

It's time for
glycosade®



Enhancing Lives Together



*A guide for patients,
family and carers.*

The Glycosade® story

For many years, doctors and dietitians have wanted to develop a starch that would keep blood sugar levels normal for longer than uncooked cornstarch (UCCS). Vitaflo® were approached by metabolic experts to develop an alternative starch.

For many years, we have worked with leading metabolic centres, scientists, people with GSD and The Association of Glycogen Storage Disease (AGSD) in the development of Glycosade – **a slow release starch** that can help keep the blood sugar level normal for longer and help prevent hypoglycaemia (low blood glucose).¹⁻⁵

What is Glycosade?

Glycosade is a food for special medical purposes for the dietary management of glycogen storage disease (GSD). Glycosade unflavoured and lemon are suitable from 2 years of age.

Glycosade must only be started after assessment by your Metabolic team including your doctor, dietitian and nurse, and should only be used under medical supervision.

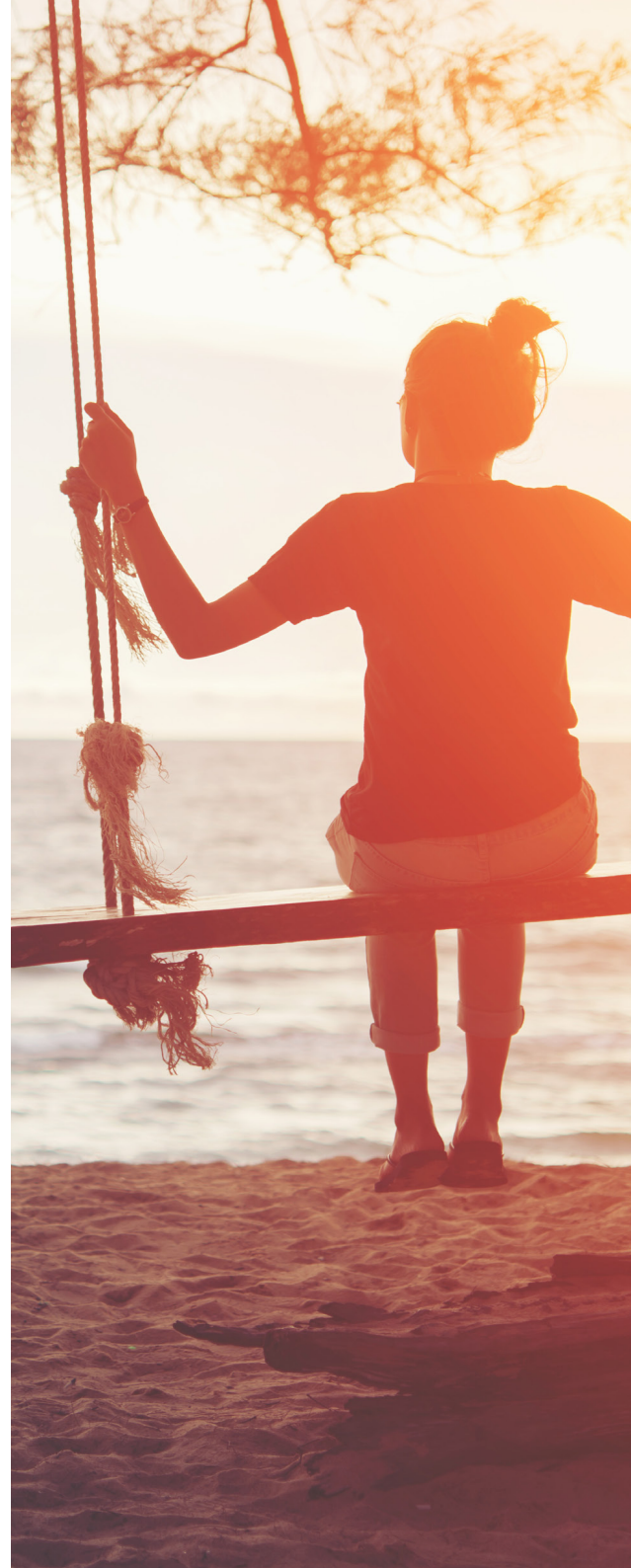
How does it work?

