



Abbott



ABBOTT METABOLIC MEDICAL FOODS RECIPES

FOR AGES 1 AND UP



Abbott Metabolic Medical Foods

- Offer 21 products to meet a wide range of nutrition needs in more than 40 inborn errors of metabolism, including 9 Level-2 products
- Are tailored to your specific condition, helping to support patient health



All of our Level-2 products are:

HALAL | LACTOSE- AND GLUTEN-FREE
MADE WITH KOSHER INGREDIENTS | NON-GMO*

* Ingredients not genetically engineered.

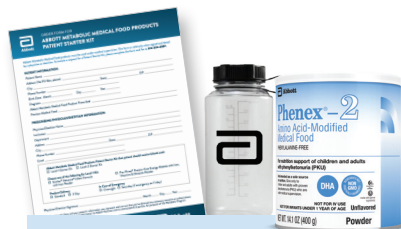
Patient Support

Abbott provides support for the feeding journey with resources designed to guide you along the way.



Scan the QR code with your mobile device to view resources.

PATIENT STARTER KITS



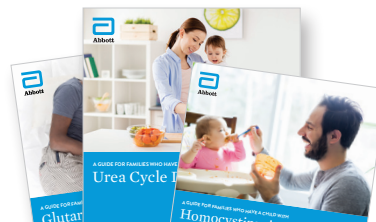
Includes a free case of product, family guide, food list, and metabolic shaker

FOOD LISTS



Guides to identifying the amount and type of food permitted daily for multiple metabolic conditions

FAMILY GUIDES



An overview of medical terms in nutrition and genetics, while helping patients better understand and manage their diets

Tasty recipes start with Abbott Level-2 Metabolic Medical Foods



No matter which Level-2 product you're using in your nutrition regimen, you can include it in any of the following recipes and achieve delicious results.

Tips for Flavoring Abbott Metabolic Medical Foods

- Add chocolate or strawberry syrup
- Mix metabolic medical food with fruit to make a “smoothie”
- Freeze flavored metabolic medical food into “slushies” or “popsicles”
- Add dry metabolic medical food to pudding mixture. Prepare pudding with non-dairy creamer





QUICK MIXES:

KOOL-AID®-FLAVORED FORMULA

Serves 2 — Makes approx 16 oz

Recipes are for ages 1 and up

INGREDIENTS

- 40g of Level-2 metabolic medical food
- 3 Tbsp level sugar
- ½ tsp Kool-Aid Unsweetened Drink Mix

DIRECTIONS

- Add water to ingredients to make 16 fl oz
- Mix in blender at lowest speed no longer than 4 seconds
- Or shake briskly in a closed container for 10-12 seconds
- Serve chilled

NUTRITION FACTS:

Calories: 310

Protein, grams: 12

Level-2 metabolic medical food only 12

Calories with Cyclinex-2: 320

Protein, grams with Cyclinex-2: 6

Cyclinex-2 only 6

Nutritional values are approximate and will vary based on brands, quantities, and substitutions.

Use under medical supervision. Please consult your physician or dietitian to determine if recipes are appropriate for you or your child. These recipes are intended to provide possible alternatives for you or your child and should not be considered as medical advice. Make sure all utensils are cleaned to avoid cross-contact with other foods.

QUICK MIXES:

FRUIT JUICE-FLAVORED FORMULA

Serves 1 — Makes approx 8 oz

Recipes are for ages 1 and up

INGREDIENTS

- 20g of Level-2 metabolic medical food
- 3 fl oz concentrated apple, grape, or orange juice
- Water (room temperature) to make 8 fl oz

DIRECTIONS

- Warm juice concentrate to room temperature
- Mix ingredients in blender at lowest speed no longer than 4 seconds
- Or shake briskly in a closed container for 10-12 seconds
- Serve chilled

Concentrated fruit “drinks” do not contain any protein. Substitute when available.

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NUTRITION FACTS:

Calories:

<i>With apple juice</i>	257
<i>With grape juice</i>	275
<i>With orange juice</i>	252

Protein, grams:

<i>With apple juice</i>	6.5
<i>With grape juice</i>	6.7
<i>With orange juice</i>	8.4
<i>Level-2 metabolic medical food only</i>	6

Calories with Cyclinex-2:

<i>With apple juice</i>	265
<i>With grape juice</i>	280
<i>With orange juice</i>	260

Protein, grams with Cyclinex-2:

<i>With apple juice</i>	3.5
<i>With grape juice</i>	3.7
<i>With orange juice</i>	5.4
<i>Cyclinex-2 only</i>	3



NUTRITION FACTS:

