

Nestlé Health Science®  
resource®  
**ThickenUP®**  
clear



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

## 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.

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

SERVING SIZE	NECTAR CONSISTENCY  <b>2</b> MILDLY THICK*	HONEY CONSISTENCY  <b>3</b> MODERATELY THICK*	PUDDING CONSISTENCY  <b>4</b> 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.**

Suitable for use with the IDSSI framework.

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

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