

## DESCRIPTION

Resource® ThickenUp® Clear is a xanthan gum based instant food and drink thickener. It is a Food for Special Medical Purposes for the dietary management of patients with dysphagia (swallowing difficulties) and must be used under medical supervision.

## PRESENTATION

215g re-sealable tin with a 1.2g scoop (approx), 6 tins per case.  
1.2g x 24 sachets per box, 12 boxes per case.

## INDICATIONS

ACBS approved, prescribable on FP10 (GP10 in Scotland) for patients requiring thickening of liquid or food for the dietary management of dysphagia due to conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, neurological disorders caused by injury or disease, and malignancies of the oral cavity and throat.

## INGREDIENTS

Maltodextrin (corn, potato), thickener (xanthan gum), potassium chloride.

## SHELF LIFE AND STORAGE

15 months from date of manufacture. Store unopened in a cool, dry place. Once opened, use within 8 weeks.

## PRECAUTIONS

Suitable for children 3 years and above. Unsuitable as a sole source of nutrition. For oral consumption only. Must only be consumed when mixed with food or drink.

## ADMINISTRATION AND DOSAGE

It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure the liquid or food is mixed according to IDDSI guidelines. The consistency should be recommended by a speech and language therapist.

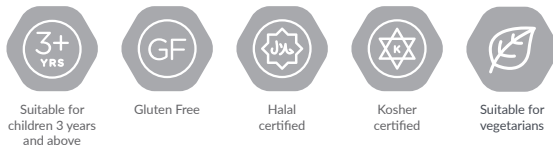
IDDSI FRAMEWORK	200ml liquids (water, juice*, tea, coffee)
LEVEL 1/SLIGHTLY THICK	1 scoop/sachet
LEVEL 2/MILDLY THICK	2 scoops/sachets
LEVEL 3/MODERATELY THICK	4 scoops/sachets
LEVEL 4/EXTREMELY THICK	6 scoops/sachets**

1 scoop / sachet = 1.2 g. For food, add Resource® ThickenUp® Clear as needed to achieve the appropriate consistency.

\*Level may vary across manufacturer/brand.

\*\*For level 4 extremely thick liquids, evaluated IDDSI compliant based on spoon tilt test. It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure that the liquid or food is mixed to the appropriate consistency.

Recipe code: MD009



## PREPARATION INSTRUCTIONS

### FOR THICKENING LIQUIDS

Use the dosage scoop included in the tin.

- For best results, add the powder to a clean, dry cup, glass, or beaker
- Add the liquid to the powder
- Stir for at least one minute, until the powder is dissolved.
- Leave to stand for at least one minute, until desired consistency achieved. The preparation timing can vary, depending on the beverage.
- Consume when at the appropriate consistency as recommended by the speech and language therapist/healthcare professional. Do not add additional powder to your drink once thickened.

For detailed mixing instructions please refer to the mixing guide on the next page.

All prepared products should be tightly covered and consumed within 4 hours at room temperature or within 24 hours if refrigerated. Discard any unfinished heated product.

For puréed food add Resource® ThickenUp® Clear as needed, to achieve the appropriate consistency.

## NUTRITION INFORMATION

	1.2g (1 scoop)	2.4g (2 scoops)	4.8g (4 scoops)	7.2g (6 scoops)	100g
<b>General</b>					
Energy kJ/kcal	15/3.7	31/7.3	60/50	93/22	1287/306
Fat (0% kcal) g	0	0	0	0	0
of which saturates g	0	0	0	0	0
Carbohydrate (81% kcal) g	0.74	1.5	3.0	4.5	62
of which sugars 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
Salt g	0.032	0.064	0.13	0.19	2.7
<b>Minerals</b>					
Sodium mg/mmol	13/0.56	25/1.1	51/2.2	76 / 3.3	1060/46.1
Potassium mg/mmol	4.8/0.12	9.6/0.24	19/0.49	29 / 0.72	400/10.2



FOR HEALTHCARE PROFESSIONAL USE ONLY

Resource® ThickenUp® Clear is a food for special medical purposes for use under medical supervision. Reg. Trademark of Société des Produits Nestlé S.A. NHSc 043, March 2024

# RESOURCE® THICKENUP® CLEAR

## Mixing instructions



### 1. Powder first

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

Add the liquid to the powder



### 3. Stir

Stir for at least one minute, until the powder is dissolved.



### 4. Serve

Leave to stand for at least one minute, until desired consistency achieved. The preparation timing can vary, depending on the beverage.

## Resource® ThickenUp® Clear dosage chart

LIQUID	SCOOPS**			
	LEVEL 1 (SLIGHTLY THICK)	LEVEL 2 (MILDLY THICK)	LEVEL 3 (MODERATELY THICK)	LEVEL 4* (EXTREMELY THICK)
200ml	1	2	4	6
600ml	3	6	12	18
1000ml	5	10	20	30
2000ml	10	20	40	60



1 scoop/ sachet =1.2 g.

For food, add Resource® ThickenUp® Clear as needed to achieve the appropriate consistency.

\*For level 4 extremely thick liquids, evaluated IDDSI compliant based on spoon tilt test.

It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure that the liquid or food is mixed to the appropriate consistency.

\*\*For juices, level may vary across manufacturers/brands.

### Hot drinks

Prepare the hot drink according to individual preference, before adding to the powder. For safety, allow the thickened hot drink to cool down slightly before serving.

### Carbonated drinks

For optimal results, stir the carbonated drink to reduce the amount of carbonation.

### Milk

After adding Resource® ThickenUp® Clear, leave to stand for a few minutes until the drink reaches the required thickness.

### Oral nutritional supplements (200ml)

Add half the volume of the oral nutritional supplement (e.g. Resource® Energy/Resource® 2.0 Fibre) and stir immediately until the powder is completely dissolved. Add the second half of the oral nutritional supplement and continue to stir until the powder is completely dissolved. Leave to stand for up to 20 minutes until the drink reaches the desired thickness.†

#### IDDSI FRAMEWORK

200ml oral nutritional supplements

#### LEVEL 2 (MILDLY THICK)

0.5–1 scoop/sachet

#### LEVEL 3 (MODERATELY THICK)

1–2 scoops/sachets

For more information please contact your local Nestlé Health Science representative or call 0800 000030