



# 10 WAYS TO MAKE YOUR PKU FORMULA ULTRA DELICIOUS



## YOU'VE NEVER TASTED A PKU FORMULA LIKE THIS BEFORE!

**PhenylAde® GMP ULTRA** tastes great mixed with just about anything. It's equally good whether you mix it with water, juice, coconut water, tea or your favorite drink.

However, there are times when you want something a little more exciting. That's why we worked with a professional mixologist and an adult with PKU to come up with these fun, easy recipes you can make with everyday ingredients. Try one or two and take PhenylAde GMP ULTRA to the next level.

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All images used in the booklet are for illustrative purposes only and may not represent the finished recipe.

## Tips and Tricks for a Great Mix

The recipes in the book can be changed to suit your taste and items you have at home. It's all about making it your way!

### Mixing tricks

For shaken drinks, pour half the liquid in the shaker, then add powder, ice and shake. Then add the remaining liquid and shake until it's cold in your hand.

Ice chills mixed drinks and helps smoothies thicken up. But once a shaken drink is cold, you can get rid of the ice if you're using a shaker. Experiment a little and adjust your ice level for taste, texture, and your own personal style.

### Keeping syrup simple

When a recipe calls for syrup sweetener, you can use maple syrup, agave syrup, honey syrup or simple syrup in equal amounts. You can also make your own honey or simple syrup.

- Honey syrup: Mix 1 part water to 2 parts honey.
- Simple syrup: Mix 1 part water to 1 part sugar.

*The recipes in this book call for 1-2 tablespoons of syrup so try them different ways.*

### Make herbs shine

To bring out the flavors of fresh herbs, smash or hit them before adding them to your drink.

### All citrus is created equal

Lemon, lime, and orange juices are all interchangeable. Getting tired of one flavor? Keep drinks fresh by swapping one fruit for another.



**20**g Protein Equivalent

**98 Calories**



**107 Calories**

Does not contain fruit juice

Must be used under medical supervision

## ULTRA EASY, ULTRA GOOD



### LOW VOLUME

One 20 g PE pouch mixes with just 180 mL (6 fl oz) oz to aid you in meeting daily protein intake in **lower volume and fewer total servings**.



### LOWER CALORIE

Fewer calories per gram of protein, compared to our traditional PKU formula, to help adults and teens with added **diet flexibility** and **body weight management**.\*



### SUPPORTS BONE HEALTH

Provides a complete blend of vitamins and minerals, with high levels of calcium and vitamin D per pouch. Calcium and vitamin D **help support strong bones and teeth**.



### MADE WITH GMP

GMP-based formulas are known for their mild taste and may **aid individuals in feeling full**.

\*Phenylade GMP ULTRA contains 69% fewer calories than PhenylAde Essential.



# Simple Strawberry Lemonade

Berries and lemons never had it so good. This easy smoothie blends up in seconds and is a great option for breakfast or brunch. Try it with frozen strawberries if fresh ones are hard to come by (you can reduce the ice if you do this).

## NUTRITION INFORMATION:

|                 |                                    |                             |               |
|-----------------|------------------------------------|-----------------------------|---------------|
| Calories        | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| <b>122 kcal</b> | <b>20 g</b>                        | <b>0.5 g</b>                | <b>50 mg</b>  |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Lemonade
- ½ cup (72 g) strawberries (about 6 strawberries)
- ¾ cup (180 mL) water
- Ice cubes
- Optional: Garnish with fresh mint

## DIRECTIONS:

Add all ingredients to a blender and mix for 10 seconds. Serve immediately.

All recipes are intended to be consumed immediately.



Must be used under medical supervision

# Just a Nice Iced Tea

Iced tea is one of those easy-drinking recipes you can sip all day long. ULTRA Lemonade is the perfect complement to your favorite tea brand—mix them up and off you go! (To make iced tea, cool hot tea or steep a tea bag in cold water in the refrigerator for 6 to 12 hours).

