

COMIDA HCys C FORMULA



15 years and over
Food for special medical purposes
For adolescents, adults and pregnant women with Homocystinuria

- ✓ free from methionine
- ✓ supplemented with vitamins, minerals and trace elements
- ✓ provides energy from fat and carbohydrates
- ✓ in accordance with current recommendations
- ✓ is convenient and can be prepared easily (measuring scoop included)

DESCRIPTION

comida-HCys C formula is a amino acid mixture free from methionine. Its amino acid profile is based to that of a mixed diet ensuring supply of high quality protein. comida-HCys C formula is supplemented with vitamins, minerals and trace elements according to current international recommendations. The source of carbohydrates is maltodextrin, the fat blend from vegetable oils contains the essential fatty acids linoleic acid and α -linolenic acid in accordance with international recommendations.

INDICATIONS

comida-HCys C formula is to be used in the dietary treatment of adolescents, adults and pregnant women over 15 years of age with Homocystinuria – Vitamin B6 non-responsive (due to Cystathionine- β -Synthase deficiency).

RECOMMENDED USE

The daily amount of comida-HCys C formula needed to supplement the daily protein requirements depends on age, body weight and individual tolerance for this amino acid. The dose of comida-HCys C formula is to be determined by a physician and must be adjusted regularly. comida-HCys C formula should be fed in 3 – 5 doses during the day, preferably together with a natural protein source.

PREPARATION

comida-HCys C formula can be prepared with warm or cold water in a glass, cup or shaker. Add measured amount of powder (2 scoops equal 15 g comida-HCys C formula in 90 ml water) and stir well – comida-HCys C formula is ready to drink!

IMPORTANT NOTICE:

- must be used under medical supervision
- not suitable as sole source of nutrition
- not to be used by individuals without Homocystinuria
- for adolescents, adults and pregnant women over 15 years of age with Homocystinuria
- not suitable for parenteral use

PREPARATION TABLE:

Drinking volume	Water	comida-HCys C formula		Protein content
		g	= Number of scoops *	
ml	ml	g	= Number of scoops *	g Protein-equivalent
50	45	7,5	1	2,3
100	90	15	2	4,7
200	180	30	4	9,3

* Standard Dilution: 15,0 g in 90 ml water

PACKAGING: 500 g per tin

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INGREDIENTS:

Maltodextrin, Vegetable oils, L-Lysine-L-Aspartate, L-Glutamine, Potassium-L-Glutamate, L-Leucine, L-Proline, L-Arginine-L-Aspartate, L-Serine, L-Valine, L-Isoleucine, L-Tyrosine, L-Threonine, L-Lysine-L-Glutamate, L-Phenylalanine, di-Calcium phosphate, L-Alanine, L-Cystine, tri-Potassium citrate, Glycine, L-Histidine, L-Tryptophan, Magnesium carbonate, Sodium chloride, Choline bitartrate, tri-Calcium phosphate, Vitamins (A, D, E, K, C, B1, B2, Niacin, B6, Folic acid, Pantothenic acid, B12, Biotin), Taurine, Inositol, Iron-II-lactate, L-Carnitine-, L-Tartrate, Zinc sulfate, Manganese sulfate, Copper sulfate, Potassium iodide, Chromium-III-chloride, Sodium molybdate, Sodium selenite.

NUTRITION FACTS:

Nutrition Facts		per 100 g	per 100 ml **
Energy	kJ	1653	248
	kcal	392	59
Protein equivalent**	g	40,0	6,0
Carbohydrates	g	30,8	4,6
Fat	g	11,6	1,7
of which			
- saturated	g	4,7	0,71
- monounsaturated	g	5,3	0,80
- polyunsaturated	g	1,5	0,23
- Linoleic acid	g	1,3	0,20
- α-Linolenic acid	g	0,22	0,03
Linoleic acid / α-Linolenic acid		6	6
Amino acid	g	48,0	7,2
L-Alanine	g	2,1	0,31
L-Arginine	g	1,8	0,27
L-Aspartic acid	g	3,8	0,57
L-Cystine	g	1,9	0,28
L-Glutamic acid	g	3,9	0,59
L-Glutamine	g	4,7	0,71
Glycine	g	1,6	0,25
L-Histidine	g	1,2	0,18
L-Isoleucine	g	2,5	0,37
L-Leucine	g	3,9	0,59
L-Lysine	g	3,6	0,54
L-Methionine	g	nil added	
L-Phenylalanine	g	2,2	0,33
L-Proline	g	3,5	0,52
L-Serine	g	2,8	0,41
L-Threonine	g	2,4	0,36
L-Tryptophan	g	1,0	0,16
L-Tyrosine	g	2,4	0,36
L-Valine	g	2,6	0,39
Taurine	mg	150	23
L-Carnitine	mg	25	3,8
* Conversion: 1 g Protein = 1,2 g Amino acids = 17 kJ = 4 kcal			

Minerals		per 100 g	per 100 ml *
Sodium	mg	375	56
Potassium	mg	1400	210
Chloride	mg	582	87
Calcium	mg	800	120
Phosphorus	mg	569	85
Magnesium	mg	250	38
Iron	mg	12	1,8
Trace Elements			
Zinc	mg	6,5	0,98
Copper	mg	0,90	0,14
Iodine	µg	150	23
Chromium	µg	27	4,1
Manganese	mg	3,2	0,47
Molybdenum	µg	50	7,5
Selenium	µg	36	5,4
Vitamins			
Vitamin A	µg	680	102
Vitamin D	µg	15	2,3
Vitamin E	mg	10	1,5
Vitamin K	µg	51	7,7
Vitamin C	mg	68	10
Vitamin B1	mg	1,0	0,15
Vitamin B2	mg	1,0	0,15
Niacin	mg	12	1,8
Vitamin B6	mg	1,2	0,18
Folic acid	µg	350	53
Pantothenic acid	mg	4,3	0,64
Vitamin B12	µg	2,0	0,31
Biotin	µg	26	3,8
Choline	mg	350	53
Inositol	mg	100	15
** Standard Dilution: 15,0 g in 100 ml water			