



THIS PRODUCT IS ONLY APPROPRIATE FOR USE IN INDIVIDUALS GREATER THAN 3 YEARS OLD

1 Stick Pack Preparation Guide:

1 STICK PACK = 1.4 g (approx. 1 tsp)



1 For best results, first add the recommended amount of powder into the cup according to the required consistency.



2 Pour liquid over the powder.



3 Immediately stir briskly for 20–30 seconds until powder is well dissolved.

Mixes easily into: WATER, JUICE, TEA, COFFEE, LEMONADE, PUNCH, CARBONATED SODA† & BROTH

SERVING SIZE	NECTAR CONSISTENCY	HONEY CONSISTENCY	PUDDING CONSISTENCY
	MILDLY THICK*	MODERATELY THICK*	EXTREMELY THICK*
4 fl oz	1 stick pack	2 stick packs	3–4 stick packs
Water, tea, coffee, lemonade, punch and carbonated sodas† should reach desired consistency within 5 minutes. For juices, leave standing for at least 5 minutes. Remember to re-stir briefly before serving.			
NOTE: Thickened beverages may be covered and chilled for up to 24 hours. Make sure to stir well before serving.			

†Carbonated Soda is appropriate for 2-MILDLY THICK*, 3-MODERATELY THICK* and Nectar & Honey consistency

The amount of thickener may need to be adjusted to meet individual requirements, facility standards, type of liquid or mixing temperatures.

BOOST BREEZE® does not thicken when used with ThickenUp® Clear.

Suitable for use with the IDSSI framework.

*The International Dysphagia Diet Standardization Initiative 2019 <http://iddsi.org/framework>

www.ThickenUpClear.com • 1-800-422-ASK2 (2752)

