

DESCRIPTION

Anamix is a phenylalanine free drink mix containing essential and non-essential amino acids, carbohydrate, fat, vitamins, minerals and trace elements. Available in Chocolate (contains colours, sugar and sweeteners), Pineapple & Vanilla flavour (contains colours, sugar and sweeteners), Forest Berries (contains colours, sugar and sweeteners) or Unflavoured. A food for special medical purposes.

INDICATIONS

Anamix can be used in the dietary management of children aged 1 - 10 years with proven phenylketonuria (PKU). It contains a balanced blend of essential fatty acids (4:1 ratio). Children with PKU often have a diet high in linoleic acid and thus low levels of α -LA* and DHA^{††}. Initial trial results indicate that the use of **Anamix** may help improve their α -LA* status¹.

SUGGESTED INTAKE

The quantity of **Anamix** should be determined by a clinician or a dietician only and is dependent on the age, body weight, and medical condition of the patient.

The diet must be supplemented with natural protein and other nutrients in medically prescribed quantities to supply the phenylalanine and general nutrient requirements of the patient.

PREPARATION AND ADMINISTRATION

The recommended dilution is 100mls water plus 1 sachet (29g) of **Anamix**.

Anamix is easy to mix:

1. Pour the required volume of cold water into a glass or cup.
2. Add the prescribed amount of **Anamix** and stir.

Anamix is now ready for use.

Anamix is best served chilled.

OSMOLALITY

The osmolality of **Anamix** at the recommended dilution (1 sachet (29g) plus 100mls water) is:
Unflavoured: 1012 mosm/kg.
Pineapple & Vanilla flavour: 1205 mosm/kg.
Forest Berries flavour: 1210 mosm/kg.
Chocolate: 1205 mosm/kg.

PRECAUTIONS

Use under medical supervision.
Not suitable for use as a sole source of nutrition.
Not suitable for infants.
Not for parenteral use.

STORAGE

Store in a cool, dry place.

PACK SIZE

Anamix is available in 30 x 29g sachets.

SHELF LIFE

1 year.

References:

1. The addition of fat to a protein substitute designed for children with PKU. Dr. M. Cleary: presented at the Dietitians meeting, SSIEM, Prague 2001.

* α -LA - α -Linolenic Acid
†† DHA - Docosahexaenoic Acid

NUTRITION INFORMATION	per 100g powder	per 29g sachet	Amino Acid Profile	g per 100g powder	Fatty Acid Profile	g per 100g Fatty Acids		
Energy kJ	1639 (1571)	474 (455)	L-Alanine	1.25	C8:0	2.85		
kcal	[1571] (1571)	[455] (455)	L-Arginine	2.36	C10:0	2.11		
	390 (374)	113 (108)	L-Aspartic Acid	2.19	C12:0	<1		
Protein Equivalent g	[374] (374)	[108] (108)	L-Cystine	0.87	C16:0	4.51		
	29	8.4	L-Glutamic Acid	nil added	C18:0	1.47		
Total Amino Acids g	35	10	Glycine	2.2	C18:1	65.1		
Carbohydrate g	38 (34)	11 (9.9)	L-Histidine	1.33	C18:2	17.2		
	[34] (34)	[9.9] (9.9)	L-Isoleucine	2.08	C18:3	4.46		
of which sugars g	3.8 (3.3)	1.1 (0.1)	L-Leucine	3.56	C20	<1		
	[3.3] (3.5)	[0.96] (1)	L-Lysine	2.72	C20:1	<1		
Fat g	13.5	3.9	L-Methionine	0.57	C22:1	<1		
	1.5	0.4	L-Phenylalanine	nil added	C24:0	<1		
of which saturates g	8.4	2.4	L-Proline	2.52				
monounsaturates g	2.8	0.8	L-Serine	1.56				
polyunsaturates g	95		L-Threonine	1.74				
% LCT	5		L-Tryptophan	0.7				
% MCT	4:1		L-Tyrosine	3.14				
Ratio n6 : n3 fatty acids	5.3		L-Valine	2.28				
% energy from linoleic acid	1.4		L-Carnitine	0.017				
% energy from α linolenic acid	nil added		Taurine	0.132				
Fibre g			L-Glutamine	3.82				
Vitamins	per 100g powder	per 29g sachet	Minerals	per 100g powder	per 29g sachet	Trace Elements	per 100g powder	per 29g sachet
Vitamin A μ g RE	570	165	Sodium mg	680	197	Iron mg	14	4.1
IU	1898	550	mmol	30	8.7	Copper mg	1.05	0.31
Vitamin D μ g	14	4.1	Potassium mg	980	284	Zinc mg	10	2.9
IU	560	162	mmol	25	7.3	Manganese mg	0.8	0.23
Vitamin E mg α TE	6.04	1.8	Chloride mg	525	152	Iodine μ g	100	29
IU	9	2.6	mmol	15	4.4	Molybdenum μ g	43	12.5
Vitamin C mg	55	16	Calcium mg	580	168	Selenium μ g	56	16.2
Vitamin K μ g	25	7.3	Phosphorus mg	480	139	Chromium μ g	28	8.1
Thiamin mg	0.93	0.27	Magnesium mg	165	47.9			
Riboflavin mg	1.07	0.31						
Niacin mg	15	4.4						
mg NE	26.7	7.7						
Vitamin B ₆ mg	1.28	0.37						
Folic Acid μ g	100	29						
Vitamin B ₁₂ μ g	1.3	0.38						
Biotin μ g	35	10.2						
Pantothenic Acid mg	3.85	1.1						
Choline mg	80	23.2						
Inositol mg	35	10.2						

* At the recommended concentration of 1 sachet (29g) + 100ml water
Note: Figures in brackets represent: () Pineapple & Vanilla flavour **Anamix**
{ } Forest Berries flavour **Anamix**
{ } Chocolate flavour **Anamix**