



Introducing
express™
plus⁺

**Designed for
people on the go!**

**How to get the
most out of your
express™ plus**

Includes tips on how to enjoy
express™ plus

3 new recipes for you to try

Vitaflo™

Enhancing Lives Together

For use in the dietary management of Phenylketonuria, Maple Syrup Urine Disease, Homocystinuria, and Tyrosinemia.
Suitable from 3 years of age.

USE UNDER MEDICAL SUPERVISION

Check out express™ plus!



Provides flexibility

to create your own formula recipe
with permitted ingredients
and flavorings.



Offers Docosahexaenoic acid (DHA)

often lacking in the typical
low protein diet.

express™
plus+



Designed to be mixed with only 3 fl oz

to help you take all your daily
formula in a small volume.



Convenient with pre-measured packets

no weighing or measuring
needed & easy to take
on the go.



Make it. Shake it. Take it.

Simply mix and go.



express™ plus drink

1. Empty the packet into a cup with a lid.
2. Add 3 fl oz (90 ml) of cold water or other permitted beverage.
3. Secure the lid and shake well for 10 seconds until powder dissolves.



Add your own twist

Try adding permitted flavorings such as extracts, coffee syrups, or fresh fruit purées. Make your own frappuccino, shake, or smoothie by adding a permitted low protein milk alternative.



Recipe Ideas



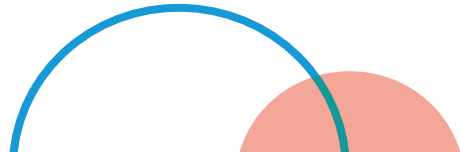
Sweet Iced Coffee

- 1 packet **express plus20**, unflavored
- 1 tsp instant coffee dissolved in 2 fl oz (60 ml) boiling water and cooled
- 6 fl oz (180 ml) coconut milk, unsweetened (from carton)
- 2 tsp maple syrup
- 1/2 cup ice

Place all ingredients into a blender and blend until smooth.

Nutrition Info

Calories 190 | Protein Equivalent 20 g | Intact Protein 0.2 g





Cranberry Raspberry Fizz

- 1 packet **express plus20**, unflavored
- 4 fl oz (120 ml) cranberry raspberry flavored juice drink
- 2 fl oz (60 ml) permitted lemon and lime sparkling water

1. Shake the **express plus** and cranberry raspberry juice drink together in a shaker cup.
2. Top with sparkling water.
3. Add ice before serving.



Nutrition Info

Calories 180 | Protein Equivalent 20 g | Intact Protein 0.3 g



Lemon Sorbet

- 1 packet **express plus20** unflavored
- 1 cup permitted lemon sorbet (slightly melted)

Place the ingredients into a blender and blend until smooth.

Nutrition Info

Calories 320 | Protein Equivalent 20 g | Intact Protein 0.2 g



Make express™ plus work for you

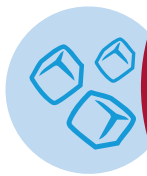
- Use ice cold water for a refreshing cool drink.
- Once you prepare your **express plus**, drink it immediately — the fresher the better.

USE UNDER MEDICAL SUPERVISION.

Be sure to check with your healthcare professional before making changes to your diet.

For more information on

the express™ plus range, visit **VitafloUSA.com**, email **vitafloNAM@vitaflousa.com**, or call **888-848-2356**.



PRO TIP:

Add your own twist and prepare **express plus** with permitted drinks of your choice.

.....

These recipes are suitable for a protein restricted diet. They can be made with either express plus20 or express plus15. express™ plus is a formula for use in the dietary management of Phenylketonuria, Maple Syrup Urine Disease, Homocystinuria, and Tyrosinemia from 3 years of age and for use under medical supervision. Be sure to check with your healthcare professional before making changes to your diet.

These recipes were analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

.....



For assistance accessing Vitaflo products

