™ plus ⁺
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		

Suggestion Two

If suggestion one is too quick, try mixing $\frac{1}{2}$ sachet of express plus and $\frac{1}{2}$ sachet of express

For example, you could try mixing half a sachet of your current express with half a sachet of express plus. Gradually increase express plus and decrease express until you are completely switched over.

If you need any further help with transitioning, please contact your dietitian.

Express plus, ProZero and flavour pacs are Foods for Special Medical Purposes. For the dietary management of proven inborn errors of protein metabolism. Express plus and flavour pacs are suitable from 3 years of age. ProZero is suitable from 6 months onwards. Use under medical supervision. Not for use as a sole source of nutrition. For enteral use only. Energy content of each recipe has been calculated using Nutriment, a web based professional dietary analysis package.



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