



express™

ACBS GMS PBS

Description

Food for special medical purposes.

GA express™ is an unflavoured powdered lysine free, low tryptophan protein substitute containing essential and non-essential amino acids, carbohydrate, vitamins, minerals and trace elements.

Indications

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

Dosage 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 express15 (25g) = 15g PE

The product can be used individually or interchanged to meet individual protein requirements.

1. The daily protein substitute requirement is given as GA express.
2. Additional protein is provided from exchanges of natural protein, to provide restricted amino acids in controlled amounts, which is essential for growth and development.
3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy.

Preparation Guidelines

GA express can be either taken as a paste, a mini (low volume) drink or a flexi (dilute) drink

For a paste:



Empty the contents of the sachet, plus a flavour pac sachet if desired, into the beaker.



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



Consume immediately.

For a mini or flexi drink:



1 Empty the contents of the sachet, plus a flavour pac sachet if desired, into the beaker.



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



3 Consume immediately.

Water or permitted drinks should be taken after GA express.

IMPORTANT NOTICE

Must only be given to people with proven GA1 under strict medical supervision.

Suitable from 3 years onwards.

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

Not for use as a sole source of nutrition.

For enteral use only.

Nutritional Information

		Per 100g	Per GA express15 25g
Energy	kJ	1260	315
	kcal	297	74
Fat	g	0.2	0.05
of which saturates	g	0	0
Carbohydrate	g	13.7	3.4
of which Sugars	g	1.0	0.24
Protein (equivalent)	g	60	15
L-Lysine	g	0	0
L-Tryptophan	g	0.45	0.11
Salt	g	1.3	0.32

Nutritional Information

		Per 100g	Per GA express15 25g
Vitamins, minerals & trace elements			
Vitamin A (RE)	µg	832	208
Vitamin D	µg	13.2	3.3
Vitamin E (αTE)	mg	15.6	3.9
Vitamin K	µg	100	25
Vitamin C	mg	108	27
Thiamin	mg	2.0	0.50
Riboflavin	mg	2.3	0.57
Vitamin B6	mg	2.8	0.70
Niacin	mg (mg NE)	24.8 (31.6)	6.2 (7.9)
Folic acid	µg	400	100
Vitamin B12	µg	4.8	1.2
Pantothenic Acid	mg	8.0	2.0
Biotin	µg	188	47
Sodium	mg	508	127
	mmol	22	5.5
Chloride	mg	728	182
	mmol	20.4	5.1
Potassium	mg	940	235
	mmol	23.6	5.9
Calcium	mg	1196	299
	mmol	30	7.5
Phosphorus	mg	1068	267
	mmol	33.6	8.4
Magnesium	mg	376	94
	mmol	15.6	3.9
Iron	mg	21.6	5.4
Zinc	mg	21.6	5.4
Copper	mg	2.2	0.55
Iodine	µg	252	63
Selenium	µg	88	22
Manganese	mg	3.2	0.80
Chromium	µg	88	22
Molybdenum	µg	144	36
Choline	mg	600	150

Nutritional Information

		Per 100g	Per GA express15 25g
Amino Acids			
L-Alanine	g	6.43	1.61
L-Arginine	g	6.03	1.51
L-Aspartic Acid	g	3.76	0.94
L-Cystine	g	2.30	0.58
L-Glutamine	g	0	0
Glycine	g	4.05	1.01
L-Histidine	g	2.83	0.71
L-Isoleucine	g	5.21	1.30
L-Leucine	g	9.04	2.26
L-Methionine	g	1.59	0.40
L-Phenylalanine	g	4.34	1.09
L-Proline	g	5.07	1.27
L-Serine	g	4.49	1.12
L-Threonine	g	4.85	1.21
L-Tryptophan	g	0.45	0.11
L-Tyrosine	g	5.07	1.27
L-Valine	g	6.36	1.59
L-Carnitine	mg	64	16
Taurine	mg	132	33

Osmolality:

GA express 15 25g + 80ml = 1896mOsm/kg

25g + 100ml = 1470mOsm/kg

Allergen Declaration

Contains soya (soya lecithin).

Pack Size/Weight

GA express15™

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.

