

Thick-It®

— CLEAR —
Advantage™



**Nutrition
Innovation
— FOR —
Dysphagia**

USAGE CHART

BEVERAGE (4OZ OF LIQUID)	THIN NECTAR CONSISTENCY		NECTAR CONSISTENCY		HONEY CONSISTENCY		PUDDING CONSISTENCY	
	SCOOPS	*STAND TIME (MINUTES)	SCOOPS	*STAND TIME (MINUTES)	SCOOPS	*STAND TIME (MINUTES)	SCOOPS	*STAND TIME (MINUTES)
WATER	1	1.5	2	1.5	3	2	4	3
JUICE	1	2	2	2	3	3	4	4
COFFEE/TEA	1	3	2	3	3	3	4	3.5
MILK (SKIM)	1-1.5**	5	2-2.5**	5	3-3.5**	6	4-4.5**	6
MILK (1% FAT, 2% FAT & WHOLE MILK)	1-1.5**	6	2-2.5**	6	3-3.5**	7	4-4.5**	7
SUPPLEMENTS ENSURE®/BOOST®	1-1.5**	6	2-2.5**	6	3-3.5**	7	4-4.5**	7

* Time the beverage should stand before serving. 1 scoop = 0.8g 2 scoops = 1.6g 3 scoops = 2.4g 4 scoops = 3.2g

**An extra half scoop may be needed to achieve desired consistency for liquids containing fat or protein.
For liquids containing fat or protein, stir vigorously.

Ensure® is a registered trademark of Abbott. Boost® is a registered trademark of Nestlé.

MIXING INSTRUCTIONS



1 Add level measured thickener into empty glass.



2 Add desired cold or hot liquid into glass, stirring as you pour.



3 Stir briskly with fork, spoon or whisk for 30 seconds to 1 minute.



4 With water and juices, let stand for 1-2 minutes and serve. With milk and supplements, let stand for 3-6 minutes and serve.

Using Thick-It® Clear Advantage™ to thicken your beverages is easy. Simply mix your beverage with the correct amount of Thick-It® Clear Advantage™ for your desired consistency. Measuring scoop included. For more food and beverage mixing information, please visit thickit.com.

Consistency	Scoops (per 4 fl oz)	Servings per container
Thin Nectar	1 (.8g)	141
Nectar*	2 (1.6g)	70
Honey	3 (2.4g)	47
Pudding	4 (3.2g)	35

*Optimal nectar thickness

Do not use Thick-It® Clear Advantage™ Instant Food and Beverage Thickener with infants born before 37 weeks gestation. Thick-It® Clear Advantage™ Instant Food and Beverage Thickener should only be used with infants and newborns in consultation with a physician.

Thick-It®

For more information, visit thickit.com or call 800.333.0003