

Mixing Guide

Bulk Serve - Cold Drinks

Step 1 Select the drink and measure the recommended volume.
Suitable for water, cordial drinks, fruit juice and full cream milk.

Step 2 Add instant THICK Liquid as per Dosage Guide.

Step 3 Stir for 30 seconds and serve.



Cold Drinks - 650mL

IDDSI Level	Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes
1 SLIGHTLY THICK	See 1.25L Preparation	-	-	
2 MILDLY THICK	650mL	1 Pump	N/A	
3 MODERATELY THICK	650mL	2 Pumps	N/A	
4 EXTREMELY THICK	650mL	4 Pumps	N/A	

Cold Drinks - 1.25L

IDDSI Level	Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes
1 SLIGHTLY THICK	1.25L	1 Pump	N/A	
2 MILDLY THICK	1.25L	2 Pumps	N/A	
3 MODERATELY THICK	1.25L	4 Pumps	N/A	
4 EXTREMELY THICK	1.25L	8 Pumps	N/A	

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Storage: Once prepared, cover and refrigerate between servings. '2-hour/4-hour recommended. Discard leftover product after 24 hours, unless otherwise specified. For milk-based hot drinks (white tea, white coffee and milk) consume within 2 hours.

Food for special medical purposes. Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. For oral consumption only. Not suitable as a sole source of nutrition. Not suitable for children under 3 years of age.

This resource is intended as a guide only. The time required to thicken drinks may vary between brands. If the desired consistency is not achieved, allow the drink to stand and re-stir before serving. It is the responsibility of the person administering instant THICK Liquid to ensure the liquid is thickened to the prescribed IDDSI level. All information stated is correct at time of publishing and subject to change without notice.

Mixing Guide

Bulk Serve - Hot Drinks

Step 1 Select the drink and measure the recommended volume.
Suitable for black and white tea and coffee, and full cream milk.

Step 2 Add instant THICK Liquid as per Dosage Guide.

Step 3 Stir for 30 seconds and serve.



Hot Drinks - 1.0L

IDDSI Level	Volume / L	instant THICK Liquid Dose	Stand Time (Minutes)	Notes
1 SLIGHTLY THICK	1L	1 Pump	N/A	
2 MILDLY THICK	1L	2 Pumps	N/A	
3 MODERATELY THICK	1L	4 Pumps	N/A	
4 EXTREMELY THICK	1L	8 Pumps	N/A	

For white tea and white coffee, use 850mL hot liquid, then add 150mL of full cream milk (total 1L).

^For Hot Drinks, temperature must not exceed 55°C when served, for consumer safety and comfort.

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