Our bodies require a constant supply of glucose to keep blood glucose levels within normal range. Glycosade is a very special type of cornstarch that will be broken down slowly by the body.

This enables blood sugar levels to be maintained within the normal range for longer compared to conventional dietary management. This may help to lengthen the time allowed between mealtimes.¹⁻⁵

Why you will like Glycosade...

- It mixes well into certain foods and drinks.
- It is available in unflavoured and lemon flavours.
- Unflavoured Glycosade has a neutral taste and is easy to flavour- See directions for using Glycosade in drink or food.
- It is available in a discreet 60g sachet that is easy to use outside the home, convenient for everyday life.
- It can be administered through a feeding tube when mixed with the correct amount of water as advised by your metabolic team.



Your Glycosade Adventure

Introducing Glycosade into the diet

Your Metabolic team will have discussed with you how best to introduce Glycosade into your diet. The amount of Glycosade that you will need may alter over time. Your Metabolic team will advise you of any changes to the amount of Glycosade you are taking.

How to take your Glycosade

Your Metabolic team can provide options for mixing Glycosade with suitable drinks and foods.

- Mix Glycosade with liquid or food at room temperature or cooler.
- It is important **NOT** to cook, heat or even warm Glycosade as it destroys the unique properties of the starch.

Important information

- Always take the full amount of Glycosade as advised by your Metabolic team.
- When unwell follow your emergency regimen as directed by your Metabolic team.

Great for school, work and travel!



Directions for using Glycosade

Useful information:

1 sachet = 60g of Glycosade

1 level scoop = approximately 5g of Glycosade



Glycosade taken as a drink:

Preparation

1



Add the liquid of your choice. Typically, a sachet of Glycosade can be added to 100ml of cold water, milk or other suitable fluids.

2



Measure the required amount of Glycosade into the shaker.

3



Close the lid tightly and shake for 10 seconds.

4



Glycosade is now ready to use.

The product should be freshly prepared and consumed immediately.

Remember; do not cook, heat or warm your Glycosade.

Mixing idea: Mix your Glycosade with a suitable non-dairy drink such as soy or almond milk as per the instructions above. Flavour with your favourite no added sugar cordial. Shake well.

Please visit our updated GSD and ME website for inspiring mixing ideas www.GSDandME.co.uk

Glycosade taken with food:

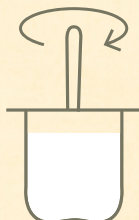
Preparation

1



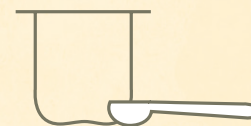
Add the required amount of Glycosade to 150-200g of suitable yogurt or cold custard/rice pudding.

2



Stir well until smooth with a fork or a small whisk.

3



Eat your Glycosade straight away.

Remember, do NOT cook, heat or warm your Glycosade!

Mixing idea: Mix your Glycosade with a pot of sharp-tasting, smooth, low-fat yogurt such as strawberry or raspberry.

Top Tip: Pour the yogurt out of the tub into a larger serving bowl and add your Glycosade. Mix well. Please visit our updated GSD and ME website for inspiring mixing ideas www.GSDandME.co.uk

For recipes and mixing ideas, please refer to labels for allergen and other product information.



To support your use of Glycosade, Vitaflo offers...

GSD and ME website with a new look & feel!

- Delicious GSD friendly recipes & tasty cooking videos.
- Helpful information for you and your family's GSD journey.
- Useful information for your friends, school, further education, workplace and the wider liver GSD community.

www.GSDandME.co.uk

A support pack that contains:

- A shaker to shake your Glycosade drink smooth.
- A scoop to measure the required amount of Glycosade.*
- A clipper to keep any unused powder fresh.

* For accuracy it is best to weigh the Glycosade using a digital weighing scale. If scales are not available 1 scoop will provide approximately 5g of Glycosade.

Storage:

Once opened, any unused powder should be kept in an airtight container and used within 24 hours.



Vitaflo's free home pharmacy service.
Call 1800 230 889 or email
v2u@vitaflo.com.au to register for this
convenient and time saving delivery
service.





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