

# RESOURCE® THICKENUP® CLEAR

## *Mixing instructions*

1



### 1. Powder first

Use the dosage scoop included in the tin. For best results, add the powder to a clean, dry cup, glass, or beaker

2



### 2. Add liquid

Add the liquid to the powder

3



### 3. Stir

Start stirring immediately, until the powder is completely dissolved

4



### 4. Serve

Leave to stand for one minute before serving

*Turn over*  
for dosage chart  
and tips for  
mixing Resource®  
ThickenUp® Clear



## Resource® ThickenUp® Clear dosage chart

LIQUID	SCOOPS			
	LEVEL 1 (SLIGHTLY THICK)	LEVEL 2 (MILDLY THICK)	LEVEL 3 (MODERATELY THICK)	LEVEL 4* (EXTREMELY THICK)
200ml	1	2	4	6
600ml	3	6	12	18
1000ml	5	10	20	30
2000ml	10	20	40	60

1 scoop/ sachet =1.2 g.

For food, add Resource® ThickenUp® Clear as needed to achieve the appropriate consistency.

\* For level 4 extremely thick liquids, evaluated IDDSI compliant based on spoon tilt test.

It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure that the liquid or food is mixed to the appropriate consistency.

### Hot drinks

Prepare the hot drink according to individual preference, before adding to the powder. For safety, allow the thickened hot drink to cool down slightly before serving.

### Carbonated drinks

For optimal results, stir the carbonated drink to reduce the amount of carbonation.

### Milk

After adding Resource® ThickenUp® Clear, leave to stand for a few minutes until the drink reaches the required thickness.

### Oral nutritional supplements (200ml)

Add half the volume of the oral nutritional supplement (e.g. Resource® Energy/Resource® 2.0 Fibre) and stir immediately until the powder is completely dissolved. Add the second half of the oral nutritional supplement and continue to stir until the powder is completely dissolved. Leave to stand for up to 20 minutes until the drink reaches the desired thickness.<sup>1</sup>

IDDSI FRAMEWORK

LEVEL 2  
(MILDLY THICK)

LEVEL 3  
(MODERATELY THICK)

200ml oral  
nutritional supplements

0.5-1 scoop/sachet

1-2 scoops/sachets

For more information please contact your local Nestlé Health Science representative or call 00800 6887 4846

<sup>1</sup>It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure that the liquid is mixed to the appropriate consistency  
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