



## DESCRIPTION

### Use under medical supervision.

GA gel is an unflavored, powdered lysine free and low tryptophan medical food, containing essential and non essential amino acids, carbohydrate, vitamins, minerals and trace elements.

**INDICATIONS:** GA gel is for use in the dietary management of Glutaric Aciduria Type 1 (GA1) from 1 to 10 years of age.

## DOSAGE AND ADMINISTRATION

To be determined by the clinician or dietitian and is dependent on the age, body weight and medical condition of the patient.

Each 24g packet of GA gel provides 10g of protein equivalent.

1. The daily protein requirement is given as GA gel.
2. Additional protein is provided from exchanges of natural protein, to provide lysine and tryptophan in controlled amounts, which is essential for growth and development.
3. Foods high in carbohydrate and fat, but low in protein, should be provided to supply the remainder of the energy.

## PREPARATION GUIDELINES

GA gel can be taken either as a gel or a low volume drink.

### For gel:

**Step 1:** Empty the contents of the packet, plus ½ -1 FlavourPac packet if desired, into the beaker.

**Step 2:** Add 30ml (1fl. oz.) of cold water. Secure the lid and shake well for 10 seconds.

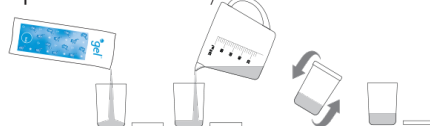
**Step 3:** Leave to stand for 2 minutes, allowing a smooth gel to form. Consume from spoon.

### For low volume drink:

**Step 1:** Empty the contents of the packet, plus ½ -1 FlavourPac packet if desired, into the beaker.

**Step 2:** Add approximately 80ml (approx. 3fl. oz.) of cold water. Secure the lid and shake well for 10 seconds.

**Step 3:** Drink immediately.



The product should ideally be freshly prepared and used immediately.

Water or permitted drinks should be taken after the GA gel.

## STORAGE

Store in a cool, dry place.

Packets are designed for single use and should be used once opened.

**PACK SIZES:** 30 x 24g packets.

**WEIGHT:** 720g e

**SHELF LIFE:** 18 months.

## IMPORTANT NOTICE

Must only be given to patients with proven GA1 under strict medical supervision.

Suitable from 1-10 years of age.

Diet must be supplemented with natural protein, water and other nutrients in prescribed quantities to supply lysine, tryptophan, fluid and general requirements.

Not for use as a sole source of nutrition.

Not for intravenous use.

## GA gel Nutrition Information

	Units	per 100g	per 24g (1 packet)
Calories	kcal	338	81
Protein equivalent	g	41.7	10
Total Carbohydrate	g	43	10.3
Sugars	g	27	6.5
Total Fat	g	0	0
Saturates	g	0	0
<b>VITAMINS</b>			
Vitamin A	IU/µg RE	1765/530	424/127
Vitamin D	IU/µg	520/13	125/3.1
Vitamin E	IU/mg α TE	12/8	3.3/1.9
Vitamin C	mg	56	13
Vitamin K	µg	36	8.6
Thiamine	mg	0.89	0.21
Riboflavin	mg	1.1	0.26
Niacin	mg	12	2.9
Vitamin B6	mg	0.98	0.24
Folic acid	µg	180	43
Vitamin B12	µg	1.8	0.43
Pantothenic acid	mg	4.4	1.1
Choline	mg	250	60
<b>MINERALS</b>			
Sodium	mg	379	91
Potassium	mg	830	200
Chloride	mg	520	125
Calcium	mg	1083	260
Phosphorus	mg	730	175
Magnesium	mg	150	36
Iron	mg	12.4	3.0
Copper	mg	0.70	0.17
Zinc	mg	10	2.4
Manganese	mg	1.5	0.36
Iodine	µg	120	29
Molybdenum	µg	44	11
Selenium	µg	31	7.4
Chromium	µg	63	15
<b>AMINO ACIDS</b>			
L-Alanine	g	4.47	1.07
L-Arginine	g	4.19	1.01
L-Aspartic acid	g	2.61	0.63
L-Cystine	g	1.60	0.38
L-Glutamine	g	0	0
Glycine	g	2.82	0.68
L-Histidine	g	1.97	0.47
L-Isoleucine	g	3.62	0.87
L-Leucine	g	6.28	1.51
L-Lysine	g	0	0
L-Methionine	g	1.10	0.26
L-Phenylalanine	g	3.02	0.72
L-Proline	g	3.52	0.84
L-Serine	g	3.12	0.75
L-Threonine	g	3.37	0.81
L-Tryptophan	g	0.31	0.07
L-Tyrosine	g	3.52	0.84
L-Valine	g	4.41	1.06
L-Carnitine	mg	46	11
Taurine	mg	92	22



### GA gel (Unflavored) – Ingredients:

Sucrose, Corn Starch, L-Leucine, Modified Corn Starch, L-Alanine, L-Valine, L-Arginine, L-Isoleucine, L-Tyrosine, L-Proline, L-Threonine, L-Serine, L-Phenylalanine, Glycine, L-Aspartic Acid, Calcium Phosphate, L-Histidine, L-Cystine, Calcium Glycerophosphate, Sodium Citrate, Magnesium Phosphate Dibasic, Potassium Chloride, L-Methionine, Potassium Citrate, Choline Bitartrate, L-Tryptophan, Maltodextrin, Ascorbic Acid, Taurine, Salt, Zinc Gluconate, L-Carnitine L-Tartrate, Ferrous Sulfate, DL α Tocopherol Acetate, Niacinamide, Manganese Gluconate, Chromium Chloride, Sodium Selenite, Retinyl Acetate, Vitamin D3, Copper Gluconate, Calcium Pantothenate, Biotin, Folic Acid, Vitamin B12, Potassium Iodide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Sodium Molybdate, Riboflavin, Vitamin K.

\*No added lysine. Lysine may be present in trace amounts from other ingredients (<3mg/100g).

Manufactured in the EU for Vitaflo International Ltd. Suite 1.11 South Harrington Building, 182 Sefton Street, Brunswick Business Park, Liverpool L3 4BQ.

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