

THICK & EASY™ CLEAR

DESCRIPTION

Thick & Easy™ Clear is a white powder consisting of maltodextrin, xanthan gum, carrageenan and erythritol. Lactose and gluten free.

PRESENTATION

Thick & Easy™ Clear is an instant food and beverage thickener. Gum based. Clear results, tasteless. Thick & Easy™ Clear is available in a 126g resealable tin.

CONTRA-INDICATIONS

FOR ENTERAL USE ONLY

NOT SUITABLE WHERE ENTERAL NUTRITION IS NOT PERMITTED

NOT SUITABLE FOR CHILDREN UNDER THREE YEARS OF AGE

PRECAUTIONS

SHOULD ONLY BE USED UNDER MEDICAL SUPERVISION

NOT SUITABLE AS A SOLE SOURCE OF NUTRITION

INTENDED FOR THE USE AS A FOOD AND BEVERAGE THICKENER, NOT INTENDED TO CONTRIBUTE SIGNIFICANTLY TO ENERGY INTAKE.

ENSURE ADEQUATE FLUID INTAKE.

INDICATIONS FOR USE

Thick & Easy™ Clear is a Food for Special Medical Purposes. Thick & Easy™ Clear is designed to easily thicken food and fluids for patients who have difficulty swallowing (dysphagia). For the dietary management of conditions such as stroke, Parkinson's disease, muscular dystrophy, motor neurone disease, multiple sclerosis, malignancies of the oral cavity and throat, neurological disorders caused by injury or disease.

Thick & Easy™ Clear is currently a PCRS reimbursable item. It is also prescribable on FP10/GPIO for the thickening of food and fluids in dysphagia.

DIRECTIONS FOR USE

Thick & Easy™ Clear can be added to all hot and cold liquids and nutritional supplements to develop a thicker consistency and prevent aspiration. It provides total clarity in water or other liquids.

- Using the scoop in the tin
- Add recommended number of level scoops of powder into an empty dry glass
- Add 200ml of desired liquid to the glass, stir briskly with a whisk or fork until dissolved
- Leave to stand for a few minutes

Thickening larger quantities: Thick & Easy™ Clear can be mixed into liquids using a food processor. Keep liquid refrigerated until ready to use.

Freezing: Thick & Easy™ Clear is freeze-thaw stable and can be stored for as long as the food or liquid that is thickened can be preserved.

GUIDELINES FOR USE Per 200ml

LEVEL 1*

LEVEL 2*

LEVEL 3*

LEVEL 4*

LIQUIDS

1 scoops

2 scoops

3 scoops

6 scoops

1 scoop = approx. 1.4g

1 tin = 90 scoops

*International Dysphagia Diet Standardisation Initiative (IDDSI)

The IDDSI Framework



Date of Preparation:
September 2019 EN/Gen/013.19

STORAGE

Store in a cool, dry location (15 - 25°C) and in a relatively odour free environment.

SHELF LIFE

Thick & Easy™ Clear has a shelf life of 3 years from the date of manufacture. Once opened the tin should be resealed with the plastic lid provided, kept in a cool, dry location (15 - 25°C) and in a relatively odour free environment. Once opened it can be stored for 2 years.

ENERGY DISTRIBUTION

Protein 1% Fat 0% Carbohydrate 74% Fibre 25%

INGREDIENT LIST

Maltodextrin, xantham gum, carrageenan and erythritol

NUTRITIONAL COMPOSITION	Per 100g	Per scoop 1.4g
ENERGY kcal (kJ)	291.1 (1221.3)	4.1 (17.1)
PROTEIN g	0.9	0.01
CARBOHYDRATE g	88.2	1.2
Of which sugars g	0	0
Of which lactose g	0	0
FAT g	<0.1	<0.01
Of which saturated fatty acids g	<0.1	<0.01
FIBRE g	31.2	0.44
SALT g (Na x 2.5)	3.36	0.047
MINERALS AND TRACE ELEMENTS	Per 100g	Per scoop 1.4g
SODIUM mg (mmol)	1344 (58.4)	18.8 (0.8)
POTASSIUM mg (mmol)	449 (11.5)	6.3 (0.2)
CHLORIDE mg (mmol)	0	0
CALCIUM mg (mmol)	11 (0.28)	0.15 (<0.01)
PHOSPHORUS mg (mmol)	21 (0.68)	0.29 (0.01)
MAGNESIUM mg (mmol)	23 (0.96)	0.32 (0.01)