

# The HCU Herald

Featuring...



## HCU Hero

Ruby From Australia



April 2026



All things Homocystinuria: patient stories, resources, research, events and more!

# HCU HERO: RUBY FROM AUSTRALIA



When people hear the words ‘clinical trial’, it can sound really scary – and honestly, I understand why. Hospitals, tests, and not knowing exactly what’s going to happen can be overwhelming. But for me, being part of a clinical trial has been something I’ve wanted for a long time.

I think that started when I was about 12 years old. I met an amazing woman, Bianca from Australia, at a MDDA Conference who has PKU and was part of a clinical trial. She quickly

became a huge role model for me. I followed her journey and watched her share her experience, and I remember thinking how amazing it was. She wasn’t just helping herself – she was helping future patients too. From that point on, I remember thinking, I want that for HCU.

Growing up with homocystinuria, I always hoped one day there would be more treatment options. Living with a strict diet and medication can be really hard, especially as a kid and teenager. I wanted things to be easier – not just for me, but for other kids growing up with metabolic conditions. At one point, I even thought I wanted to become a genetic doctor so I could create a clinical trial myself. As I got older, I realized that path wasn’t right for me, but the motivation behind it never went away.

# HCU HERO: RUBY FROM AUSTRALIA

When I was around 15, there were a few information sessions about possible clinical trials, but none of them were the right fit at the time. Still, I never stopped hoping that one day I'd get the chance to take part in one.

That chance finally came after I transferred from pediatric care to adult care in late 2024. A few months later, in February 2025, I got a call asking if I would be interested in a clinical trial that was being planned on the east coast of Australia. They were just collecting expressions of interest, but I remember feeling so excited. The trial would start after I turned 18, which meant I was finally eligible.



I went for screening in April 2025, feeling hopeful. I knew I had classical homocystinuria, I had genetic testing to confirm it, and I genuinely believed I fit all the criteria. I remember thinking, this is finally happening. But it didn't go how I expected.

Like a lot of people with HCU, I'm used to keeping my protein intake very low, especially before hospital appointments. In the 16 hours before my screening, I'd only had about two grams of protein. Because of that, my homocysteine and methionine levels came back too low for me to be eligible for the trial.

# HCU HERO: RUBY FROM AUSTRALIA

I was completely devastated. I felt so crushed. It was the one time in my life where I actually needed my levels to be higher, and instead they showed the opposite of what my everyday life is really like.

Thankfully, the trial team were so kind and understanding. After explaining that I hadn't realized I was meant to reflect typical levels but instead tried to show really amazing low levels, they contacted the pharmaceutical company and advocated for me to be able to re-screen.

Months later, in October 2025, I was given another chance. This time, everything went smoothly, and I officially joined the trial. I started receiving study medication in November 2025.

There's not much I can say about the medication itself, but I can talk about what the experience has been like. Honestly, the hardest part for me hasn't been the hospital visits or the doctor – it's been the diet diaries.

Before certain appointments, I must record everything I eat for three days. And I mean everything: tomato sauce, butter, exact amounts, down to the gram. Trying to hit exactly 15 grams of protein a day is way harder than it sounds. I'd



# HCU HERO: RUBY FROM AUSTRALIA

either end up over at 19 grams or under at six or seven because I was trying so hard to get it right. It's stressful and mentally exhausting, and for me, that's been the hardest part of the whole process.

The doctors, though, were amazing. From the very beginning, they made it clear that I could withdraw from the trial at any time, with no pressure and no judgment. They reassured me that leaving wouldn't affect my care or future opportunities to participate in trials.

That made me feel safe and supported, and it showed me how much they genuinely care about their patients.



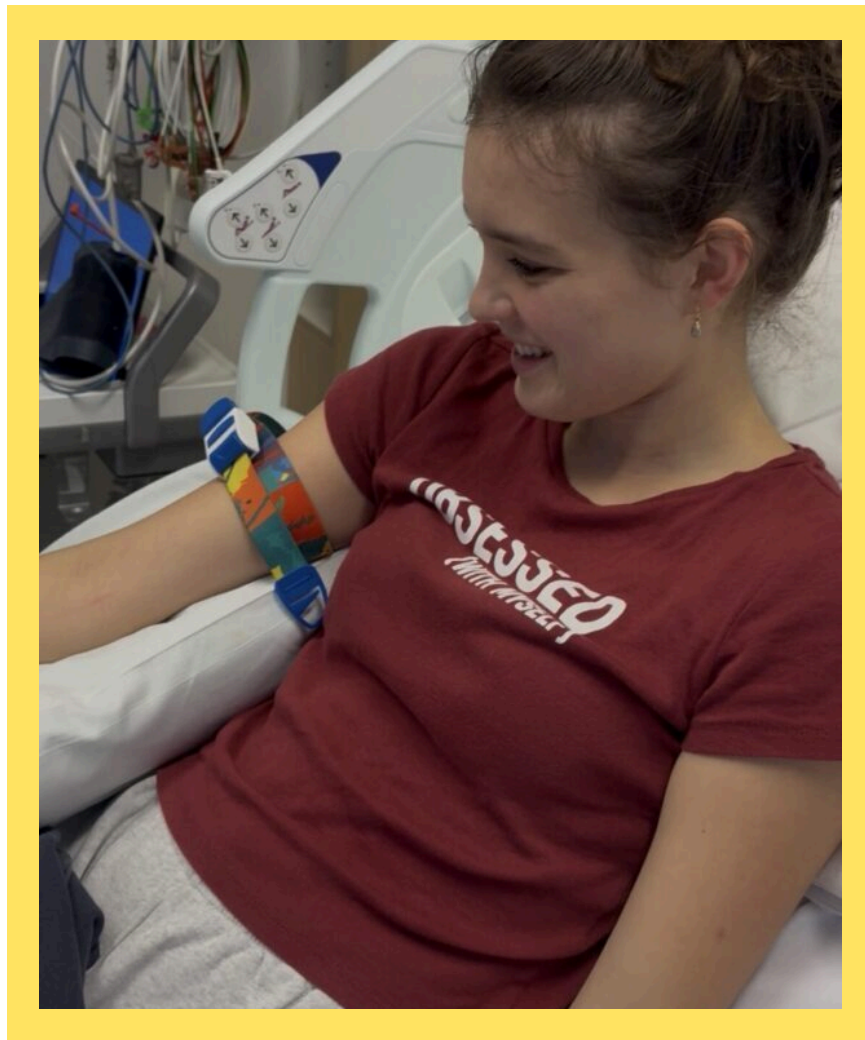
Overall, my experience in the clinical trial has been a positive one. I feel respected, listened to, and valued as a participant. I have also learnt a lot about Homocystinuria and the science behind it. I'm excited to see what comes out of this trial, and I'm also hopeful about other trials that may happen in Australia in the future.

