

ThickenUP[®] clear

Helping improve swallowing safety



What is dysphagia?

Dysphagia means having difficulty swallowing. It happens when someone struggles to move food or drinks from their mouth to their stomach.

Some people might not be able to swallow anything, while others may have trouble with liquids, foods, or even saliva. For those with dysphagia, eating and drinking safely can be a challenge.

Why is safe swallowing important?

Having trouble swallowing can lead to serious issues, such as:

- **Dehydration**
- **Choking**
- **Aspiration Pneumonia¹**: When food or drink accidentally passes into the lungs instead of the stomach which can increase the risk of lung infections.
- **Malnutrition²**: When the right amount of nutrients cannot be met from food alone, impacting an individuals' overall health and weight.



How do you manage dysphagia?

Managing dysphagia often involves a team of healthcare professionals who assess your condition and suggest treatments, including dietary modifications and changes in eating posture. Two ways to support diet modification and improve swallowing safety are:



Thickened fluids

Drinks like water and juice that have been thickened to make them easier to swallow.



Texture Modified Foods

Foods that have been changed in consistency, like puréed or soft foods, to make swallowing easier.

Empowering healthier lives through nutrition

 **Nestlé**
HealthScience

How can THICKEN UP Clear help?

THICKENUP Clear is an instant food and drink thickening powder made with xanthan gum that helps improve the safety of swallowing. It's proven to help reduce the chances of food or drinks accidentally entering the airway or lungs whilst swallowing.^{1,3,4}

Clinically proven to improve safety of swallowing^{1,3,4}

Thickens and stabilises rapidly

Supports different thickness levels

Maintains consistency overtime

Thickens hot and cold drinks, as well as foods



THICKEN UP Clear is safe, effective and easy to use



Tasteless



Odourless



Lump free



Transparent



For more information call 1800 671 628 or visit www.nestlehealthscience.com.au

References: 1. Rofes L et al. Aliment Pharmacol Ther 2014;39(10):1169-79. 2. Carrion S et al. Clinical Nutrition 2017; 36(4):1110-16. 3. Leonard RJ et al. J Acad Nutr Diet 2014;114(4):590-594. 4. Hibberd J et al. Dysphagia 2011;26:432-475. Dysphagia.

THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under supervision.

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