



**THICK-N
INSTANT**

**COMPLETE PREPARATION GUIDE
(SUITABLE FOR USE WITH IDDSI FRAMEWORK)**

Cold Beverages (Water, Juice~, Cordials, Iced Tea, Isotonic Beverage) *					
	Volume of Liquid	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	
Precise Thick-N INSTANT Single Serve	100mL	1 pump/ sachet	2 pumps/sachets	4 pumps/ sachets	Measure appropriate amount of liquid into a clean glass or jug and add required number of pumps/sachets. Mix briskly with a spoon for 30 seconds. Serve immediately or store refrigerated for up to 24 hours. Compliant with IDDSI framework over temperature range 4-10°C.
Precise Thick-N INSTANT Bulk Serve	700mL	1 pump	2 pumps	4 pumps	
Hot Liquids (Black Tea, Black Coffee, White Tea^, White Coffee^)**					
	Volume of Liquid	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	
Precise Thick-N INSTANT Single Serve	75mL- 100mL	1 pump/ sachet	2 pumps/sachets	4 pumps/ sachets	Measure appropriate amount of liquid into a clean glass or jug and add required number of pumps/sachets. Mix briskly with a spoon for 30 seconds and serve immediately. Compliant with IDDSI framework over temperature range 45-65°C.
Precise Thick-N INSTANT Bulk Serve	525mL	1 pump	2 pumps	4 pumps	
Milks** (Pasteurized, Homogenized Full Cream, Lite and Skim Milk and Original, Lite and Skim Soy Milks, Milo)					
	Volume of Liquid	Level 2 Mildly Thick	Level 3 Moderately Thick	Level 4 Extremely Thick	
Precise Thick-N INSTANT Single Serve	100mL	1 pump/ sachet	2 pumps/sachets	4 pumps/ sachets	Measure appropriate amount of liquid into a clean glass or jug and add required number of pumps/sachets. Mix briskly with a spoon for 30 seconds. Hold for up to 10 minutes and serve or store refrigerated for up to 24 hours. Compliant with IDDSI framework over temperature range 4-10°C.
Precise Thick-N INSTANT Bulk Serve	700mL	1 pump	2 pumps	4 pumps	

~Juice means 100% pulp free IDDSI compliant Juice, Fruit Juice and Fruit Juice made from concentrate.

*When mixing beverages containing ascorbic acid (E300) or citric acid (E330) a hold time of up to 5 minutes may be required as these liquids behave uniquely when thickened with Precise Thick-N Instant.

^ White = Pasteurized, Homogenized Full Cream, Lite and Skim Milk and Full Cream, Lite and Skim Soy Milks mixed at an 80:20 ratio.

**The protein and fat content of milk vary greatly, and discretion of a health care professional is recommended when thickening milk with Precise Thick-N Instant. These preparation guidelines are applicable to Full Cream Milk with a fat content of 3.8% and a protein content of 3.4%, Lite Milk with a fat content of 1.3% and a protein content of 3.4%, Skim Milk with a fat content of 0.1% and a protein content of 3.4%, Original Soy Milk with a fat content of 3.0% and a protein content of 3.3%, Lite Milk with a Soy Milk with a fat content of 3.0% and a protein content of 1.8%, Skim Soy Milk with a fat content of 0.1% and a protein content of 3.1%.