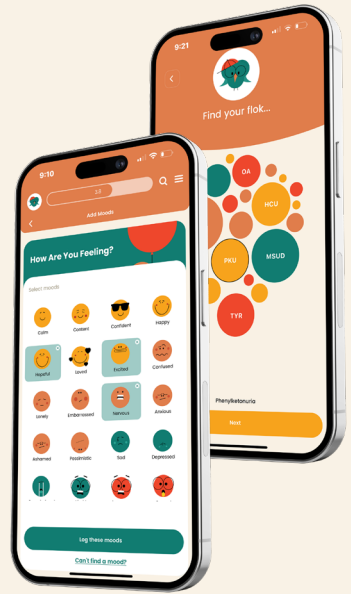


Transform your daily care with the **flok** app

The flok app simplifies daily care, improves communication with your care team, and deepens understanding of your rare metabolic condition. Easily track how you eat, feel, and move every day for new insights into your health.



Eat

Manage your diet with protein, calorie, and amino acid values for 10,000+ foods & find low-protein items in nearby stores and restaurants. Amino acid data for leucine, lysine, methionine, valine, and isoleucine.

Feel

Log your moods and symptoms in real time, add notes for clinicians, and record lab results.

Move

Connect your wearable devices to track physical activity, sleep, heart rate and other biometrics. Compatible with any device that syncs with Apple Health or Google Health Connect.

Report

Build comprehensive reports to share with clinicians & discover how your condition interacts with your overall health.

Get Started Today!

Download and use the flok app on iOS and Android



Learn more and download here



When you use the flok app, you can contribute to groundbreaking research that drives new research and treatments for our conditions. **The app is completely free to download and use, no cost or subscription required.**



flok: Metabolic Care & Research, Together

At the heart of flok is our community – we're dedicated to fostering connections, providing daily care resources, and advancing research to improve lives. flok supports individuals and caregivers of those living with Classical HCU, MSUD, an Organic Acidemia, PKU, Tyrosinemia, or a Urea Cycle Disorder.

Care

The flok app: Use our free app to manage your health, gain insights into your metabolic condition, and improve communication with your clinicians to get the best care possible.

Online Support:

Find peer connection, valuable resources, and low-protein recipes in our Facebook groups and on the Cook for Love site – all within an online community that understands your experience.

Community

flok Family Camp:

Attend an all-ages getaway with fun activities, educational breakout sessions, and freshly prepared low-protein meals for all protein tolerances.

Adult Retreat:

Join our 21+ retreat for support, adventure, and connection with peers navigating adulthood with a metabolic condition.

Research

The flok research platform:

Help us transform metabolic research and bring together our lived experiences in a one-of-a-kind dataset fueled by daily care. Our insights will drive better understanding, research, and treatment for our rare conditions.



Join us!

Visit flok.org to learn more about our programs and how we can support you.