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# Glytactin Bettermilk Lite 20

## Food for special medical purposes (FSMP)

For the dietary management of phenylketonuria (PKU). Each packet of BetterMilk Lite contains 20 grams of Glytactin protein, the optimal blend of glycomacropeptide (GMP) and amino acids. Contains 150 calories per single-serving packet. Fortified with a complete profile of vitamins and minerals, DHA, and probiotics. It can be used as a stand-alone beverage or mixed into your favorite drinks or recipes.

## Important notice

Must be administered under medical supervision only. Not suitable for use as a sole source of nourishment. Protein in prescribed amounts must be supplemented to completely meet phenylalanine requirements. Not for parenteral use. Suitable for individuals with PKU over 1 year of age.

## Directions for use

Use as directed by a physician.  
Fill a shaker cup to the 150 mL mark with cold water. Open packet at tear guide and pour into cup. Shake or stir until completely dissolved. (Will make about 200 mL total liquid.)  
Drink completely.

Store in a cool, dry place.

## Ingredients

Glycomacropeptide (milk), vitamin and mineral blend (calcium lactate, monosodium phosphate, monopotassium phosphate, magnesium phosphate, magnesium citrate, choline bitartrate, sodium ascorbate, dl-alpha-tocopheryl acetate, ferrous fumarate, niacinamide, zinc sulphate, calcium d- pantothenate, manganese sulphate, thiamin HCl, vitamin B6 pyridoxine HCl, riboflavin, copper gluconate, folic acid, vitamin A palmitate, potassium iodide, sodium selenite, vitamin K1 phytonadione, vitamin K2 MK-7, sodium molybdate, chromium chloride, vitamin D3 cholecalciferol, biotin, vitamin B12 cyanocobalamin), trehalose, L-leucine, sunflower oil powder (sunflower oil, maltodextrin), natural flavours, maltodextrin, inulin, L-tyrosine, L-arginine, DHA algal oil (sodium caseinate [milk], soy protein, soy lecithin), Bacillus coagulans GBI-30 6086 in skim milk powder, L-histidine, L-tryptophan, acesulfame potassium, L-methionine, sucralose.  
Contains milk and soy.

## Product of USA

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SKU 35101

NET WEIGHT 1.4kg

SERVING SIZE 46g

SERVINGS PER PACKAGE 30

OSMOLALITY, mOsm/kg: 1150

pH 6.6

Nutrients	46g	100g
Energy, kcal	150	326
Energy, kJ	628	1364
Protein Equivalent, g	20	43
Carbohydrates, g	12	26
Sugar, g	4.0	8.7
Sugar Alcohols, g	0	0
Salt, g	0.9	2.0
Fibre, g	1.0	2.2
Fat, g	2.0	4.3
Saturated Fat, g	0.2	0.4
Trans Fat, g	0	0
DHA, mg	110	239
Cholesterol, mg	0.5	1.1
Vitamin A, mcg RAE	324	704
Vitamin C, mg	40	87
Vitamin D, mcg	17	36
Vitamin E, mg -TE	4.8	10
Vitamin K1, mcg	20	43
Vitamin K2 (MK-7), mcg	20	43
Thiamin (B1), mg	0.5	1.1
Riboflavin (B2), mg	0.5	1.1
Niacin (B3), mg	6.6	14
Vitamin B6, mg	0.5	1.2
Folic acid, mcg	189	410
Vitamin B12, mcg	1.0	2.2
Pantothenic Acid (B5), mg	2.4	5.2
Biotin, mcg	10	22
Choline, mg	159	346
Calcium, mg	500	1087
Chromium, mcg	17	38
Copper, mg	0.2	0.4
Iodine, mcg	77	168
Iron, mg	8.0	17
Magnesium, mg	176	382
Manganese, mg	1.0	2.2
Molybdenum, mcg	21	45
Phosphorus, mg	450	978
Selenium, mcg	27	58
Zinc, mg	5.0	11
Potassium, mg	801	1741
Sodium, mg	376	817
Chloride, mg	20	43
Inositol, mg	0	0
L-alanine, mg	1033	2246
L-arginine, mg	1765	3837
L-aspartate, mg	1472	3200
L-asparagine, mg	0	0
L-carnitine, mg	0	0
L-cysteine, mg	16	35
L-glutamate, mg	3225	7011
L-glycine, mg	188	409
L-histidine, mg	469	1020
L-isoleucine, mg	1770	3848
L-leucine, mg	3920	8522
L-lysine, mg	1033	2247
L-methionine, mg	410	891
L-phenylalanine, mg	35	76
L-proline, mg	2000	4348
L-serine, mg	1268	2757
L-taurine, mg	0	0
L-threonine, mg	2865	6228
L-tryptophan, mg	257	559
L-tyrosine, mg	1840	4000
L-valine, mg	1420	3087