## NUTRITION INFORMATION:

|          |                                 |                          |               |
|----------|---------------------------------|--------------------------|---------------|
| Calories | Protein equivalent from formula | Protein from other foods | Phenylalanine |
| 100 kcal | 20 g                            | 0 g                      | 36 mg         |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Lemonade
- ¾ cup (180 mL) unsweetened iced tea
- Ice cubes

## DIRECTIONS:

Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*



NUTRICIA  
**PhenylAde<sup>®</sup> GMP**  
**ULTRA**

**LEMONADE**  
Naturally Flavored

20 g Protein Equivalent

A powdered PKU medical food for the dietary management of Phenylketonuria (PKU) in individuals over 3 years of age

Net Wt 1.2 oz (33.4 g)

Must be used under medical supervision



# Golden Lemonade

Black pepper, cinnamon, and lemonade? Oh yes! Though this drink is served over ice, the combination of flavours will warm you from the inside out—so it’s a perfect afternoon pick-me-up no matter the weather.

## NUTRITION INFORMATION:

|          |                                    |                             |               |
|----------|------------------------------------|-----------------------------|---------------|
| Calories | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| 146 kcal | 20 g                               | 0.6 g                       | 64 mg         |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Lemonade
- 1 tsp turmeric
- ½ tsp cinnamon
- ½ cup (125 mL) unsweetened coconut beverage
- ½ cup (125 mL) water
- Dash of black pepper
- Ice cubes

## DIRECTIONS:

Add the ingredients to a shaker bottle and mix gently for about 10 seconds. Serve immediately over ice.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*



# Lemon Basil Refresher

Revitalize your day and your tastebuds with this bright, refreshing drink. Perfect for hot days, this mix combines cucumber and basil for an uplifting experience. (For optimal flavor, remember to bruise the basil before mixing).

## NUTRITION INFORMATION:

|          |                                    |                             |               |
|----------|------------------------------------|-----------------------------|---------------|
| Calories | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| 102 kcal | 20 g                               | <0.1 g                      | 38 mg         |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Lemonade
- 1 tbsp (30 mL) lemon juice
- 8-10 basil leaves (or to taste)
- 1/3 (99 g) diced cucumber
- 3/4 cup (180 mL) water
- Ice cubes

## DIRECTIONS:

Remove the filter from the shaker bottle and add all ingredients. Put the filter back in the shaker, replace the lid and shake until the bottle is cold. Serve immediately.

The filter is used to avoid basil leaves and pieces of cucumber in the glass.

*All recipes are intended to be consumed immediately.*



Must be used under medical supervision





# Melon Berry Twist

When you're craving something sweet, this one hits the spot. With three flavors of juices and a dash of syrup, this ULTRA shake is a delicious option for breakfast or brunch, or added to a hot meal.

## NUTRITION INFORMATION:

|                 |                                    |                             |               |
|-----------------|------------------------------------|-----------------------------|---------------|
| Calories        | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| <b>235 kcal</b> | <b>20 g</b>                        | <b>0.5 g</b>                | <b>43 mg</b>  |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Lemonade
- 1 ½ tbsp (22.5 mL) lemon juice
- 1 ½ tbsp (22.5 mL) maple syrup
- 6 tbsp (90 mL) watermelon juice
- ¼ cup (60 mL) strawberry juice
- Ice cubes

## DIRECTIONS:

Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

For added thickness, add ice and mix in a blender.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*





# Tropical Breeze

Every day is a beach day with this tropical treat. Try with a tropical passion juice mix or with any other fruit juice you like. Equally delicious shaken or as a smoothie—try it and discover your own mini-paradise.

## NUTRITION INFORMATION:

|              |                                 |                          |               |
|--------------|---------------------------------|--------------------------|---------------|
| Calories     | Protein equivalent from formula | Protein from other foods | Phenylalanine |
| 236/245 kcal | 20 g                            | 0.8 g                    | 62 mg         |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Lemonade or Vanilla
- 1 ½ tbsp (22.5 mL) lime juice
- 1 tbsp (15 mL) maple syrup
- ¼ cup (60 mL) coconut water
- ½ cup (125 mL) tropical passion juice
- Ice cubes

## DIRECTIONS:

Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*

Choose Vanilla or Lemonade!





# Orange Delight

Two great tastes that taste great together—and with just three ingredients you can be sipping this drink in seconds! This versatile mix is perfect for breakfast, lunch, and dinner...and all times in between.