For me, participating in a clinical trial isn't just about helping myself. It's about the future. I think about the babies who will be born with

# HCU HERO: RUBY FROM AUSTRALIA

HCU years from now, and the kids who are growing up right now feeling different because of their food or medication. I think about teenagers who might be struggling the way I have, and how much it would mean for them to have better options.

If one day there's a treatment available that improves someone's quality of life because I took part in this research, then every appointment, diet diary, and hard moment is 100% worth it. If I can help create a better future for even one child with HCU, then I'm proud to be part of this journey.



# UPCOMING EVENTS



## WE WILL BE AT **AAN 2026**

**BOOTH: 1432**

**POSTER: #004**

**"PREVALENCE OF NEUROLOGICAL  
SYMPTOMS IN PEDIATRIC AND ADULT  
PATIENTS WITH HOMOCYSTINURIA"**

**PRESENTATION MONDAY APRIL 20, 8-9AMCT**

**2026 AAN  
Annual Meeting**

April 18-22 | Chicago and Online

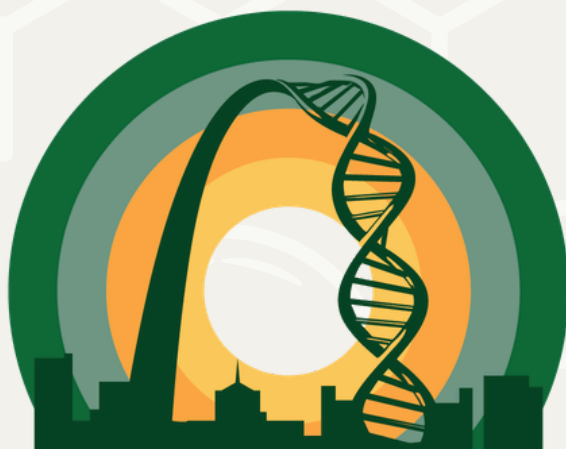
# UPCOMING EVENTS



## WE WILL ALSO BE AT **GMDI 2026**



**WORKSHOP: THEY AREN'T JUST OVERSIZED  
CHILDREN: SUPPORTING ADULT IEM PATIENTS  
THROUGH LIFE STAGE TRANSITIONS**



GATEWAY TO EVOLVING  
**METABOLIC CARE**  
Genetic Metabolic Dietitians International

**FRIDAY, APRIL 24TH**  
**SESSION ONE: 1:30 PM**  
**SESSION TWO: 2:30 PM**

# HCU NETWORK AMERICA PRESENTS

# HARMONY GLOBAL CLINICAL TRIAL

# LIVE Q&A

WITH DR. JOSHUA BAKER  
LURIE CHILDREN'S HOSPITAL



**APRIL 17**



- 4 PM EDT
- 9 PM GMT
- 6 AM AEST
- (APRIL 18)



**REGISTER NOW >**



# HCU NETWORK AMERICA PRESENTS CLINICAL TRIALS IN MOTION

WITH SAGAR VAIYDA, M.D. PH.D AND BEN LEWIS



**APRIL 29**

**REGISTER NOW >**



- 7 PM EDT
- 12 AM GMT
- 9 AM AEST (APRIL 30)

It's A

# FAMILY AFFAIR

*In The City of Brotherly Love*



**July 10-12, 2026**  
*Philadelphia, PA*

- Dedicated Science Day for Families and Professionals
- Scientific Poster Session
- HCU Hero Award Banquet
- Networking Opportunities
- Community fun day

- Patient Focused Panels
- Breakout Sessions
- KidsZone and Teen Zone
- Community Building Opportunities

*Patient & Family Conference*

**REGISTER NOW**



**HCU**  
**NETWORK**  
**AMERICA**

**Classical HCU | Cobalamin Disorders | Severe MTHFR**



# HCU FAMILY Fun Day

On **Sunday, July 12**, to wrap up our biennial **HCU Network America 2026 conference**, we are hosting a fun way for our community to bond, laugh, and spend time together away from the hotel!

