



ACBS GMS PBS

Description

Food for special medical purposes.

GA express™ plus is an unflavoured powdered lysine free*, low tryptophan protein substitute containing essential and non-essential amino acids, carbohydrate, vitamins, minerals, trace elements and docosahexaenoic acid (DHA).

Indications

GA express plus is for the dietary management of Glutaric Aciduria type 1 (GA1) from 3 years onwards.

Recommended intake and administration

To be determined by the clinician or dietitian, and is dependent on the age, body weight and medical condition of the patient.

GA express plus15 (25g) = 15g PE

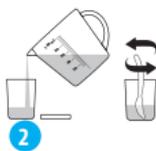
Preparation Guidelines

For a paste:



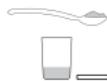
1

Empty the contents of the sachet into the beaker.



2

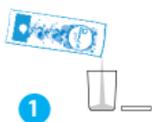
Add approximately 10 - 20ml of cold water. Mix well with a spoon until a smooth paste is formed.



3

Consume immediately.

For a mini or flexi drink:



1

Empty the contents of the sachet into the beaker.



2

Add approximately 80 - 100ml (for a mini drink) or as much cold water as desired (for flexi drink). Secure lid and shake well for 10 seconds.



3

Consume immediately.

Important - Water or permitted drinks should be taken after GA express plus.

The product should be freshly prepared and consumed immediately.

If this is not possible all prepared product must be tightly covered and consumed within 4 hours if kept at room temperature, or within 24 hours if refrigerated.

Shake product before use.

IMPORTANT NOTICE

Must only be given to people with proven GA1 under strict medical supervision.
Suitable from 3 years of age onwards.

Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply lysine, tryptophan, fluid and general nutritional requirements.

Not suitable for use as a sole source of nutrition.

Use under medical supervision.

For enteral use only.

Nutritional Information

		Per 100g	Per GA express15 25g
Energy	kJ	1339	335
	kcal	316	79
Fat	g	2.2	0.55
	of which saturates	g	0.18
DHA	mg	400	100
Carbohydrate	g	14.0	3.5
of which			
sugars	g	1.2	0.30
Protein equivalent	g	60	15
L-Lysine*	g	-	-
L-Tryptophan	g	0.42	0.11
Salt	g	1.05	0.26
Vitamins			
Vitamin A (RE)	µg	780	195
Vitamin D	µg	30	7.5
Vitamin E (αTE)	mg	16	4.0
Vitamin K	µg	70	18
Vitamin C	mg	110	28
Thiamin	mg	2.0	0.50
Riboflavin	mg	2.3	0.58
Niacin (Niacin Eq)	mg	10 (17)	2.5 (4.3)
Vitamin B6	mg	2.8	0.70
Folic acid	µg	300	75
Vitamin B12	µg	4.8	1.2
Biotin	µg	38	9.5
Pantothenic acid	mg	5.7	1.4

Nutritional Information

		Per 100g	Per GA express15 25g
Minerals			
Sodium	mg	420	105
	mmol	18	4.5
Potassium	mg	730	183
	mmol	18	4.6
Chloride	mg	420	105
	mmol	12	2.9
Calcium	mg	1200	300
	mmol	30	7.5
Phosphorus	mg	1070	268
	mmol	34	8.6
Magnesium	mg	330	83
	mmol	14	3.4
Trace elements			
Iron	mg	22	5.5
Zinc	mg	17	4.3
Copper	mg	1.8	0.45
Manganese	mg	1.5	0.38
Selenium	µg	80	20
Chromium	µg	42	11
Molybdenum	µg	70	18
Iodine	µg	250	63
Taurine	mg	132	33
L-Carnitine	mg	64	16
Choline	mg	600	150
Amino Acids			
L-Arginine	g	5.60	1.40
L-Alanine	g	5.97	1.49
L-Aspartic Acid	g	3.49	0.87
L-Cystine	g	2.13	0.53
L-Glutamine	g	5.10	1.28
Glycine	g	3.76	0.94
L-Histidine	g	2.63	0.66
L-Isoleucine	g	4.84	1.21
L-Leucine	g	8.39	2.10
L-Lysine	g	0.00	0.00
L-Methionine	g	1.47	0.37
L-Phenylalanine	g	4.03	1.01
L-Proline	g	4.70	1.18
L-Serine	g	4.17	1.04
L-Threonine	g	4.50	1.13
L-Tryptophan	g	0.42	0.11
L-Tyrosine	g	4.70	1.18
L-Valine	g	5.90	1.48

Osmolality:

GA express plus15 25g + 80ml = 1900 mOsm/kg

** No added lysine. Lysine may be present in trace amounts from other ingredients (<10mg/100g or <4mg per serving).

Allergen Declaration

Contains fish, soya (soya lecithin).

Not suitable for individuals with a milk allergy.

Pack Size/Weight**GA express15 plus**

30 x 25g e sachets =750g

Flavour

Unflavoured

Storage

Store in a cool, dry place.

Sachets are designed for single use and should be used immediately once opened.

Any unused powder in an open sachet should be kept in an airtight container or sealed with a clipper and used within 24 hours.

Packaged in a protective atmosphere.

