



RESOURCE® ThickenUp® Clear

Instant Food & Drink Thickening Powder



in Oral Nutritional Supplements and Milk (Single Servings)

 **1 SCOOP = 1.4 g**
(approx. 1 tsp)

READY-TO-SERVE†	SERVING SIZE	 NECTAR CONSISTENCY	 HONEY CONSISTENCY
		 MILDLY THICK*	 MODERATELY THICK*
BOOST® Original, BOOST Calorie Smart®, BOOST Glucose Control®, BOOST® High Protein, BOOST Plus®	8 fl oz	4	6
BOOST® Kid Essentials™	8 fl oz	4	6
Carnation Breakfast Essentials® Ready-to-Drink	8 fl oz	4	6
RESOURCE® 2.0	8 fl oz	4	6
2% Milk	8 fl oz	3–4	5–6
POWDERED MIX			
BOOST® High Protein Powder Drink Mix (prepared with 8 fl oz 2% milk)	9 fl oz (prepared)	3–4	5–6
Carnation Breakfast Essentials® Powder (prepared with 8 fl oz skim milk)	9 fl oz (prepared)	3–4	5–6

Recommended Mixing Procedure

1. Place recommended amount of RESOURCE® ThickenUp® Clear powder into a 12 fl oz or larger glass or container.
2. Pour half the beverage over powder in glass and stir briskly for 5–10 seconds.
3. Add remaining amount of beverage to glass and stir until dissolved, about 20–30 seconds. Make sure to reach bottom of container while stirring in order to assure beverage is adequately blended.
4. **Let stand for 15 minutes to allow beverage to reach the appropriate consistency.**
5. Stir well and serve immediately. If not served immediately, stir again 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 RESOURCE® Thicken Up® Clear.

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

Alternate Mixing Procedures

Shaker Method

1. Measure appropriate amount of ThickenUp® Clear powder into a 12 fl oz or larger shaker container with tight fitting lid.
2. Pour the supplement into the container; cover tightly and shake for 10–20 seconds.
3. **Let stand for 15 minutes to allow beverage to reach the appropriate consistency.**
4. Stir and serve immediately. If not served immediately, stir again before serving.

NOTE: Shaking will cause the thickened supplement to become foamy in texture.

Blender Method

1. Pour supplement into the blender container and add appropriate amount of RESOURCE® ThickenUp® Clear powder.
2. Cover and blend for 10–20 seconds; portion into a glass.
3. **Let stand for 15 minutes to allow beverage to reach the appropriate consistency.**
4. Stir and serve immediately. If not served immediately, stir again before serving.

NOTE: Blending will cause the thickened supplement to become foamy in texture.

Suitable for use with IDSSI framework.

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

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