Join us for **activities and lunch** at Franklin Square from **10 am to 2 pm**.

We will be providing a continuous shuttle to and from the hotel for anyone who needs to return for departure.

If you would like to join us for this unforgettable experience, **please plan your travel accordingly.**

Carousel | Mini Golf | Yard Games

**REGISTER NOW**





**CALL FOR ABSTRACTS  
SUBMISSION DEADLINE  
APRIL 30<sup>th</sup>, 2026**

**July 10-12, 2026**



**Abstract Submission Link**

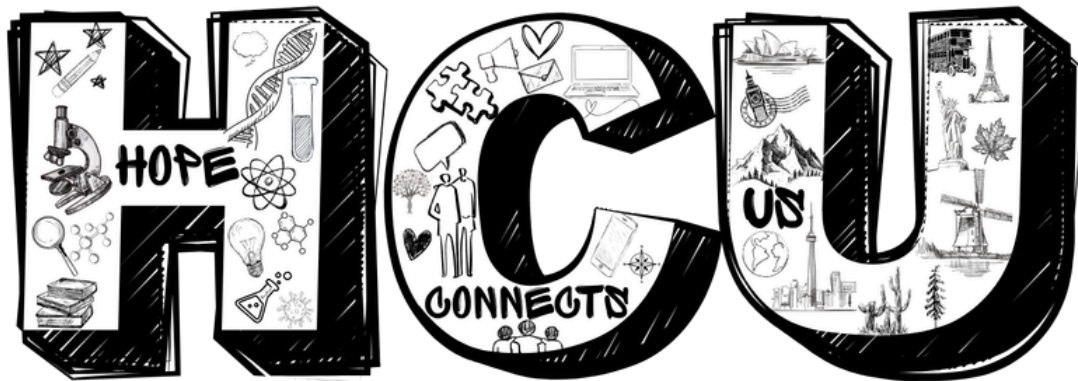
**For questions, email  
[research@hcunetworkamerica.org](mailto:research@hcunetworkamerica.org)**

**Posters on:**

- **Natural history**
- **Novel therapies**
- **Treatment**
- **Diagnostics & Testing**
- **Other**

**Please note: accepted abstract authors will need to register as a medical professional or industry**

Hope Connects Us Around the World





World

# Homocystinurias

## Awareness Day

May 18th

- •  **Livestream Event**
- •  **Exclusive Raffle Baskets**

- ➔ Follow us to receive updated on activities & events
- ➔ Stay tuned for livestream details & raffle information

Together, *hope connects us around the world.*

Hope Connects Us Around the World



# Celebrate World Homocystinurias Awareness Day In Style!



[CLICK HERE](#)





## Did you submit for your Employers Corporate Matching Gifts Program?

### What are Matching Gifts?

Corporate matching gifts are a type of gift giving in which companies financially match donations that their employees make to nonprofit organizations. When an employee makes a donation, they need to request the matching gift from the employer, who then makes their own donation. Companies usually match at a 1:1 ratio, but some will match 1:2 or 2:1.

### Why are Corporate Matching Gifts Valuable?

Corporate matching gifts are valuable because they are free money for your nonprofit of choice, HCU Network America! Your donation has double the power without you having to give double the amount.

### Does HCU Network America Really Benefit?

If corporate matching gifts weren't valuable, we wouldn't be sending this letter. In 2020 we received approximately \$45,000 in corporate matching gifts!

### How Do I Find out if my Employer has a Corporate Matching Gifts Program?

Your company website or websites such as [doublethedonation.com](http://doublethedonation.com) make it easy for you to search and see if your employer takes part in corporate matching gifts. If you can't find it online, please consult with your employee handbook, HR rep or manager to find out.

### How Do I Request my Donation is Matched by my Employer?

1. The donor completes their donation
2. The donor submits matching gift request
3. Company reviews donation and nonprofit eligibility and reaches out to nonprofit
4. Nonprofit verifies the donation was made
5. If eligible, the nonprofit will receive the matching gifts request!

### Top Matching Gift Companies

#### Company Match Ratio

- General Electric 1:1
- Gap Corporation 1:1
- ExxonMobil 3:1
- Johnson & Johnson 2:1
- Microsoft 1:1
- Pfizer 1:1
- Coca-Cola 2:1
- And many more!

Did you know some companies match retired employees donations?


Last month, HCU Network America's Executive Director, Danae Bartke, and Board member and scientific advisor, Kristen Skvorak, attended the 2026 Annual Clinical Genetics Meeting of the American College of Medical Genetics and Genomics (ACMG) in Baltimore.

