

# RESOURCE® ThickenUp® Clear

## Instant Food & Drink Thickening Powder



### 1 Stick Pack

#### Preparation Guide:



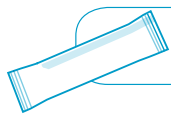
**1**  
For best results, first add the recommended amount of powder into the cup according to the required consistency.



**2**  
**Pour liquid over the powder.**



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



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

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 RESOURCE® Thicken Up® Clear.**

This product is only appropriate for use in individuals greater than 3 years old.

Suitable for use with IDSSI framework.

\*The International Dysphagia Diet Standardization Initiative 2016  
<http://iddsi.org/framework>

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