

# PHLEXY-VITS

## DESCRIPTION

Phlexy-Vits is a concentrated, powdered vitamin, mineral and trace element powder.

## INDICATIONS

Phlexy Vits may be used as the vitamin, mineral and trace element component of restricted therapeutic diets and has been designed to meet the micronutrient requirements of older children (from approximately 11 years) and adults

## PREPARATION AND ADMINISTRATION

Mix one sachet of Phlexy-Vits with a small amount of water to a smooth paste. Add the remaining water to give a final volume of 100ml. Alternatively, mix one sachet of Phlexy-Vits to a smooth paste with a small amount of permitted cordial (approx. 20ml). Dilute with water up to 50ml. The amount of permitted cordial and water used can be varied according to taste. Best served chilled and consumed immediately.

The suggested dose is one 7 gram sachet per day for children over the age of 11 years and adults. The suggested dose may need lowering if vitamins, minerals and trace elements are provided in the diet from other sources, or for children under the age of 11 years.

## ADMINISTRATION GUIDELINES

The dosage should be determined by a clinician or dietitian only and is dependent on the age, body weight and medical condition of the patient.

## GENERAL PRECAUTIONS

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

## STORAGE

Store in a cool, dry place. Once opened, a sachet should be stored in an airtight container and used within 2-3 days.

## PACK SIZE

30 x 7g sachets

## INGREDIENTS

Calcium Phosphate Dibasic, Magnesium Acetate, Stabiliser (E412), L-Ascorbic Acid, Ferrous Sulphate, Dextrose, Zinc Sulphate, Nicotinamide, DL-alpha Tocopheryl Acetate, Copper Gluconate, Calcium D-Pantothenate, Manganese Sulphate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Vitamin A Acetate, Folic Acid, Potassium Iodide, Sodium Molybdate, Sodium Selenite, D-Biotin, Chromium Chloride, Vitamin K<sub>1</sub>, Vitamin D<sub>3</sub>, Cyanocobalamin.



## PHLEXY-VITS

AVERAGE CONTENTS	UNIT	PER 100G	PER SACHET (7G)
<b>Energy</b>	kcal	15	1
	kJ	63	4
<b>Protein</b>	g	0.3	0.02
<b>Carbohydrate</b>	g	0.5	0.04
sugars	g	0.5	0.04
lactose	g	-	-
<b>Fat</b>	g	nil added	nil added
saturates	g	-	-
monounsaturates	g	-	-
polyunsaturates	g	-	-
LCT	%	-	-
LA/ALA	ratio	-	-
% energy linoleic acid	%	-	-
% energy $\alpha$ -linolenic acid	%	-	-
<b>Dietary fibre</b>	g	5.8	0.4
<b>Minerals</b>			
sodium	mg (mmol)	125 (5.4)	8.8 (0.4)
potassium	mg (mmol)	<20 (<0.5)	<1.4 (<0.04)
chloride	mg (mmol)	<5 (<0.1)	<0.35 (<0.01)
calcium	mg (mmol)	14286 (356)	1000 (25)
phosphorus	mg (mmol)	11072 (357)	775 (25)
magnesium	mg (mmol)	4286 (176)	300 (12.3)
iron	mg	215	15.1
zinc	mg	158	11.1
copper	$\mu$ g	21500	1505
manganese	mg	21.5	1.5
fluoride	mg	-	-
molybdenum	$\mu$ g	1000	70
selenium	$\mu$ g	1072	75
chromium	$\mu$ g	429	30
iodine	$\mu$ g	2143	150
<b>Vitamins</b>			
vitamin A	$\mu$ g RE (IU)	11430 (38062)	800 (2664)
vitamin D	$\mu$ g (IU)	143 (5720)	10 (400)
vitamin E	mg $\alpha$ -TE (IU)	129 (192)	9 (13.5)
vitamin K	$\mu$ g	1000	70
thiamin	mg	171	1.2
riboflavin	mg	20	1.4
niacin	mg (mg NE)	286	20
pantothenic acid	mg	71.5	5
vitamin B <sub>6</sub>	mg	22.9	1.6
folic acid	$\mu$ g	10000	700
vitamin B <sub>12</sub>	$\mu$ g	71.5	5
biotin	$\mu$ g	2143	150
vitamin C	mg	715	50
<b>Others</b>			
choline	mg	-	-
myo-inositol	mg	-	-
<b>Water</b>			
osmolality	mOsm/kg H <sub>2</sub> O	-	-