It was an inspiring few days of discovery, learning, and connection across the metabolic community. Topics included:

- **Improved HCU detection:** Researchers from the Department of Human Genetics at Emory University School of Medicine demonstrated that adding second-tier testing of newborn screening bloodspots—measuring total homocysteine, methylmalonic acid, and 2-methylcitrate—can significantly reduce false positives while improving detection of Homocystinuria.
- **HCU and Pegtibatase:** In Phases 1 and 2 of Travele Therapeutics' COMPOSE study, participants experienced a rapid, sustained reduction in blood homocysteine levels below the therapeutic threshold, with some even achieving normal levels. They are now recruiting for their Phase 3 HARMONY study, which includes adolescents.
- **Diagnostic Intervals and outcomes:** This patient-reported study found that although newborn screening has improved early detection of homocystinuria (HCU), many cases—especially CBS deficiency—are still missed due to variability in screening practices, resulting in significant diagnostic delays. Individuals not identified through newborn screening experienced an average delay of up to 3 years (or longer in older cohorts), compared to just 3 months for those diagnosed through positive screening results. Earlier diagnosis was associated with fewer or less severe symptoms, highlighting the need for more consistent and sensitive screening approaches, such as using total homocysteine as a primary marker.

Beyond the research sessions, ACMG offered valuable opportunities to connect with colleagues and partners in our rare disease space. We were glad to spend time with other advocates, our industry partners, and so many others working to advance care and innovation for our rare conditions. Thank you for this opportunity, ACMG! We're excited to bring insights back to the HCU community.





**Classical  
Homocystinuria (HCU)  
Patients and Parents/  
Guardians Needed  
for a Paid Interview-  
Only Research Study  
to Understand your  
Experiences of HCU  
(New Follow-up  
Study)**

**Are you an  
adult with  
HCU?**

**Or a parent/  
guardian of an  
individual with  
HCU?**

**Are you  
a child or  
adolescent  
(aged 9–17)  
with HCU?**

**IF SO, YOU MAY QUALIFY** to take part in a non-treatment interview study by telephone/web-based teleconference.

**YOU WILL BE INTERVIEWED** about your experience living with or your experience caring for an individual with HCU. You will also be asked about your thoughts and opinions on a questionnaire on ways you are affected by HCU. We recently changed the questions after talking to other children and families with HCU. You may have helped with this before. Now we'd like to know what individuals with HCU think of the new version.

**LASTLY, YOU MAY** be asked to complete some questionnaires about yourself (and the person you care for, if you are a parent/guardian).



Are you in the United States of America?



Eligible participants who enroll and participate will receive a total of \$150 (US participants) paid via gift card.

**ppd**





**Now Enrolling**



**Company:** TraverTherapeutics

**Total time in study:** About 9 months

**Goal:** To learn more about classical homocystinuria (HCU), and how safe and effective pegtibatinase may be in patients with HCU

**Phase:** This is a Phase 3 study that follows a Phase 1/Phase 2 study called COMPOSE

**Who can take part?**

- ✓ People with a diagnosis of HCU
- ✓ People 12 to 65 years of age

*Other factors and restrictions also apply*

**What is the study drug?**

- ✓ Participants will receive pegtibatinase or placebo (an inactive medication)

**Why participate in the study?**

- ✓ You may help others with HCU
- ✓ You will help contribute to new research and further understanding of HCU
- ✓ You will receive additional monitoring and testing



Study locations include: United States, Europe, the Middle East, Asia Pacific, and South America.

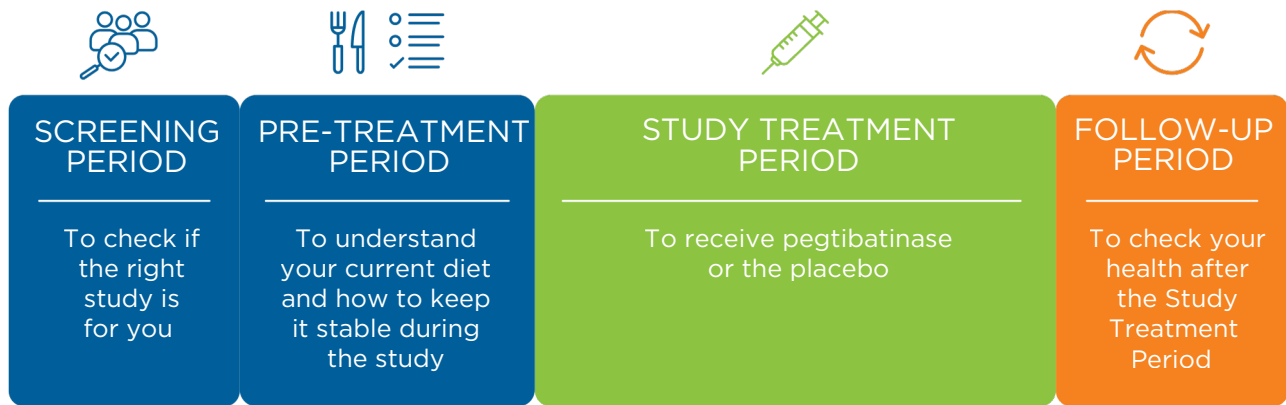


About 70 people with HCU will take part in the study.



Payment for time and travel may be available to participants and their caregivers.

### Periods during the study



After completing the **HARMONY Study**, it may be possible for participants to join a long-term follow-on study and continue or start receiving pegtibatinase.

