

PKU **GOLIKE**



A *new* medical formula
in granules to mix with your
favorite foods and smoothies!



GRANULES

NO AMINO ACID TASTE

NO AFTERTASTE
OR BAD BREATH

PHYSIOLOGICAL ABSORPTION
SIMILAR TO NATURAL PROTEINS



DIFFERENT TEXTURE:

YOU MAY NEED MORE TIME
FOR ADJUSTMENT

Be prepared for a *new* experience!

With PKU GOLIKE you can mix your medical formula directly into your meal thanks to the **special coating of the granules** that hides the amino acid taste, odor and aftertaste!

Learn more about PKU GOLIKE's special coating at
www.pkugolike.com

PKU GOLIKE is a medical food for the dietary management of phenylketonuria to be taken under medical supervision.

➔ **MEDICAL FORMULA WITHIN FOODS SOUNDS WEIRD?**

Indeed it's a change and *CHANGE* may be overwhelming at first... Here's a list of quick **DO'S & DON'TS** to integrate PKU GOLIKE into your daily life!

DO'S



- 1 **Start with half a packet** (or less) to find the **right balance** between the amount of granules and food to make sure you like the texture.
- 2 **Take it slow.** Gradually add more granules to each new meal until you're ready for the whole packet.
- 3 It's easier if you start with **food with texture!** Try adding granules to **smoothies** with seedy fruits (e.g. kiwi, berries).
- 4 If you decide not to use the full packet, store in an **airtight container** and take the remaining granules **within 24 hours**.

DON'TS



- 1 **Don't mix a full packet in a small amount of food** or the texture may be too different!
- 2 **Don't expect granules to dissolve:** they are supposed to melt **in your body** and not in your meal.
- 3 **Don't cook granules and don't add them to hot food:** if you do, **the coating will melt** and goodbye taste, odor and aftertaste masking! And goodbye physiological absorption too!
- 4 **Don't be too cautious:** keep an open mind about what foods can go with **PKU GOLIKE**.

Be persistent, build up gradually and remember that the granules grant the benefits!

The amount of PKU GOLIKE to be used is a suggestion and may be adjusted based on personal taste or depending on what is prescribed by your metabolic clinician.