

## DESCRIPTION

Resource® ThickenUp® Clear is a xanthan gum based instant food and drink thickener. It is a Food for Special Medical Purposes for the dietary management of patients with swallowing difficulties and must be used under medical supervision.

## PRESENTATION

127g re-sealable tin with a 1.2g scoop (approx.), 12 tins per case.  
1.2g x 24 sachets per box, 12 boxes per case.

## INDICATIONS

ACBS approved, prescribable on FP10 (GP10 in Scotland) for patients requiring thickening of liquid or food for the dietary management of dysphagia due to conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, neurological disorders caused by injury or disease, and malignancies of the oral cavity and throat.

## INGREDIENTS

Maltodextrin (Corn, Potato), Xanthan Gum, Potassium Chloride.  
May contain milk (tin only).

## SHELF LIFE AND STORAGE

15 months from date of manufacture. Store unopened in a cool, dry place. Once opened, consume within 4 weeks.

## PRECAUTIONS

Suitable for children above 3 years of age. Not suitable as a sole source of nutrition. For oral consumption only. Must only be consumed when mixed with food or drink.

## ADMINISTRATION AND DOSAGE

It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure the liquid or food is mixed according to IDDSI guidelines. The consistency should be recommended by a speech and language therapist.

IDDSI FRAMEWORK	200ml liquids (water, juice, tea, coffee)
LEVEL 1/SLIGHTLY THICK	1 scoop/sachet
LEVEL 2/MILDLY THICK	2 scoops/sachets
LEVEL 3/MODERATELY THICK	4 scoops/sachets
LEVEL 4/EXTREMELY THICK	6 scoops/sachets*

## PREPARATION INSTRUCTIONS

### FOR THICKENING LIQUIDS

Use the dosage scoop included in the tin

- For best results, add the powder to a clean, dry cup, glass, or beaker
- Add the liquid to the powder
- Start stirring immediately, until the powder is completely dissolved
- Leave to stand for one minute before serving
- Consume when at the desired consistency as recommended by the speech and language therapist/healthcare professional. Do not add additional powder to your drink once thickened.

All prepared products should be tightly covered and consumed within 6 hours at room temperature or within 24 hours if refrigerated. Discard any unfinished heated product.

For puréed food add Resource® ThickenUp® Clear as needed, to achieve the appropriate consistency.

## NUTRITION INFORMATION

Typical values (when mixed with 200ml of water)	1.2g	2.4g	4.8g	7.2g	100g
<b>General</b>					
Energy kJ/kcal	15/3.7	31/7.3	61.8/14.7	92.7 / 22	1287/306
Fat (0% kcal) g	0	0	0	0	0
of which saturates g	0	0	0	0	0
Carbohydrate (81% kcal) g	0.74	1.5	3.0	4.5	62
of which sugars g	0.02	0.04	0.09	0.13	1.80
Fibre (18% kcal) g	0.32	0.65	1.30	1.9	27
Protein (1% kcal) g	0	0	0	0.07	1
Salt g	0.032	0.064	0.13	0.19	2.7
<b>Minerals</b>					
Sodium mg/mmol	13/0.56	25/1.1	51/2.2	76 / 3.3	1060/46.1
Potassium mg/mmol	4.8/0.12	9.6/0.24	19/0.49	29 / 0.72	400/10.2

Recipe code: MD009

1 scoop / sachet = 1.2 g. For food, add Resource® ThickenUp® Clear as needed to achieve the appropriate consistency. \*For level 4 extremely thick liquids, evaluated IDDSI compliant based on spoon tilt test. It is the responsibility of the person administering Resource® ThickenUp® Clear to ensure that the liquid or food is mixed to the appropriate consistency.