**To find out more, please contact:**  
[MedInfo@travere.com](mailto:MedInfo@travere.com)



For more information, please scan the QR code or visit:  
[www.hcuconnection.com](http://www.hcuconnection.com)

## **Publication: Pancreatitis Is an Emerging Rare Complication of Classic Homocystinuria: A Case Series and Literature Review**

Rana Aljaberi, Lindsay Romo, Reuven Zev Cohen, Taeylor Mellor, Madeline Steffensen, Can Ficicioglu, Bryan Hainline, Michael J. Gambello, Harvey L. Levy, Hong Li

This article adds new knowledge about symptoms related to classical homocystinuria; showing that acute pancreatitis (inflammation of the pancreas) can be a rare but serious complication, especially in people with high homocysteine levels that are uncontrolled or not well controlled. Patients, families, and clinicians should be aware of this possibility so that symptoms can be recognized quickly, and appropriate care can be provided

### **What did the researchers do?**

- Reported four new cases of acute pancreatitis in individuals with classic homocystinuria.
- Reviewed 11 previously reported cases from other studies in the medical literature.
- Combined these to better understand how pancreatitis may be linked with homocystinuria and what this means for diagnosis and treatment

### **Key Findings**

- Pancreatitis can occur in HCU, especially when homocysteine levels are very high and poorly controlled.
- Symptoms of pancreatitis may include severe abdominal pain, nausea, vomiting, and elevated levels of pancreatic enzymes — signs that may be confused with other causes in people with metabolic conditions.
- The risk seems higher when the underlying metabolic disorder isn't well managed, emphasizing the importance of early diagnosis, regular monitoring and treatment adjustments.
- Although rare, pancreatitis should now be considered part of the possible clinical spectrum of homocystinuria, meaning doctors should watch for it so it is recognized and treated early.

## What Does This Mean to Patients and Families

### 1. Early Recognition Can Improve Outcomes

If someone with classic homocystinuria develops symptoms like **severe stomach ache, nausea, or vomiting**, pancreatitis should be considered — even though it's a rare complication. Early detection can lead to faster and more effective care.

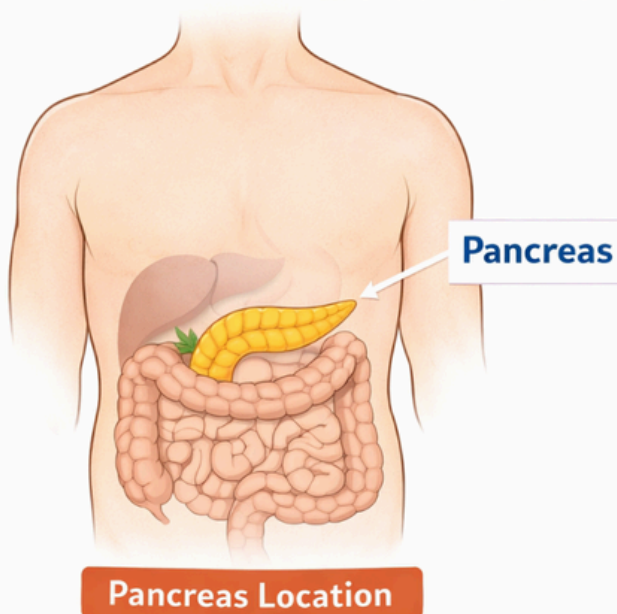
### 2. Importance of Disease Control

This article reinforces that keeping homocysteine levels well controlled through diet, medication, and regular monitoring may help reduce not only the traditional complications of HCU, but also rarer ones like pancreatitis.

### 3. Communicate with Your Healthcare Team

If you or a loved one has HCU and new symptoms occur — especially abdominal pain — **tell your medical provider right away**. They may perform additional tests (such as blood tests or imaging) to check for signs of pancreatitis.

## Pancreatitis: Location of Pain



 Upper Abdominal Pain

 Pain in the Mid-Back

 Sharp or Radiating Pain



HCU Network America is pleased to announce they are

# Now Accepting Request for Proposals

- Seeking novel proposals for treatment and prevention of clinical manifestations for **Classic Homocystinuria** and/or **Methionine Synthase deficiency** by exploring novel mechanisms to obtain proof of concept to enable progression to clinical trials

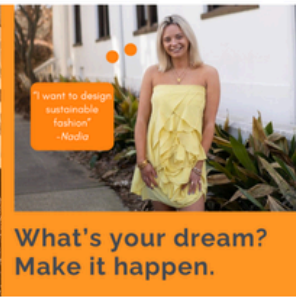
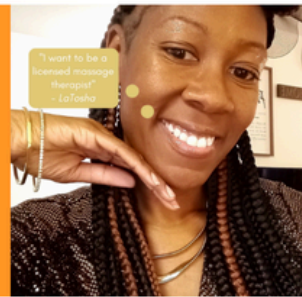
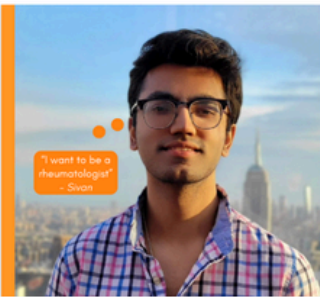


**Application Deadline: May 31, 2026**  
**2026 HCU Network America Grant**  
**Application - Fill out form**



# #RAREis Scholarship Fund

Powered by the EveryLife Foundation



What's your dream?  
Make it happen.