Calories:	400
Protein, grams:	13.6
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	410
Protein, grams with Cyclinex-2:	7.6
Cyclinex-2 only	6

BANANA-BERRY BLAST

Serves 1 — Makes approx 12 oz

Recipes are for ages 1 and up



INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- 2 fl oz chilled apple juice
- ½ cup frozen sliced strawberries, unsweetened
- ½ peeled and diced kiwi, frozen
- ½ banana, sliced and frozen
- 2 Tbsp strawberry-flavored syrup
- 2-3 ice cubes

DIRECTIONS

- Pour apple juice into a bottle with a fitted lid
- Add metabolic medical food, seal with a lid, and shake well
- To the blender add the strawberries, kiwi, banana, syrup, and ice; blend on high until smooth
- Add icy puree into the formula and shake well
- Serve immediately

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FAB FRUITY REFRESHER

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up

INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- 2 fl oz chilled apple juice
- 2 fl oz chilled orange juice
- ⅛ tsp banana extract
- ½ banana, sliced and frozen
- 2-3 ice cubes



DIRECTIONS

- Pour apple juice into a bottle with a fitted lid
- Add metabolic medical food, seal with lid, and shake well
- To the blender add the orange juice, banana extract, frozen banana, and ice; blend on high until smooth
- Add icy puree to the metabolic medical food and shake well
- Serve immediately

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NUTRITION FACTS:

Calories:	325
Protein, grams:	12.6
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	335
Protein, grams with Cyclinex-2:	6.6
Cyclinex-2 only	6



NUTRITION FACTS:

Calories:	333
Protein, grams:	13.6
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	343
Protein, grams with Cyclinex-2:	7.6
Cyclinex-2 only	6

CHERRY CHILLER

Serves 1 — Makes approx 12 oz

Recipes are for ages 1 and up

INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- 4 fl oz chilled cherry juice, divided
- ½ cup frozen pitted tart or dark cherries
- 2 Tbsp tart cherry jam
- 4 ice cubes

DIRECTIONS

- Pour 2 fl oz of cherry juice into a bottle with a fitted lid
- Add metabolic medical food, seal with a lid and shake well
- To the blender, add remaining 2 fl oz of cherry juice, cherries, jam, and ice; blend on high until smooth
- Add icy puree to the metabolic medical food and shake well
- Serve immediately



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BLUE-RAZZ MATAZZ

Serves 1 – Makes approx 12 oz

Recipes are for ages 1 and up

INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- 4 fl oz chilled apple juice
- ½ cup frozen blueberries, unsweetened
- 2 Tbsp all-fruit (no sugar added) seedless raspberry jam
- 4 ice cubes



DIRECTIONS

- Pour 2 fl oz apple juice into a bottle with a fitted lid
- Add metabolic medical food, seal with lid, and shake well
- To the blender, add remaining 2 fl oz apple juice, blueberries, jam, and ice; blend on high until smooth
- Add icy puree into the metabolic medical food and shake well
- Serve immediately

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NUTRITION FACTS:

Calories:	350
Protein, grams:	12.6
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	360
Protein, grams with Cyclinex-2:	6.6
Cyclinex-2 only	6



GRAPE JAMBOREE

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up



INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- 4 fl oz chilled Concord grape juice, divided
- 2 Tbsp frozen concentrate Concord grape juice
- 1 Tbsp all-fruit (no sugar added) Concord grape jam
- 4-5 ice cubes

DIRECTIONS

- Pour 2 fl oz grape juice into a bottle with a fitted lid
- Add metabolic medical food, seal with lid, and shake well
- To the blender, add remaining 2 fl oz grape juice, grape juice concentrate, jam, and ice; blend on high until smooth
- Add icy puree into the metabolic medical food and shake well
- Serve immediately

NUTRITION FACTS:

Calories:	290
Protein, grams:	12.6
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	300
Protein, grams with Cyclinex-2:	6.6
Cyclinex-2 only	6

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ICY LEMON DELIGHT

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up

INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- 4 fl oz chilled apple juice
- 2 Tbsp fresh lemon juice
- 4-6 ice cubes

DIRECTIONS

- Pour 2 fl oz apple juice into a bottle with a fitted lid
- Add metabolic medical food, seal with lid, and shake well
- To the blender, add remaining 2 fl oz apple juice, lemon juice, and ice; blend on high until smooth
- Add icy puree into the metabolic medical food and shake well
- Serve immediately



Nutritional values are approximate and will vary based on brands, quantities, and substitutions.

