

# RESOURCE® THICKENUP® CLEAR

## 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 swallowing difficulties and must be used under medical supervision.

## PRESENTATION

127g re-sealable tin with a 1.2g scoop (approx.), 12 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 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), Xanthan Gum, Potassium Chloride.  
May contain milk (tin only). Kosher certified. Gluten free. Halal certified.

## SHELF LIFE AND STORAGE

15 months. Unopened store in a cool dry place, once opened consume within 4 weeks.

## PRECAUTIONS

Suitable for children above 3 years of age. Not suitable as a sole source of nutrition. For oral consumption only. Must only be consumed when mixed with food or drink.

## ADMINISTRATION AND RECOMMENDED DOSAGE

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

IDDSI FRAMEWORK	200ml liquids (water, juice, tea, coffee)	200ml oral nutritional supplements
LEVEL 1/SLIGHTLY THICK	1 scoop/sachet	-
LEVEL 2/MILDLY THICK	2 scoops/sachets	0.5-1 scoop/sachet
LEVEL 3/MODERATELY THICK	4 scoops/sachets	1-2 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.

\* 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.



# MIXING INSTRUCTIONS

## FOR THICKENING LIQUIDS

Use the dosage scoop included in the tin

1. For best results, add the powder to a clean, dry cup, glass, or beaker
2. Add the liquid to the powder
3. Start stirring immediately, until the powder is completely dissolved
4. Leave to stand for one minute before serving

## FOR ORAL NUTRITIONAL SUPPLEMENTS

Use the dosage scoop included in the tin

1. For best results, add the powder to a clean, dry cup, glass, or beaker
2. Add half the volume of oral nutritional supplement and stir immediately until the powder is completely dissolved
3. Add the second half of the oral nutritional supplement and continue to stir until the powder is completely dissolved
4. Leave to stand for up to 20 minutes or until the drink reaches the desired thickness

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



# NUTRITION INFORMATION

TYPICAL VALUES	1.2g/200ml LEVEL 1/ SLIGHTLY THICK	2.4g/200ml LEVEL 2/ MILDLY THICK	4.8g/200ml LEVEL 3/ MODERATELY THICK	7.2g/200ml LEVEL 4/ EXTREMELY THICK	100g
Energy kJ/kcal	15/3.7	31/7.3	61.8/14.7	92.7 / 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	1.80
Fibre (18% kcal) g	0.32	0.65	1.30	1.9	27
Protein (1% kcal) g	0	0	0	0.07	1
Salt g	0.032	0.064	0.13	0.19	2.7
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

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