## Pursue Your Dreams Through The #RAREis Scholarship Fund

Living with a rare disease means managing unique challenges, including frequent doctor visits, rigorous treatment regimens and hospitalizations, and exposure risks. While quality and duration of life continues to improve thanks to improved diagnosis and treatment approaches, individuals living with rare diseases still face disparities in achieving traditional life milestones. That's why the EveryLife Foundation for Rare Diseases established the #RAREis Scholarship Fund – to enrich the lives of adults living with rare diseases by providing support for their educational pursuits.

Thanks to the support of Amgen, The EveryLife Foundation for Rare Diseases will provide one-time awards of \$5,000 scholarships to up to 58 rare disease recipients in 2026. Applications will be open from **March 17 through April 28, 2026 at 2 PM Eastern.**

**APPLY NOW**

# IN CASE YOU MISSED IT...



## The HC&U Podcast is back!!!

*HC&U is a podcast about Homocystinuria, sponsored by HCU Network America and hosted by Ben & Lindsey.*

### Meet your hosts!



**Welcome to the HC&U Podcast! We are Ben and Lindsey, your hosts. We are so excited to be starting this as extra resources for the Homocystinuria community. We hope you like our content!**



To Listen:


<https://hcunetworkamerica.org/hcu-podcast/>

or click below on your favorite option!

LISTEN ON  Spotify

Listen on  Apple Podcasts

LISTEN ON  iHeartRADIO

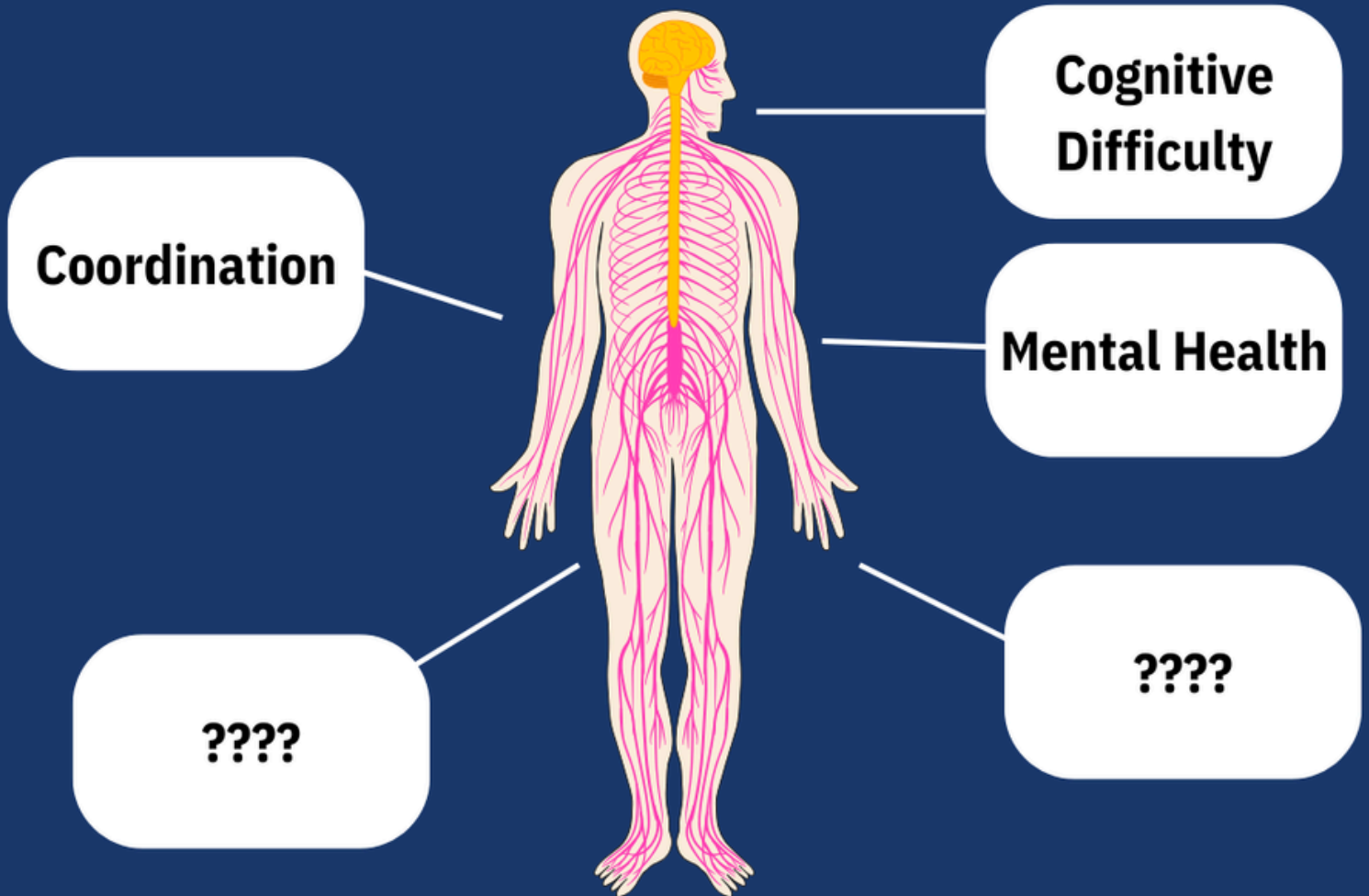
Listen on  amazon music

### The latest episode



Host Ben sits down with Avery, a PhD student who discovered she has classical homocystinuria (HCU) through a free genetic testing program. Avery shares her unexpected diagnosis, how it reshaped her understanding of her health, and what it's like navigating a rare metabolic condition while pursuing advanced academic research. Together, Ben and Avery explore the power of genetic testing, patient advocacy, and finding clarity in answers that come later than expected.