## NUTRITION INFORMATION:

|          |                                    |                             |               |
|----------|------------------------------------|-----------------------------|---------------|
| Calories | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| 150 kcal | 20 g                               | <0.1 g                      | 37 mg         |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Vanilla
- ¾ cup (180 mL) orange flavored drink
- Ice cubes

## DIRECTIONS:

Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*



## Your Way Latte



If you love a good latte, this could just be your new favorite way to drink formula. Spice it up with cinnamon or pumpkin spice or just make it straight—you can't go wrong with an ULTRA Vanilla latte.

### NUTRITION INFORMATION:

|                 |                                    |                             |               |
|-----------------|------------------------------------|-----------------------------|---------------|
| Calories        | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| <b>210 kcal</b> | <b>20 g</b>                        | <b>1.1 g</b>                | <b>81 mg</b>  |

### INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Vanilla
- ¼ tsp cinnamon, plus more for garnish
- 2 shots espresso or 30 mL strongly brewed coffee
- ¾ cup (180 mL) unsweetened coconut beverage
- ¼ cup whipped coconut cream (see note)
- Ice cubes

### DIRECTIONS:

Add **PhenylAde GMP ULTRA**, coconut milk, ¼ tsp cinnamon and ice to a blender. Blend until well-combined and ice is uniform. Pour blended mixture over espresso or coffee. Garnish with whipped coconut cream and a dash of cinnamon. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*

**Note:** To make whipped coconut cream, chill a can of coconut cream or full-fat coconut milk in the refrigerator for 6-8 hours. Remove the can from the refrigerator, being careful not to shake the can. Open the can and scrape the solid coconut cream from the top, leaving the liquid coconut milk behind. Whip the solid coconut cream with a hand mixer until fluffy like whipped cream (3-4 minutes).



Must be used under medical supervision



# Matcha Match

Matcha is a perfect match for ULTRA Vanilla. Together, they make a drink that's creamy, cool, and smooth. Shake up a glass to have as breakfast or as an afternoon refresher. Experiment with the amount of matcha powder and honey until you find your own perfect matcha mix.

## NUTRITION INFORMATION:

|                 |                                    |                             |               |
|-----------------|------------------------------------|-----------------------------|---------------|
| Calories        | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| <b>193 kcal</b> | <b>20 g</b>                        | <b>0.5 g</b>                | <b>54 mg</b>  |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Vanilla
- 1-2 tsp matcha powder
- 1 tsp honey
- ¼ cup (60 mL) warm water (only warm enough to help honey dissolve)
- ¾ cup (180 mL) unsweetened coconut beverage
- Ice cubes

## DIRECTIONS:

Whisk together the matcha powder, honey, and warm water until they are a smooth, syrup-like consistency. In a shaker bottle, mix the coconut beverage with **PhenylAde GMP ULTRA** for about 10 seconds. Add the cooled matcha syrup and mix gently. Serve immediately over ice.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*



# Vanilla Colada

This is it—the drink that brings tropical flavors and creamy deliciousness together. Have it for breakfast and have another for dessert. Swap out the citrus or syrup type when you need a change, and you too can create your own signature ULTRA colada.

## NUTRITION INFORMATION:

|                 |                                    |                             |               |
|-----------------|------------------------------------|-----------------------------|---------------|
| Calories        | Protein equivalent<br>from formula | Protein from<br>other foods | Phenylalanine |
| <b>335 kcal</b> | <b>20 g</b>                        | <b>0.9 g</b>                | <b>67 mg</b>  |

## INGREDIENTS:

- 1 pouch (33.4 g) **PhenylAde GMP ULTRA** Vanilla
- 1 ½ tsp (7.5 mL) lime juice
- 1 tbsp (15 mL) maple syrup
- ¾ cup (180 mL) pineapple juice
- 1 tbsp (15 mL) coconut cream
- Ice cubes

## DIRECTIONS:

Shake the coconut cream well before opening the container. Add all ingredients to a shaker bottle and shake until the bottle is cold. Serve immediately.

*Be sure to read the nutrition facts table, as protein and calories may vary by product. All recipes are intended to be consumed immediately.*





# ULTRA EASY, ULTRA GOOD



Must be used under medical supervision

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PhenylAde® GMP ULTRA is a medical food for the dietary management of Phenylketonuria (PKU) and must be used under medical supervision. Suitable for individuals over 3 years of age.