



DIRECTIONS:



Put powder into glass first.



Pour liquid over powder.



Stir for 20-30 seconds.



Ready to serve.

For basic liquid <sup>^</sup> (water, juice, cordial, tea, coffee) take:	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
	200mL	2 scoops*	4 scoops*	6 scoops*
	1 Litre	10 scoops*	20 scoops*	30 scoops*

<sup>^</sup> Refer to a healthcare professional when mixing protein containing liquids (e.g. milk and oral nutritional supplements). These liquids behave uniquely when mixed with Resource® ThickenUp® Clear.

\* 1 scoop (1.2g) = 1 Resource® ThickenUp® Clear stick sachet



DIRECTIONS:



Prepare 200mL Milo® as per instructions (3 heaped teaspoons into 200mL of reduced fat milk). Place required amount of Resource® ThickenUp® Clear into a separate dry glass.



Add just enough Milo® liquid to cover Resource® ThickenUp® Clear powder (~50mL).



Stir 10-20 seconds or until mixture starts to thicken.



Pour remaining Milo® into glass and wait 10 minutes, stir and serve immediately.

MILO® mixed with milk	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
	200mL warm Milo®	3 scoops*	4 scoops*	6 scoops*
	200mL cold Milo®	3 scoops*	5 scoops*	7 scoops*

\* 1 scoop (1.2g) = 1 Resource® ThickenUp® Clear stick sachet



DIRECTIONS:



Prepare MOVICOL® as per instructions (1 sachet/125mL water). Place required amount of Resource® ThickenUp® Clear into a separate dry glass.



Add just enough of the prepared MOVICOL® solution to cover Resource® ThickenUp® Clear powder (~50mL).



Stir 10-20 sec or until mixture starts to thicken.



Pour remaining MOVICOL® into glass and wait 5-10 minutes, stir and serve immediately.

MOVICOL® mixed with water	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
	125mL	2 scoops*	3 scoops*	5 scoops*

\* 1 scoop (1.2g) = 1 Resource® ThickenUp® Clear stick sachet



DIRECTIONS:



Prepare 200mL of Sustagen® Hospital Formula as per instructions. Place required amount of Resource® ThickenUp® Clear into a separate clean dry glass.



Add just enough Sustagen® liquid to cover Resource® ThickenUp® Clear powder (~50mL).



Stir 10-20 sec or until mixture starts to thicken.



Pour remaining Sustagen® into glass and wait 5-10 minutes, stir and serve immediately.

SUSTAGEN® mixed with reduced fat milk	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
	200mL	6 scoops*	8 scoops*	10 scoops*
	1 Litre	16 scoops*	24 scoops*	32 scoops*
SUSTAGEN® mixed with full cream milk	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
	200mL	6 scoops*	8 scoops*	10 scoops*
	1 Litre	12 scoops*	16 scoops*	24 scoops*

\* 1 scoop (1.2g) = 1 Resource® ThickenUp® Clear stick sachet

Alcoholic drinks – Beer (150mL) chilled

TECHNIQUE – 150mL QUANTITY (~1 STANDARD DRINK)

1. You will need one x 320mL capacity cups.

2. Place required amount of Resource® ThickenUp® Clear (as per the table below) into a clean dry cup.

3. Add 10mL of water and stir till a gel forms, then immediately add a small amount of beer (~50mL) down the side of the glass and stir 10-20 sec. You will feel and see that the mixture has become thicker (like a cake icing or batter).
4. Then, gradually add the beer to the cup, stirring well between additions.

5. Wait 5 minutes for product to stabilise (finish thickening).
- Re-stir briefly before serving.

Beer (chilled)	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
	150mL	1 scoop*	3 scoops*	5 scoops*

Nb. Beer produces a big 'head' of bubbles. Wait a minute or two before adding small amounts of beer down the side of the glass to complete mixing. Note: At Level 900 – it will still 'look foamy', but this is the effect of the thickener. With 10mL of water for initial dispersion + 150mL of alcoholic beverage – the total fluid volume = 160mL

\*1 scoop (1.2g) = 1 Resource® ThickenUp® Clear stick sachet

Note: Mild variations in the recipes may be seen with different types of alcoholic beverages. Please adjust accordingly.

Alcoholic drinks – Wine (150mL)

TECHNIQUE – 150mL QUANTITY (~1 STANDARD DRINK)

1. You will need one x 320mL capacity cups.

2. Place required amount of Resource® ThickenUp® Clear (as per the table below) into a clean dry cup.

3. Add about 50mL of wine to the cup and begin mixing, stir for about 10-20 sec. You will feel and see that the mixture has become thicker (like a cake icing or batter). Continue to gradually add the wine to the cup, stirring well between additions.
4. Wait 5 minutes for product to stabilise (finish thickening).
- Re-stir briefly before serving.

	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
Red wine at room temperature	150mL	3 scoops*	4 scoops*	5 scoops*
White wine (chilled)	150mL	2 scoops*	4 scoops*	5 scoops*

Best consumed immediately. Level 150 is stable over time. Levels 400 and 900 will continue to thicken if left to stand (e.g. with 15 minutes standing, 4 scoops of Resource® ThickenUp® powder will provide a Level 900 consistency).

\*1 scoop (1.2g) = 1 Resource® ThickenUp® Clear stick sachet

Note: Mild variations in the recipes may be seen with different types of alcoholic beverages. Please adjust accordingly.

Carbonated drinks (200mL)

TECHNIQUE – 200mL QUANTITY (~1 CUP)

1. You will need one x 250mL capacity cups, plus 10mL of water.

2. Place required amount of Resource® ThickenUp® Clear (as per the table below) into a clean dry cup.

3. Add 10mL of water and stir till a gel forms, then immediately add a small amount of the carbonated drink (~50mL) down the side of the glass and stir 10-20 sec. You will feel and see that the mixture has become thicker (like a cake icing or batter).
4. Then, gradually add the carbonated drink to the cup, stirring well between additions.

5. Wait 5 minutes for product to stabilise (finish thickening).
- Re-stir briefly before serving.

	Volume	Mildly Thick Level 150	Moderately Thick Level 400	Extremely Thick Level 900
Orange flavoured carbonated drink	200mL	2 scoops*	4 scoops*	6 scoops*
Lemonade	200mL	3 scoops*	5 scoops*	7 scoops*
Cola Drinks Nb. Cola produces a big 'head' of bubbles (like a head of beer). Wait a few mins before adding small amounts to completely disperse the Cola.	200mL	2 scoops*	4 scoops*	6 scoops*

Note: Carbonated drinks produce a big 'head' of bubbles (like a head of beer). Add small amounts of carbonated drink gradually to prevent the thickened carbonated drink from over-flowing from the cup.

\*1 scoop (1.2g) = 1 Resource® ThickenUp® Clear stick sachet

Food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision. Not suitable as a sole source of nutrition. For healthcare professional only.