

New ways to take your ^{PKU}cooler[®]



How many ways have you tried?



Enhancing Lives Together

Some general points to remember:

Chill it!



Put your cooler pouch in the fridge and take it out when you're ready, this way you can enjoy an even more refreshing drink.

Shake it!



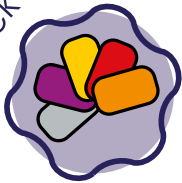
Give your cooler a shake for approximately 20-30 seconds before opening to ensure a smooth blend.

Follow



Follow your cooler with a drink of water or permitted juice. You can also take a permitted mint afterwards to refresh your palette if you wish.

Pick 'n' mix!



You can mix and match different PKU cooler flavours to add variety to your day. There are five flavours to choose from, so you could start your day with a refreshing cooler yellow and end the day with a fruity PKU cooler red.





'Slushy' Drink



Give your cooler a shake for approximately 20-30 seconds to ensure it is well mixed.



Pop your favourite cooler flavour into the freezer overnight.



Remove the pouch from the freezer in the morning and if left at room temperature for 1.5 hours, it will be ready to drink with a chilled, 'slushy' consistency.



If you are taking it to school, college or work in a cool bag or lunchbox with a cool pack, then it will be in a 'slushy' consistency after 4 hours and be ready to enjoy straight from the pouch at lunchtime.



If you defrost in the fridge, it will be the correct consistency after 6 hours.

Note: All product must be consumed immediately after defrosting and cannot be re-frozen.



Cooler 'ice lolly'



Give your cooler a shake for approximately 20-30 seconds to ensure it is well mixed.



Pop your favourite cooler pouch in the freezer overnight.



Remove the pouch from the freezer. Cut the top of the pouch off (just below the cap) and enjoy your cooler in an ice lolly format.



Just make sure you also drink any cooler that defrosts whilst you are enjoying your 'ice lolly', checking none is left at the bottom of your pouch.

Note: All product must be consumed immediately once removed from the freezer and cannot be re-frozen.



Super chilled!



If you want a really refreshing drink, you could put your cooler pouch in the freezer overnight, then take it out and allow it to defrost for 2 hours at room temperature. After this time, your cooler will be fully defrosted but super chilled and very refreshing!

Note: All product must be consumed immediately after defrosting and cannot be re-frozen.

Do you take PKU cooler white?



Why not try permitted **flavour straws** – you can choose your own flavour and change it whenever you like!



You could also squeeze your favourite permitted **fruit juice concentrate** straight into the pouch then simply shake it and it is ready to drink!

Important Notes:

- * Once defrosted, do not re-freeze your PKU cooler
- * Do not leave PKU cooler in the freezer for longer than 4 weeks
- * Consume PKU cooler immediately after freezing/defrosting
- * Any open PKU cooler stored at ambient temperature must be consumed within 6hrs.



 coolerwhite™



PKU cooler is a Food for Special Medical Purposes for the dietary management of Phenylketonuria (PKU) and must be used under medical supervision.

Suitable from 3 years of age.

Refer to product labels for allergen and other product information.



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