

# Thick & Easy Clear

Powder with good solubility in a 126 g tin



## Nutritional Information

Average values		per 100 g powder	per 1.4 g powder (1 scoop)
Energy	kJ (kcal)	1221 (291)	17 (4)
Fat	g	< 0.1	< 0.01
of which saturates	g	< 0.1	< 0.01
Carbohydrate	g	57	0.8
of which sugars	g	1.8	0.03
of which lactose	mg	< 30	< 0.42
Fibre	g	31	0.44
Protein	g	0.9	0.01
Salt (=Na x 2.5)	g	3.4	0.05
Sodium	mg	1344	19
Potassium	mg	449	6
Magnesium	mg	23	0.3

## General Information

### Food for special medical purposes:

Instant food and beverage thickener. Gum based. Amylase resistant. Clear results, tasteless. Lactose and gluten free. For the dietary management of patients with dysphagia.

### Dosage:

Use as required - see instruction for use.

### Important notes:

To be used under medical supervision. Not suitable as a sole source of nutrition. For oral use only. Not suitable for children < 3 years. Intended for the use as a food and beverage thickener, not intended to contribute significantly to energy intake. Product contains fibre and sodium, please consider for overall diet. Ensure adequate fluid intake.

### Storage:

Store dry and at room temperature in a relatively odour free environment. Once opened use within 2 months. Reseal after opening.

### Additional Considerations:

Not suitable when enteral nutrition is not permitted, such as in acute gastrointestinal bleeding, ileus and shock or if swallowing assessment reveals gross pharyngeal dysfunction with severe aspiration. Use with caution in severe organ failure with impaired metabolism and severe forms of malassimilation. Not suitable for patients with congenital inability to metabolise nutrients contained in Thick&Easy Clear.

## Instruction for use

See table for level of thickness. The level required should be determined by a healthcare professional. The quantity of Thick & Easy Clear needed to achieve the required level may vary depending on a given food or beverage and a given temperature.

in 200 ml of liquid:

Level 2: Drinkable - Mildly Thick	2 scoops
Level 3: Drinkable - Moderately Thick	4 scoops
Level 4: Spoonable - Extremely Thick	6 scoops

Use enclosed scoop only.

1 levelled scoop = 1.4 g.

### Preparation:

1. Using the scoop in the tin
2. Add the recommended amount of level scoops of powder into an empty dry glass
3. Add 200 ml of desired liquid to the glass, stir briskly with a whisk or fork until dissolved
4. Leave to stand for 2 - 3 minutes.

Once prepared use promptly. Do not stir into drinks > 70 °C. Let hot drinks cool down if necessary.

## Ingredients

Maltodextrin, xanthan gum, carrageenan, erythritol

1) Data on file