



pku 3-tempora

- ✓ traces of phenylalanine
- ✓ defined protein supplement based on free amino acids
- ✓ for the dietary management of Phenylketonuria and Hyperphenylalaninemia
- ✓ enriched with vitamins, minerals and trace elements according to requirements
- ✓ not to be used as a sole source of nutrition
- ✓ must be used under medical supervision

Definition and indication

Milupa pku 3-tempora is a mixture of pure L-amino acids free from phenylalanine, containing fat, carbohydrates, vitamins, minerals and trace elements. It is to be used as a defined supplement in the dietary management of Phenylketonuria and Hyperphenylalaninemia before and during pregnancy and during lactation.

pku 3-tempora → before and during pregnancy and during lactation

Dosage and use

The daily amount of pku 3-tempora depends on age, body weight, protein requirements and individual metabolic condition. The dose of pku 3-tempora must be adjusted by the physician or dietician regularly.

Recommendation: 5 portion sachets per day. A maximum of 1-2 portions pku 3-tempora can be replaced by the concentrated amino acid mixtures pku 3-advanta and pku 3-tablets or the energy containing amino acid mixtures pku 3-shake pink orange and pku 3-activa tomato in consultation with the treating physician. The specific micro-nutrient requirements of the pregnant/nursing woman must then be covered by the remaining 3-4 portions of pku 3-tempora.

Diets with pku 3-tempora require an adequate intake of energy, essential fatty acids and phenylalanine to meet daily requirements of the patient.

Standard dilution

1 portion pku 3-tempora =
1 sachet (45 g) + 100 ml drinking water

Packaging

pku 3-tempora 450 g cardboard box (10 x 45 g)
(3 cardboard boxes per box)



Nutrition information

Average content		per 100 g	per portion ¹	Average content		per 100 g	per portion ¹		
Energy	kJ	1809	814	Minerals	Sodium	mg	< 3	< 1,4	
	kcal	430	194		Potassium	mg	710	319	
Protein*	g	31,1	14		Calcium	mg	535	241	
					Magnesium	mg	110	49	
Amino acids	g	37,3	16,8		Phosphorus	mg	265	119	
					Chloride	mg	< 1	< 0,5	
of which					Iron	mg	13,3	6	
Arginine	g	1,2	0,55		Trace elements	Zinc	mg	6,7	3
Cystine	g	0,8	0,38			Copper	µg	360	162
Histidine	g	0,8	0,38			Iodine	µg	82	37
Isoleucine	g	2,1	0,94			Manganese	mg	0,7	0,31
Leucine	g	3,5	1,57			Chromium	µg	13	6
Lysine	g	2,5	1,11	Molybdenum		µg	18	8	
Methionine	g	0,8	0,38	Selenium		µg	22	10	
Threonine	g	1,6	0,74	Vitamins		Vitamin A	µg	222	100
Tryptophan	g	0,6	0,28		Vitamin D ₃	µg	2	0,9	
Tyrosine	g	3	1,37		Vitamin E	mg	6	2,7	
Valine	g	2,5	1,11		Vitamin K ₁	µg	24	10,8	
Alanine	g	1,5	0,67		Vitamin B ₁	mg	0,6	0,26	
Aspartic acid	g	3,5	1,57		Vitamin B ₂	mg	0,7	0,3	
Glutamic acid	g	6,8	3,06		Vitamin B ₆	mg	0,8	0,38	
Glycine	g	0,8	0,38		Niacin	mg	7,6	3,4	
Prolinee	g	3,3	1,5		Folic acid	µg	144	64,8	
Serine	g	1,8	0,83		Biotin	µg	20	9	
Carnitine	mg	62	28		Vitamin B ₁₂	µg	1,6	0,7	
Fat	g	15,5	7		Pantothenic acid	mg	2,7	1,2	
Carbohydrates	g	41,6	18,7	Vitamin C	mg	40	18		
				Choline	mg	180	81		
				Myo-Inositol	mg	140	63		

* Conversion: 1 g Protein
= 1,2 g Amino acids
= 17 kJ = 4 kcal

¹ Standard dilution

Ingredients:

maltodextrin, phe-free amino acid mixture, vegetable oils and fats, mineral and trace element mixture, emulsifier (citric acid esters of mono- and diglycerides of fatty acids), vitamin mixture, antioxidant ascorbylpalmitat