RESOURCES® ThickenUp® Clear
Instant Food & Drink Thickening Powder

4 fl oz Servings
Preparation Guide:

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

Pour liquid over the powder.

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

1 SCOOP = 1.4 g
(approx. 1 tsp)

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

<table>
<thead>
<tr>
<th>NUMBER of 4 fl oz SERVINGS</th>
<th>NECTAR CONSISTENCY</th>
<th>HONEY CONSISTENCY</th>
<th>PUDDING CONSISTENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>MILDLY THICK*</td>
<td>2 scoops</td>
<td>3–4 scoops</td>
</tr>
<tr>
<td>2</td>
<td>2 scoops</td>
<td>4 scoops</td>
<td>6–8 scoops</td>
</tr>
<tr>
<td>5</td>
<td>1 Tbsp + 2 tsp</td>
<td>3 Tbsp + 1 tsp</td>
<td>¼ cup + 1 Tbsp</td>
</tr>
<tr>
<td>10</td>
<td>1½ Tbsp + 1 tsp</td>
<td>½ cup + 1 Tbsp</td>
<td>½ cup</td>
</tr>
<tr>
<td>20</td>
<td>¼ cup + 1 Tbsp</td>
<td>¼ cup + 1½ Tbsp</td>
<td>1¼ cup</td>
</tr>
<tr>
<td>30</td>
<td>½ cup</td>
<td>1½ cup</td>
<td>1¾ cup + 2 Tbsp</td>
</tr>
</tbody>
</table>

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.

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 RESOURCES® Thicken Up® Clear.

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

www.NestleHealthScience.us • 1-800-422-ASK2 (2752)

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THCK-11797-1118

suitable for use with IDSSI framework.
*The International Dysphagia Diet Standardization Initiative 2016
http://iddsi.org/framework