



Request samples from your dietitian
by calling **1-877-636-2283** or
by sending an email at
Canada.CustomerService@nutricia.com.

3 SIMPLE WAYS TO MIX IN TYR LOPHLEX® GMP MIX-IN

TYR Lophlex® GMP MIX-IN is a specialized formula from Nutricia North America for the dietary management of proven tyrosinemia (TYR) and must be used under medical supervision.

All images used are for illustrative purposes only and do not represent finished recipes.



TYR LOPHLEX® GMP MIX-IN, A FLEXIBLE AND CONCENTRATED SOURCE OF GMP-BASED PROTEIN

Each pouch (12.5 g) provides:

10 g protein equivalent	40 calories	18 mg of phenylalanine	3.5 mg of tyrosine
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An easy way to add glycomacropeptide (GMP) to your diet. GMP is made from a whole protein.

Create a custom GMP-based formula

Dilutions are guidelines only and may be adjusted to taste.

Please consult your healthcare professional prior to making any changes to your diet.



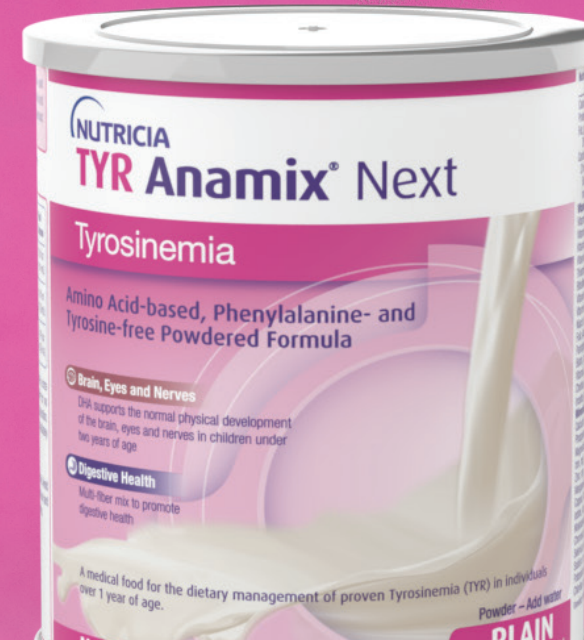
Do not heat, bake or add TYR Lophlex® GMP MIX-IN to food or beverages above 54°C (130°F).

1. Boost protein intake by adding to current formula

An easy way to add 10 g protein equivalent to your daily formula while limiting calorie intake.



Simply add 1 TYR Lophlex® GMP MIX-IN pouch to a single portion of your formula.



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2. Mix with your favourite drink

TURN YOUR FAVOURITE DRINK INTO A TYR PROTEIN SHAKE.

Simply add 1 **TYR Lophlex® GMP MIX-IN** pouch to 1 cup (250 mL) of one of the following drinks.

Sports drink



When mixing into a full bottle, take a sip to make a little room for the powder. Pour the powder, put the cap on, give it a gentle shake and let the foam settle. Repeat until powder is fully dissolved. It's ready to drink!

Fruit smoothie



Flavoured coconut water



Warm or cold coffee



Non-dairy beverage



(e.g. almond, cashew, almond-cashew-hazelnut, coconut, almond-coconut, rice and flax beverage)

Fruit juice/cocktail



Be sure to consume the entire portion of the beverage and calculate any additional phenylalanine, tyrosine and/or protein from the beverage you choose.

Always check the nutrition facts table or phenylalanine and tyrosine content of the beverages you choose, as phenylalanine, tyrosine and protein content may vary by brand and flavour.

Once mixed with a drink, **TYR Lophlex® GMP MIX-IN** can be refrigerated in a covered container for up to 24 hours. Shake or stir immediately before use.

3. Blend into foods for spoonable options

TIRED OF DRINKING FORMULA?

Add a source of GMP-based protein to your favourite low-protein foods.

Try adding 1 pouch of **TYR Lophlex® GMP MIX-IN** to some of these low-protein foods!

Non-dairy yogurt alternative

(e.g. coconut, cashew and almond yogurt)

1 single-serve yogurt or ½ cup (125 mL) or more

Tip: yogurts with a thicker texture hold their consistency best.

Sorbet or non-dairy frozen dessert

½ cup (125 mL) of frozen dessert or more

Pudding

1 single-serve container (99 g)

Fruit-flavoured apple sauce

2 single-serve containers or 1 cup (250 mL)

Marinated jackfruit

½ package (100 g) of warm ready-to-eat jackfruit*

Soup

1 cup (250 mL) of warm soup*

When mixing into a small container, gradually add the **TYR Lophlex® GMP MIX-IN**, stirring as you go to ensure the powder is fully combined.

*Always warm the food before adding **TYR Lophlex® GMP MIX-IN**. Do not heat, bake or add **TYR Lophlex® GMP MIX-IN** to food or beverages above 54°C (130°F).

Sauce over low-protein pasta

½ cup (125 mL) of warm sauce*

Be sure to consume the entire portion of the food and calculate any additional phenylalanine, tyrosine and/or protein from the food you choose.

Always check the nutrition facts table or phenylalanine and tyrosine content of the foods you choose, as phenylalanine, tyrosine and protein content may vary by brand and flavour.

Once mixed with food, **TYR Lophlex® GMP MIX-IN** can be refrigerated in a covered container for up to 24 hours. Shake or stir immediately before use.

THE TEAM'S FAVOURITE MIXES!

In a taste test, Nutricia's Metabolics team picked their favourite ways to MIX-IN.

TYR Lophlex® GMP MIX-IN and...

- Grapefruit juice
- Peach cocktail
- Grape cocktail
- Watermelon-apple juice
- Mango smoothie
- Coffee
- Lemon-meringue pudding
- Banana pudding
- Butternut squash soup

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