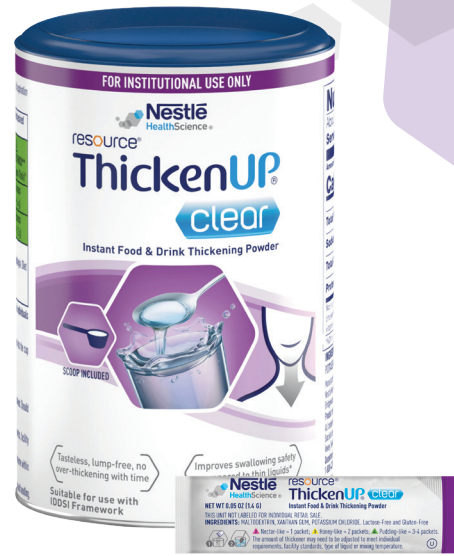




ThickenUP[®] clear

THIS PRODUCT IS ONLY APPROPRIATE FOR USE IN INDIVIDUALS GREATER THAN 3 YEARS OLD



4 fl oz Servings

Preparation Guide:



1 For best results, first add the recommended amount of powder into the cup according to the required consistency.



2 Pour liquid over the powder.



3 Immediately stir briskly for 20-30 seconds until powder is well dissolved.

Dose:



1 Scoop = 1 Stick Pack
1 Scoop = 1.4 g (approx. 1 tsp.)

| 4 FL OZ LIQUID | | |
|---------------------------------|--------------------------------|----------------------------------|
| NECTAR CONSISTENCY [†] | HONEY CONSISTENCY [†] | PUDDING CONSISTENCY [†] |
| 2 MILDLY THICK** | 3 MODERATELY THICK** | 4 EXTREMELY THICK** |
| 1 Scoop | 2 Scoops | 3-4 Scoops |

The BENEFITS are Clear:

- Tasteless and lump-free
- No over-thickening with time
- Shown to improve swallowing safety in dysphagia patients by reducing the risk of aspiration compared to thin liquids¹
- Mixes and dissolves easily into: Water, Juice, Tea, Coffee, Lemonade, Carbonated Soda* and Broth within 5 minutes

1. Leonard RJ, et al. *J Acad Nutr Diet*.2014;114:590-594.

The amount of thickener may need to be adjusted to meet individual requirements, facility standards, type of liquid or mixing temperatures.

*Carbonated Soda is appropriate for 2-MILDLY THICK**, 3-MODERATELY THICK** and Nectar & Honey consistency

† National Dysphagia Diet Task Force. American Dietetic Association. 2002

Suitable for use with the IDSSI framework.

**The International Dysphagia Diet Standardization Initiative 2016 <http://iddsi.org/framework>

www.NestleHealthScience.us • 1-800-422-ASK2 (2752)

