



# Thick & Easy<sup>®</sup> Clear

## Mixing Instructions



### Step 1

Add level measured scoop(s) of thickener into empty, dry glass.



### Step 2

Measure 200ml of fluid.



### Step 3

Add liquid quickly while stirring briskly with a whisk or fork, until dissolved.



### Step 4

Leave to stand for 2-3 minutes.

IDDSI Level	Volume of liquid	Scoops *†
1. SLIGHTLY THICK	200ml	1
2. MILDLY THICK	200ml	2
3. MODERATELY THICK	200ml	3
4. EXTREMELY THICK	200ml	6

## How to use Thick & Easy Clear

Thick & Easy Clear can be used to thicken hot and cold liquids.



### Thickening larger quantities:

To aid palatability, you may need to prepare drinks weaker than normal, and some drinks may take longer to reach consistency. Thick & Easy Clear can be used to thicken fruit juice, coffee, tea, alcoholic drinks, meat stock or any other liquid.

Thickened drinks remain stable for up to 24 hours.<sup>1</sup>

## Find out more about dysphagia

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### Reference

1. REPORT: Assessing Thick & Easy Clear against other gum-based thickeners. May 2023. Data on file.