










Fresubin®

# Mixing Guide Nutritional Supplements

Thicken Fresubin Oral Nutritional Supplements with confidence using instant THICK Powder.

1. Select the Fresubin Nutritional Supplement, and pour into a cup.
2. Whilst stirring, add instant THICK Powder per desired IDDSI level – either one level scoop or individual sachet. Stir for 30 seconds or until dissolved.
3. Allow to stand for time indicated. Before serving, re-stir until desired consistency is reached.

Once prepared, handle and store according to Food Safety protocols. Cover and refrigerate between serving.  
**Discard leftover fluid after 2 hours.**

Products	Scoop or Sachet	Stand Time (Minutes)			
		 Indicates suitable without thickening.	 Slightly Thick	 Mildly Thick	 Moderately Thick
Standard					
 <b>Fresubin Original Drink 200mL</b> Vanilla, Chocolate	1	2	10	2	2
 <b>Fresubin Energy Drink 200mL</b> Vanilla, Chocolate, Cappuccino, Neutral	1	2	2	2	2
 <b>Fresubin Energy Fibre Drink^ 200mL</b> Vanilla, Chocolate, Strawberry	1	2	2	^	10

^Not suitable for thickening to IDDSI Level 3 with instant THICK Powder due to stand time exceeding 10 minutes.

Products	Scoop or Sachet	Stand Time (Minutes)			
		 Slightly Thick	 Mildly Thick	 Moderately Thick	 Extremely Thick
 <b>Fresubin 2kcal Drink 200mL</b> Vanilla, Cappuccino, Apricot-Peach, Toffee 	1	-	2	2	2
 <b>Fresubin 2kcal Savoury Drink* 200mL</b> Mushroom 	1	-	2	2	2
 <b>Fresubin 2kcal Fibre Drink 200mL</b> Vanilla, Chocolate, Lemon, Neutral 	1	-	2	10	10
<b>Specialised Supplements</b>					
 <b>Supportan Drink 200mL</b> Cappuccino, Pineapple-Coconut 	1	-	2	2	2

\*Temperature must not exceed 60°C when served for consumer safety and comfort.

Products were tested at room temperature (19-23°C), except Fresubin 2kcal Savoury Drink Mushroom which was tested at serving temperature (60°C). For products refrigerated before thickening additional stand time may be required to reach desired IDDSI level.

**instant THICK Powder** is Food for Special Medical Purposes. Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. Not suitable as a sole source of nutrition. Not suitable for children under 1 year of age. For oral consumption only.

**Fresubin Enteral Nutrition products** are intended for the nutritional medical management of diseases and related conditions and therefore should be used under the care of a healthcare professional where medical supervision is provided. Refer to the respective Fresubin Drink fact sheets on [www.fresubin.com.au](http://www.fresubin.com.au) for complete nutritional information and direction of use.

All information stated is correct at time of publishing and subject to change without notice.