



TAKE YOUR FORMULA TO THE
MAX!

DELICIOUS AND EASY RECIPES FEATURING MAXAMUM® BRAND METABOLIC FORMULAS.

For the dietary management of homocystinuria, isovaleric acidemia, maple syrup urine disease, methylmalonic acidemia, phenylketonuria or propionic acidemia and must be used under medical supervision.

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Brought to you by Nutricia North America



TURN YOUR FORMULA INTO A
FLAVOURFUL SMOOTHIE OR SHAKE

NUTRICIA

SIMPLE MIXERS

Quick Ways to Take Your Diet to the Max



PKU

Phenylketonuria

IVA

Isovaleric Acidemia

MSUD

Maple Syrup
Urine Disease

HCU

Homocystinuria

MMA/PA

Methylmalonic
or Propionic
Acidemia

Short on time but still want to shake up your usual formula routine?
Try these single-serving quick mix options that provide 15 grams of protein
equivalent from formula.

Maxamum® is an orange flavoured metabolic formula. Also available in unflavoured for PKU.

NUTRICIA

Orange Vanilla Delight

Take a break from the ordinary with a simple change to a vanilla flavoured almond beverage instead of water as your base.

Makes 1 serving of about 15 g protein from formula per serving.

Ingredients:

- 38 grams (about ¼ cup) Maxamum® powder
- 1 cup (250 mL) unsweetened vanilla almond beverage*

Directions:

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

Nutrition Information	Per Serving
Calories	146 kcal
Protein from formula	15 g
Protein from other foods	1 g



PKU

IVA

MSUD

HCU

MMA/PA

*Be sure to read the nutrition facts table, as protein and calories may vary by product.



Image used is for illustrative purposes only and does not represent finished recipe.



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Orange Coconut Cooler

Take a vacation from your daily routine by mixing your Maxamum® powder with coconut water for an island taste.

Makes 1 serving of about 15 g protein from formula per serving.

Ingredients:

- 38 g (about ¼ cup) Maxamum® powder
- 1 cup (250 mL) plain coconut water*

Directions:

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

Nutrition Information	Per Serving
Calories	161 kcal
Protein from formula	15 g
Protein from other foods	0 g



PKU IVA MSUD HCU MMA/PA

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Citrus Refresher

Push your formula into overdrive with an extra orange flavour boost. This easy mixer is a flavourful and refreshing way to take your drink to the Max.

Makes 1 serving of about 15 g protein from formula per serving.

Ingredients:

- 38 grams (about ¼ cup) Maxamum® powder
- 1 cup (250 mL) orange or tangerine flavoured drink*

Directions:

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

Nutrition Information	Per Serving
Calories	170 kcal
Protein from formula	15 g
Protein from other foods	0 g



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50/50 to the Max

This popular drink may have more than one ingredient but can be a refreshing way to drink your metabolic formula. Cool off with a combination of half lemonade, half iced tea and Maxamum[®] powder.

Makes 1 serving of about 15 g protein from formula per serving.

Ingredients:

- 38 grams (about ¼ cup) Maxamum[®] powder
- ½ cup (125 mL) iced tea*
- ½ cup (125 mL) lemonade*
- Ice cubes (one handful suggested but can adjust according to texture and taste preferences)

Directions:

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

Nutrition Information	Per Serving
Calories	165 kcal
Protein from formula	15 g
Protein from other foods	0 g



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SHAKES & SMOOTHIES

Take Your Diet to the Max!



PKU
Phenylketonuria



IVA
Isovaleric Acidemia



MSUD
Maple Syrup
Urine Disease



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MMA/PA
Propionic or
Methylmalonic
Acidemia





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Blueberry Power

Power up your day with this blueberry-peach smoothie! It's easy to use frozen fruit in this recipe if blueberries and peaches are not available or not in season in your area.

Makes 1 serving of about 15 g protein from formula per serving.

Ingredients:

- 38 grams (about ¼ cup) Maxamum® powder
- 1 cup (250 mL) water
- ½ medium peach, cut into pieces or ½ cup frozen peach pieces
- ¼ cup blueberries (fresh or frozen)
- ⅔ cup (150 g) coconut yogurt alternative*
- 2 mint leaves (optional)
- Ice cubes (one handful suggested but can adjust according to texture and taste preferences)

Directions:

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

Nutrition Information	Per Serving
Calories	305 kcal
Protein from formula	15 g
Protein from other foods	1 g



PKU IVA MSUD HCU MMA/PA

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Orange Tropical Dream

Do you daydream about tropical summer islands? Then this delicious recipe is for you. You can easily adjust it to taste by adding more Maxamum® powder, coconut beverage or water.

Makes 1 serving of about 15 g protein from formula per serving.

Ingredients:

- 38 grams (about ¼ cup) Maxamum® powder
- 1 cup (250 mL) coconut beverage*
- ½ medium banana
- ½ medium orange
- Ice cubes (one handful suggested but can adjust according to texture and taste preferences)

Directions:

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

Nutrition Information	Per Serving
Calories	270 kcal
Protein from formula	15 g
Protein from other foods	1.3 g



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The Mean Green Mum Machine

Who doesn't love spinach in their smoothie? All kidding aside, this recipe provides a great breakfast wake-me-up shake to get a jump start on your morning. Remember that adding honey or maple syrup increases the calories of your smoothie.

Makes 1 serving of about 15 g protein from formula per serving

Ingredients:

- 38 grams (about ¼ cup) Maxamum® powder
- ½ cup (125 mL) apple juice*
- ½ cup (125 mL) water
- ⅓ cup (75 g) coconut yogurt alternative*
- ¼ cup raw spinach, packed
- ¼ of a medium apple, cut into pieces
- Ice cubes (one handful suggested but can adjust according to texture and taste preferences)

Add maple syrup, honey or lemon juice to tweak the taste!

Directions:

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

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Nutrition Information	Per Serving
Calories	253 kcal
Protein from formula	15 g
Protein from other foods	0.7 g



PKU IVA MSUD HCU MMA/PA

Just Peachy

Taste the flavours of summer no matter what season it is. It's easy to use frozen peach pieces in this recipe if fresh ones are not available in your area.

Makes 1 serving of about 15 g protein from formula per serving

Ingredients:

- 38 grams (about ¼ cup) Maxamum® powder
- 1 cup (250 mL) water
- 1 medium peach, cut into pieces or 1 cup frozen peach pieces
- ⅔ cup (150 g) coconut yogurt alternative*
- 2 mint leaves (optional)
- Ice cubes (one handful suggested but can adjust according to texture and taste preferences)

Directions:

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

Nutrition Information	Per Serving
Calories	312 kcal
Protein from formula	15 g
Protein from other foods	1.4 g



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For samples or questions about Nutricia Metabolic products, contact our Customer Service team at **1-877-636-2283**.