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NUTRITION FACTS:

Calories:	330
Protein, grams:	12.6
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	340
Protein, grams with Cyclinex-2:	6.6
Cyclinex-2 only	6



NUTRITION FACTS:

Calories:	315
Protein, grams:	13.6
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	340
Protein, grams with Cyclinex-2:	6.6
Cyclinex-2 only	6

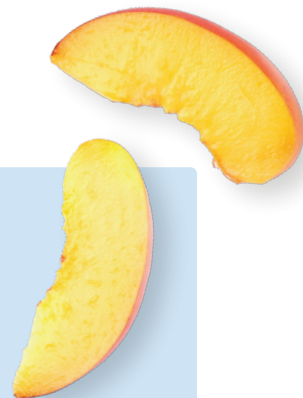
PEACH-PEAR PUREE

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up

INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- 3 fl oz chilled apple juice, divided
- 1 4-oz container diced pears with juice, frozen
- ½ cup frozen peach slices, unsweetened
- 4 ice cubes



DIRECTIONS

- Pour 2 fl oz apple juice into a bottle with a fitted lid
- Add metabolic medical food, seal with lid, and shake well
- To the blender, add remaining 1 fl oz apple juice, frozen pears in their juice, peach slices, and ice; blend on high until smooth
- Add icy puree and shake well
- Serve immediately

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APPLE COBBLER SMOOTHIE

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up

INGREDIENTS

- ⅓ cup (40g) Level-2 metabolic medical food
- ½ cup apple juice
- 1 Tbsp apple butter
- ½ tsp cinnamon
- 4 ice cubes

DIRECTIONS

- Pour all ingredients into a blender with a fitted lid
- Blend on high until smooth
- Serve immediately



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NUTRITION FACTS:

Calories:	255
Protein, grams:	12
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	265
Protein, grams with Cyclinex-2:	6
Cyclinex-2 only	6



TROPICAL ISLAND ICY

Serves 1 — Makes approx 12 oz

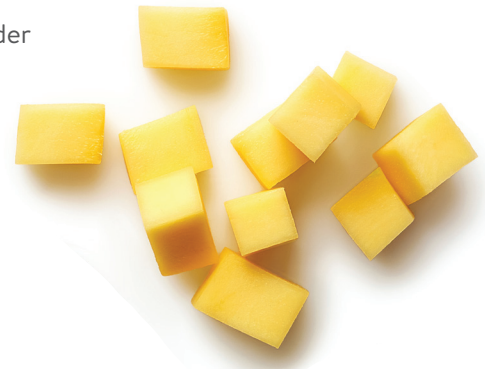
Recipes are for ages 1 and up

INGREDIENTS

- $\frac{1}{3}$ cup (40g) Level-2 metabolic medical food
- $\frac{1}{2}$ cup frozen tropical fruit
- $\frac{1}{2}$ cup mango juice
- 4 ice cubes

DIRECTIONS

- Pour all ingredients into a blender with a fitted lid
- Blend on high until smooth
- Serve immediately



NUTRITION FACTS:

Calories:	280
Protein, grams:	12
Level-2 metabolic medical food only	12

Calories with Cyclinex-2:	290
Protein, grams with Cyclinex-2:	6
Cyclinex-2 only	6

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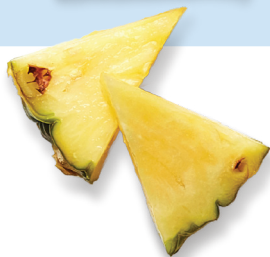
PINEAPPLE-OJ QUENCHER

Serves 1 — Makes approx 9 oz

Recipes are for ages 1 and up

INGREDIENTS

- ½ cup (40g) Level-2 metabolic medical food
- ½ cup chilled water
- ½ Tbsp pineapple-orange juice concentrate
- 4 ice cubes



DIRECTIONS

- Pour all ingredients into a blender with a fitted lid
- Blend on high until smooth
- Serve immediately

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NUTRITION FACTS:

Calories: 225

Protein, grams: 12

Level-2 metabolic medical food only 12

Calories with Cyclinex-2: 235

Protein, grams with Cyclinex-2: 6

Cyclinex-2 only 6

Explore Insurance Coverage Options



- 1** Call with insurance and prescriber's information
- 2** We help **determine** available coverage options
- 3** We help **connect** covered patients to suppliers who deliver products

To learn more, visit pathway-plus.com or call 1-855-217-0698

Each healthcare provider is ultimately responsible for verifying codes, coverage, and payment policies used to ensure that they are accurate for the services and items provided. Providers should consult with the insurance plan for complete and accurate details concerning documentation for claims. Abbott Nutrition does not guarantee reimbursement by any third-party insurance plan and will not reimburse physicians or providers for claims denied by third-party insurance plans.

Our products are available through:

- AbbottStore.com
- Pharmacies
- Home medical companies
- State programs

