

ThickenUp® Clear

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ThickenUp® Clear



SIZES:

- 125g Can (12 per carton)
- 900g Can (6 per carton)

THICKENUP® Clear is the clear solution for dysphagia. Our exclusive patented xanthan gum formulation offers a clear solution for patients and clinicians to thicken a wide range of hot and cold drinks and foods.

Innovative Technology: Patented process and exclusive Xanthan-gum blend. Its proven amylase resistance ensures stable consistency during the entire swallowing process.

It is the responsibility of the person administering THICKENUP® Clear to ensure that the liquid is mixed to the appropriate consistency.

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

Features & Clinical Indications

- Instant Food and Drink Thickener, in line with IDDSI[^] guidelines (Levels 1-4)
- Transparent, tasteless, odourless and lump-free
- Improves compliance
- Easy to mix and easy to measure
- Rapid thickening and stabilisation
- Halal certified
- Kosher certified

Clinical Indications

- Dysphagia / swallowing difficulties

[^]International Dysphagia Diet Standardisation Initiative.

Usage

Recommended Dosage: 1 blue scoop = 1.2 g

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IDDSI Framework	Level 1 Slightly thick	Level 2 Mildly thick	Level 3 Moderately thick	Level 4 Extremely thick
200 ml liquids (water, juice*, tea, coffee)	1 scoop	2 scoops	4 scoops	6 scoops**
1 scoop = 1.2 g * Level may vary across manufacturer/ brands. ** For Level 4 pureed food, add ThickenUp® Clear as needed to achieve the appropriate consistency. ** For Level 4 extremely thick liquids, evaluated as IDDSI compliant based on Spoon Tilt Test. It is the responsibility of the person administering ThickenUp® Clear to ensure that the liquid or food is mixed to the appropriate consistency.				

For thickening liquids:

- 1 Only use the dosage scoop included in the tin. For best results, add the powder to a clean, dry cup, glass or beaker.
- 2 Add liquid to the powder.
- 3 Start stirring immediately, until the powder is completely dissolved. Leave to stand for one minute before serving.

Consume at the desired consistency as recommended by the speech and language therapist / healthcare professional. Do not add additional powder to your drink once thickened.

For pureed food add THICKENUP® Clear as needed to achieve appropriate consistency.

Refer to a healthcare professional when thickening protein containing liquids (eg. oral nutritional supplements and milk), carbonated and alcoholic beverages. These liquids behave uniquely when prepared with THICKENUP® Clear. It is the responsibility of the person administering THICKENUP® Clear to ensure that the liquid is mixed to the appropriate consistency.

Important Notice:

Must be used under medical supervision. For oral consumption only when mixed with food or drink. Not suitable as a sole source of nutrition. Only suitable from 3 years onwards.

Storage Instructions:

Store in a cool dry place and use within 8 weeks of opening. All prepared products should be tightly covered and consumed within 4 hours at room temperature or within 24 hours if refrigerated.

Ingredients

Maltodextrin (Corn, Potato), Xanthan Gum, Potassium Chloride.

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Nutritional Information

Nutrition Information	Units	per 1.2g	per 2.4g	per 4.8g	per 7.2g	per 100g
Energy	kJ/kcal	15/3.7	31/7.3	61.8/14.7	92.7/22	1290/306
Fat (0% kcal)	g	0	0	0	0	0
of which saturated	g	0	0	0	0	0
Carbohydrate (81% kcal)	g	0.74	1.5	3.0	4.5	62
of which sugar	g	0.02	0.04	0.09	0.13	1.8
Fibre (18% kcal)	g	0.32	0.65	1.3	1.9	27
Protein (1% kcal)	g	0	0	0	0.07	1.0
MINERALS						
Sodium	mg	13	25	51	76	1060
Potassium	mg	4.8	9.6	19	29	400