**Resource® ThickenUp™ Clear**

**Mixing instructions**

1. **Powder first**
   - Use the dosage scoop included in the tin. For best results, add the powder to a clean, dry cup, glass, or beaker.

2. **Add liquid**
   - Add the liquid to the powder.

3. **Stir**
   - Start stirring immediately, until the powder is completely dissolved.

4. **Serve**
   - Leave to stand for one minute before serving.

---

**Resource® ThickenUp™ Clear dosage chart**

<table>
<thead>
<tr>
<th>LIQUID</th>
<th>LEVEL 1 (SLIGHTLY THICK)</th>
<th>LEVEL 2 (MILDLY THICK)</th>
<th>LEVEL 3 (MODERATELY THICK)</th>
<th>LEVEL 4* (EXTREMELY THICK)</th>
</tr>
</thead>
<tbody>
<tr>
<td>200ml</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>600ml</td>
<td>3</td>
<td>6</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>1000ml</td>
<td>5</td>
<td>10</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>2000ml</td>
<td>10</td>
<td>20</td>
<td>40</td>
<td>80</td>
</tr>
</tbody>
</table>

*For Level 4 water add Resource® ThickenUp™ Clear as needed, to achieve the appropriate consistency.

1 scoop/1 sachet = 1.2g

---

**Mixing tips**

**Hot drinks**
- Prepare the hot drink according to individual preference, before adding to the powder. For safety, allow the thickened hot drink to cool down slightly before serving.

**Carbonated drinks**
- For optimal results, stir the carbonated drink to reduce the amount of carbonation.

**Milk**
- After adding Resource® ThickenUp™ Clear, leave to stand for a few minutes until the drink reaches the required thickness.

---

**Oral nutritional supplements (200ml)**
- Add half the volume of the oral nutritional supplement (e.g. Resource® Energy/Resource® 2.0 Fibre) and stir immediately until the powder is completely dissolved.
- Add the second half of the oral nutritional supplement and continue to stir until the powder is completely dissolved.
- Leave to stand for up to 20 minutes until the drink reaches the desired thickness.†

---

For more information please contact your local Nestlé Health Science representative or call 00800 6887 4846

†It is the responsibility of the person administering Resource® ThickenUp™ Clear to ensure that the liquid is mixed to the appropriate consistency. For healthcare professionals who regularly Resource® ThickenUp™ Clear is a food for special medical purposes for use under medical supervision.

* Reg. Trademark of Société des Produits Nestlé S.A. DYS208 MAR18