# Help Fill In The Gaps: **The Brain and Nervous System**



Take the Brain & Nervous System Survey:  
<https://rare-x.org/homocystinuria/>



# HOMOCYSTINURIAS

DATA COLLECTION PROGRAM



## Questions About RareX?



April 16<sup>th</sup> @ 1pm-2pm MST

Join our virtual open office hours  
Our Research Coordinator is here to help!



**Brittany Parke**  
Research Coordinator

Join whenever you can during the timeframe to ask questions or learn how to navigate RareX.



[Click to Join Zoom!](#)

# Registration Open for **flok** Family Camps & Adult Retreat!

**Registration is now open** for our 2 terrific family camps for those with inherited disorders of protein metabolism, their family members, and friends. Learn more and register at <https://flok.org/camp/>.

- **Family Camp West** in Antelope, Oregon, June 4-7, 2026
- **Family Camp East** on Lake Winnepesaukee in NH, September 17-20, 2026

Thanks to support from BioMarin Pharmaceutical Inc. flok's retreat and camp are **FREE** for those with Classical HCU, MSUD, an Organic Acidemia, PKU, Tyrosinemia or a Urea Cycle Disorder. Flexible pricing available for family members and friends.

**Questions?** Contact [camp@flok.org](mailto:camp@flok.org).



# PLAN YOUR PLATE

[CLICK HERE](#)

## MONDAY

- CFL Penne a la Vodka Sauce (1.7 g protein)
- Promin Elbow Pasta (0.2 g protein)
- Capello's Gluten Free Focaccia Bread (< 0.5 g protein)
- Green Beans (0.9 per 50 g raw)

## TUESDAY

- Zucchini, Mozzarella & Sun-dried Tomato Panini (3.33 g per sandwich)
- Crispy Yucca Fries (1/6 recipe equals 3.17 g protein without sauce)

## WEDNESDAY

- CFL Minestrone Soup (2.5 g protein)
- CFL Cesar Salad (1.1 g protein)

## THURSDAY

- Mushroom and Chive Risotto Swirled with Garlic Herb Butter

## FRIDAY

- Schar Pizza Crust (1.51 g per 1/3 pizza base)
- Prego Pizzeria Style Pizza Sauce (1 g per 1/4 cup)
- Follow Your Heart, Dairy Free Mozzarella Style Shreds (0.6 g per 4 oz.)
- Add toppings to your liking - count as needed

## SNACKS

- Snyder Gluten Free Pretzels
- Garden Veggie Straws
- Siete Tortilla Chips
- Apple Slices
- Mandarin Orange

## Notes

- All items and recipes are hyperlinked.
- All breakfast are 2 g or less
- All snacks are 1 g or less
- **Meals should be used for lunches and dinner to reduce time spent cooking.**
- Please verify all information using the flok app.

## BREAKFAST










- So Delicious Yogurt w/ Berries
- Cambrooke Blueberry Scones
- CFL Honey Puffs Cereal
- CFL Porridge
  - Cambrooke Hot Cereal

# RECIPE FEATURE

CLICK HERE

## MUSHROOM AND CHIVE ORZO RISOTTO SWIRLED WITH GARLIC BUTTER

### INGREDIENTS

-  3 c Vegetable Broth
-  8 oz Button Mushrooms, sliced
-  2 Medium Onion
-  2 Cloves Garlic
-  8 oz box Jovial Grain Free Cassava Orzo
-  8 oz Grape Tomatoes
-  ¼ oz Chives
-  4 TBSP Garlic Herb Butter
-  ½ c. Follow Your Heart Parmesan Cheese

4 servings

Protein: 4.91 g of protein per ¼ bowl



Adapted from Hello Fresh

<https://www.hellofresh.com/recipecards/card/mushroom-chive-risotto-622614c690b10d34754030a2-5de8af24.pdf>

# RECIPE FEATURE

CLICK HERE

## ITEMS NEEDED

- Medium pot
- Large pan
- Kosher salt
- Black pepper
- Olive oil (2 tsp)
- Butter (1 TBSP)
- Paper towels
- Medium pan
- Cooking oil (2 tsp)

## PROTEIN PER SERVING

## THE MORE YOU KNOW

Risotto needs a little attention 1-2 minutes. Season with salt and pepper. to become creamy and evenly tender. Don't forget to check in on it and stir while it simmers, adding stock in intervals along the way.

## Garlic Butter Recipe



<https://www.loveandlemons.com/garlic-butter/>



### 1 PREP

- Prep Garlic Butter Recipe
- Wash and dry produce.
- Halve, peel, and dice onion.
- Peel and mince or grate garlic.



### 2 COOK MUSHROOMS

- Heat a drizzle of olive oil in a large pan over medium-high heat. Add mushrooms; cook, stirring occasionally, until browned and slightly crispy, 5-7 minutes.
- Season with salt and pepper.
- Turn off heat; transfer to a plate. Wipe out pan.



