






MIXING GUIDE

Single Serve



STEP 1

Select the drink and prepare the recommended fluid volume.

Category	Drink	Volume (mL)	Notes
 Cold Drinks	Water	170 - 190	
	Carbonated Drinks (Soda)*	170 - 190	
	Cordial	170 - 190	
	Juice	170 - 190	
 Hot Drinks	Tea - Black	170	Must not exceed 60°C
	Coffee - Black	170	Must not exceed 60°C
	Coffee - White (Full Cream Milk)*	170 - 190	Must not exceed 60°C
 Milk	Milk	190	Level 1, 2 or 3
		200	Level 4
 Alcoholic Drinks	Beer*	170 - 190	
	Premixed Alcoholic Drinks*	150	
	Spirits	190	
	Wine (Red, White, Port, Sherry)	150	
 Medical	Movicol	125	Prepare Movicol as per product instructions
	Ural	125	Prepare Ural as per product instructions
	Hydralyte	200	Prepare Hydralyte as per product instructions

*Important Information

To prevent excessive bubbling when adding instant THICK:

- **For Carbonated Drinks:** Stir until bubbling subsides. Remove any excess foam from the surface.
- **For Coffee - White:** Use 20mL of full cream milk as part of total volume.
- **For Beer:** Add a pinch of sugar and stir until bubbling subsides. Remove any excess foam from the surface.
- **For Premixed Alcoholic Drinks:** Use 30mL of spirits as part of total volume. Stir until bubbling subsides. Remove any excess foam from the surface.



STEP 2

Whilst stirring[^] add instant THICK per Dosage Guide. Stir for 30 seconds or until dissolved.

instant THICK Dosage Guide

Thickness	 SLIGHTLY THICK	 MILDLY THICK · 150	 MODERATELY THICK · 400	 EXTREMELY THICK · 900
Amount	1 x instant THICK Level 1 Scoop	1 x instant THICK Level 2 Scoop or Sachet	1 x instant THICK Level 3 Scoop or Sachet	1 x instant THICK Level 4 Scoop or Sachet

[^]Important Information

- **For Wine:** Once instant THICK is dissolved, use a stick blender to mix for 30 seconds. Do not break the surface of the drink while the blender is running, to prevent aeration.
- **For Milo:** Once instant THICK is dissolved, add one serve of Milo to milk and stir until Milo is dissolved.



STEP 3

Allow to stand for time indicated below. Re-stir until correct consistency is reached before serving.

Category	Drink	Time (minutes)
 Cold Drinks	Water	2
	Carbonated Drinks (Soda)	2
	Cordial	5
	Juice	5
 Hot Drinks	Tea - Black	5
	Coffee - Black	5
	Coffee - White (Full Cream Milk)	5
 Milk	Milk	10
 Alcoholic Drinks	Beer	2 - 5
	Premixed Alcoholic Drinks	2
	Spirits	2
	Wine (Red, White, Port and Sherry)	2
 Medical	Movicol	10
	Ural	10
	Hydralyte	15

Boost Nutrition



Add AdVital Powder to Skim Milk or Water to boost protein, energy, vitamins and minerals.

Ingredients

- 1 scoop AdVital Powder (use AdVital Powder scoop provided)
- 170mL of skim milk **OR** 170mL - 190mL of water
- 1 scoop or sachet of instant THICK per dosage guide on packaging

Method

1. Whilst stirring drink, add instant THICK. Stir for 30 seconds or until dissolved.
2. Gradually add AdVital Powder. Stir with a fork or whisk until dissolved.
3. Stand for 15 minutes. Before serving, re-stir until correct consistency is reached.

Food for Special Medical Purposes. Fluid and food thickener for the dietary management of dysphagia. Use under medical supervision. Not suitable as a sole source of nutrition. Once prepared, food and drinks should be handled and stored according to your site's Food Safety protocols. Flavour Creations recommends use of the '2-hour/4-hour rule' for serving vulnerable persons, refrigeration between serving, and discarding any leftover product after 24 hours. Information provided is accurate and reliable to the best of our knowledge and is offered in good faith to the benefit of the consumer. It is the users' obligation to determine the safe use of the product since the conditions of use, handling, storage and disposal are beyond Flavour Creations' control. Flavour Creations does not guarantee against any risk of use, liability or patent infringement. Flavour Creations does not guarantee the final viscosity of the product or patient suitability.