



ACBS GMS PBS

Description

Food for special medical purposes.

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

Indications

HCU express plus is for the dietary management of Homocystinuria (HCU) 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.

HCU express plus15 (25g) = 15g PE HCU express plus20 (34g) = 20g 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 HCU 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 HCU 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 methionine, 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 HCU express plus15 25g	Per HCU express plus20 34g
Energy	kJ	1339	335	455
	kcal	316	79	107
Fat	g	2.2	0.55	0.75
of which				
saturates	g	0.7	0.18	0.24
DHA	mg	400	100	136
Carbohydrate	g	14	3.5	4.8
of which				
sugars	g	1.2	0.30	0.41
Protein equivalent	g	60	15	20
L-Methionine*	g	-	-	-
Salt	g	1.05	0.26	0.36
Vitamins				
Vitamin A (RE)	µg	780	195	265
Vitamin D	µg	30	7.5	10
Vitamin E (α TE)	mg	16	4.0	5.4
Vitamin K	µg	70	18	24
Vitamin C	mg	110	28	37
Thiamin	mg	2.0	0.50	0.68
Riboflavin	mg	2.3	0.58	0.78
Niacin (Niacin Eq)	mg	10 (36)	2.5 (8.9)	3.4 (12)
Vitamin B6	mg	2.8	0.70	0.95
Folic acid	µg	300	75	102
Vitamin B12	µg	4.8	1.2	1.6
Biotin	µg	38	9.5	13
Pantothenic acid	mg	5.7	1.4	1.9

Nutritional Information

		Per 100g	Per HCU express plus 15 25g	Per HCU express plus 20 34g
Minerals				
Sodium	mg	420	105	143
	mmol	18	4.5	6.1
Potassium	mg	730	183	248
	mmol	18	4.6	6.2
Chloride	mg	420	105	143
	mmol	12	2.9	4.0
Calcium	mg	1200	300	408
	mmol	30	7.5	10
Phosphorus	mg	1070	268	364
	mmol	34	8.6	12
Magnesium	mg	330	83	112
	mmol	14	3.4	4.6
Trace elements				
Iron	mg	22	5.5	7.5
Zinc	mg	17	4.3	5.8
Copper	mg	1.8	0.45	0.61
Manganese	mg	1.5	0.38	0.51
Selenium	µg	80	20	27
Chromium	µg	42	11	14
Molybdenum	µg	70	18	24
Iodine	µg	50	63	85
Taurine	mg	132	33	45
L-Carnitine	mg	64	16	22
Choline	mg	600	150	204

Nutritional Information

		Per 100g	Per HCU express plus15 25g	Per HCU express plus20 34g
Amino Acids				
L-Alanine	g	2.95	0.74	1.00
L-Arginine	g	4.90	1.23	1.67
L-Aspartic Acid	g	6.56	1.64	2.23
L-Cystine	g	1.97	0.49	0.67
L-Glutamine	g	5.80	1.45	1.97
Glycine	g	4.31	1.08	1.47
L-Histidine	g	3.07	0.77	1.04
L-Isoleucine	g	4.62	1.16	1.57
L-Leucine	g	8.00	2.00	2.72
L-Lysine	g	5.15	1.29	1.75
L-Methionine	g	0	0	0
L-Phenylalanine	g	3.57	0.89	1.21
L-Proline	g	4.50	1.13	1.53
L-Serine	g	3.45	0.86	1.17
L-Threonine	g	3.51	0.88	1.19
L-Tryptophan	g	1.54	0.39	0.52
L-Tyrosine	g	3.54	0.89	1.20
L-Valine	g	5.08	1.27	1.73

Osmolality:

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

HCU express plus20 34g + 100ml = 1950 mOsm/kg

*No added methionine. Methionine 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

HCU express plus15

30 x 25g e sachets = 750g

HCU express plus20

30 x 34g e sachets = 1.02kg

Flavour:

Inflavoured

Storage

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.

