



Innovation in Nutrition

Single Dose Amino Acid Information

Name of patient _____

You have been prescribed _____ single dose amino acid.

You are to have _____ sachet(s) _____ time(s) per day. Total of _____ sachets/day.

See over for mixing instructions.

Single dose amino acid (tick amino acid prescribed)	Dose per 4g sachet
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☐ Isoleucine 50	50mg
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☐ Isoleucine 1000	1000mg
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☐ Valine 50	50mg
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☐ Valine 1000	1000mg
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☐ Glycine 500	500mg
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Single dose amino acid (tick amino acid prescribed)	Dose per 4g sachet
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☐ Tyrosine 1000	1000mg
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☐ Phenylalanine 50	50mg
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☐ Arginine 500	500mg
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☐ Arginine 2000	2000mg
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☐ Arginine 5000 (7.6g sachet)	5000mg
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☐ Citrulline 1000	1000mg
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Health Professional's name (Doctor/Metabolic nurse/Dietitian)

_____ Date _____

Note: Always check that the product prescribed is the same product ordered from your pharmacy. Check both the product name and the dose per sachet.



Free home delivery of your single dose amino acid is available through V2U – VitaFlo 2 U free home delivery service. Call **1800 230 889** or email **v2u@vitaflo.com.au** to register.

For Pharmacists to order, please phone VitaFlo directly on 1800 230 889.

These products are available on prescription only.
Pharmaceutical wholesalers DO NOT routinely hold stock of these products.

MIXING INSTRUCTIONS

- 1 / Open sachet and pour into beaker. Add 100ml of water and shake well to dissolve (around 30s). Leave to stand for 5 min. Shake again before serving, serve immediately.
 - 2 / Health professional to tick
- ☐ Add dissolved amino acid to your usual daily volume of amino acid formula or protein substitute
 - ☐ Drink quickly as medication
 - ☐ Mix with permitted flavoured drink such as juice*, cordial or soft drink and drink immediately. Only add a small volume of drink to flavour such as 30-50mls. The more you add the more you have to drink.
 - ☐ Other _____

FLAVOUR TIPS

Arginine 5000 is orange flavoured, for all the other amino acids, to mask the taste there is carbohydrate (a sugar) added into the sachet. Some people may prefer to drink this small volume down quickly without flavouring (taken as a medication). Other options include mixing the dissolved amino acid with:

- Apple and blackcurrant juice*
- Green, red or orange cordial*
- Lemonade or your favourite soft drink
- Or other permitted mixer – experiment with other flavours.

Some amino acids have a very strong taste and smell. It may also cause your “mixer” to change colour. Strong flavoured “mixers” may help to mask the amino acid taste and clear or strongly coloured “mixers” such as lemonade or green cordial may look better.

* Do not use an acidic mixer such as orange juice or lemon cordial as this causes the amino acid to separate out of the solution as white floating flecks.

If you are concerned about the extra calories (sugar) choose a permitted diet cordial or soft drink.

Beakers / VitaFlo can supply small beakers free of charge. These are ideal for mixing the amino acids. Ask your pharmacist to request one when placing the order.

Single dose Amino Acid is a food for special medical purposes and must be used under medical supervision. Suitable from birth except Tyrosine 1000 and Arginine 5000 which are suitable from 3 years of age. Not to be used as a sole source of nutrition. For enteral use only.