



THICK-N INSTANT Liquid

THICKENING CONCENTRATE

FOR THE DIETARY MANAGEMENT OF DYSPHAGIA



Mixing Instructions FOR THICKENING CARBONATED DRINKS[^]



1 DISPENSE PRECISE THICK-N INSTANT SINGLE SERVE INTO A SERVING GLASS AS FOLLOWS:

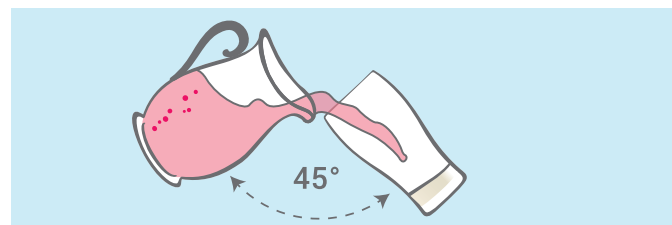
USAGE CHART IDDSI LEVEL		COLD 200mL
SLIGHTLY THICK	1	1x
MILDLY THICK	2	2x
MODERATELY THICK	3	4x
EXTREMELY THICK	4	8x



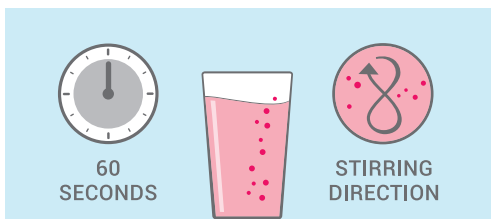
2 POUR COLD CARBONATED DRINK INTO A CONTAINER USED FOR PRE-STIRRING.



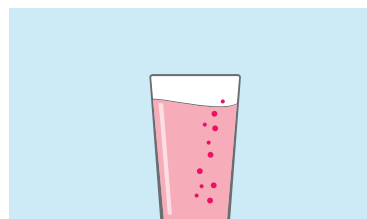
3 STIR THE CARBONATED DRINK IN THE PRE-STIRRING CONTAINER VIGOROUSLY FOR 10 SECONDS, THEN ALLOW 2 MINUTES STANDING SO FOAM SETTLES.



4 POUR THE PRE-STIRRED CARBONATED DRINK INTO THE SERVING GLASS CONTAINING THE DISPENSED THICKENER. POUR CARBONATED DRINK SLOWLY AND ENSURE THE SERVING GLASS IS HELD AT A 45° ANGLE WHILE POURING TO MINIMISE FOAM.



5 STIR SLOWLY* FOR 60 SECONDS IN A FIGURE 8 MOTION. EXTREMELY THICK LEVEL 4 MAY REQUIRE UP TO 2 MINUTES STIRRING BEFORE SERVING TO COMPLY WITH IDDSI GUIDELINES.



6 SERVE AND CONSUME WITHIN 2 HOURS.

IMPORTANT NOTES

- Thickening method is valid for newly opened carbonated drinks.
- We recommend the use of cold carbonated drinks; however, the method is also effective with warm carbonated drinks.
- * The containers must be sufficiently large for at least a doubling of volume.
- # Slow speed means 75 bpm or about 2 revolutions per second.
- ^ Non-alcoholic carbonated drinks.