

Helpful tips to BUILD up your nutrition

Stack the deck



Want the benefits of Glytactin GMP but still like your amino acid formula? Mix 1 packet of BUILD into your amino acid formula and get the benefit of additional protein.

Mix it up



- Add BUILD to your Glytactin RESTORE.
- Mix BUILD and a packet of Glytactin RESTORE Lite Powder for a low calorie, high protein boost.

On its own



- Glytactin BUILD can be consumed on its own by mixing 1 packet into 6 oz of water.
- Mio™ drops or PKU friendly flavor enhancers are a great option to build up the flavor.

Give it a shake



- Make a morning shake by adding 1 packet of BUILD, low Phe fruit, water and ice. Blend thoroughly.
- As an added treat, pour the shake into popsicle cups and have a yummy frozen fruit snack at night.

Think outside the glass



- Add BUILD to your favorite pancake, french toast or waffle recipe for a protein packed breakfast.
- Add BUILD to your favorite queso or mix in to your low protein mac 'n' cheese to BUILD up your meal.