### 3 START RISOTTO

- Melt the 1 TBS plain butter and olive oil in a large saucepan over medium heat. Add onion, salt, and pepper and cook on low until tender, about 3 minutes.
- Add garlic, orzo and cook for an additional minute 1-2 minutes.
- Stir to coat the pasta with the onion mixture.



### 4 COOK RISOTTO

- Add broth and increase the heat to high until the mixture comes to a boil.
- Once boiling, lower the heat and simmer, uncovered, until the orzo is tender and most of the liquid is absorbed, about 20 minutes.
- Meanwhile, halve tomatoes. Mince chives.



### 5 FINISH & SERVE

- Once orzo is done, stir in mushrooms, tomatoes, garlic herb butter, half the Parmesan, and half the chives (save the remaining Parmesan and chives for serving).
- Cook until tomatoes are softened, 2-3 minutes. TIP: If risotto is too thick, stir in another splash of water or stock.
- Divide orzo between bowls. Top with remaining chives and remaining Parmesan.

# LOW PROTEIN MUST HAVES

## Jovial Grain Free Orzo



Nutrition Facts	
about 4 servings per container	
<b>Serving size</b>	<b>2 oz (57g)</b>
<b>Amount per serving</b>	
<b>Calories 200</b>	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 49g	<b>18%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 35mg	<b>2%</b>
Iron 2.1mg	<b>10%</b>
Potassium 240mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:**  
Organic Cassava Flour, Water.

[CLICK HERE](#)

## Follow Your Heart Parmesan



[CLICK HERE](#)

# CUSTOMIZE YOUR KIT FOR FREE!



At HCU Network America, we believe that one of the most important steps to empowering patients and caregivers is giving them the support and tools needed to succeed! We know that a new diagnosis can be overwhelming and riddled with concerns and questions. To us, one way to combat those feelings, and give you the confidence you need, is by providing you with one-on-one support, educational resources, and practical tools, such as scales, cooler bags, and more! Our request for a kit survey allows you the opportunity to request a one-on-one introductory call (with more opportunities to connect), and then a customized kit to the patient's needs. Don't want a call or a Zoom? That's fine too - we are happy to send you the customized kit.

Request your kit now - <https://www.surveymonkey.com/r/HCUKitSurvey>

*\*Kits can only be sent to patients in the continental US. However, we are happy to connect virtually and share the educational materials with you via weblinks!*

- **What is it?**
  - A secure private survey for individuals or families affected by Homocystinuria
- **What will I share?**
  - Patient's birthdate, gender, exact diagnosis, and how they were diagnosed
- **What will my info be used for?**
  - Confidential and will not be shared unless we have permission
  - Helps HCUNA achieve our goals

- **Why should I join?**
  - Able to find other families and patients in your state and request contact information
  - Access to exclusive materials (ex: we may have a webinar that a presenter doesn't want to share publicly but is okay sharing with just our community)

# What?

# Why?

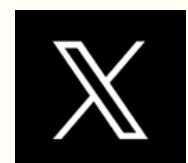
## Contact Register

# How?

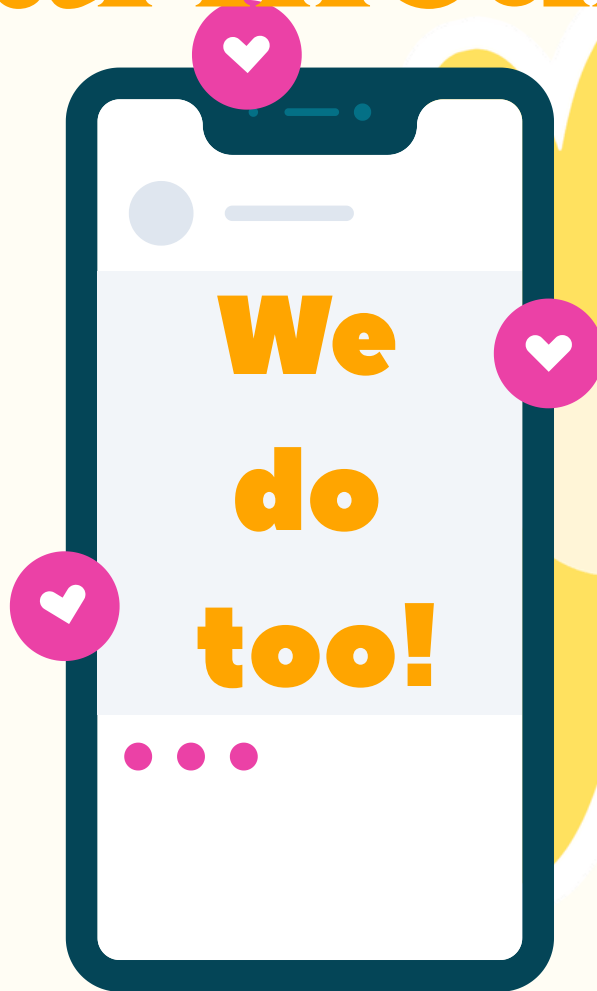
- **How do I participate?**
  - The form takes 3-5 minutes to complete
  - Visit our website and click on "contact register" tab or...

[Click Here](#)

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