



NEW LIQUID THICKENER

Ready in 30 Seconds

Instant food and drink thickener for dysphagia management, now available in single-serve and bulk-serve bottles.



Available Now

Speak with your Account Manager today!



Food for special medical purposes. Use under medical supervision. For oral consumption only. Not suitable for children under 3 years of age. For full product information, visit flavourcreations.com.au or call 07 3373 3000.

instant THICK Liquid

Backed by over 28 Years in Dysphagia Nutrition

Flavour Creations instant THICK Liquid is an innovation in dysphagia nutrition. With over 28 years of expertise, its unique gum-based formulation provides smooth, taste-free thickening in just 30 seconds.

Suitable for hot and cold drinks, food, and medical solutions, instant THICK Liquid ensures compliance with every IDDSI level.

Available in single-serve bottles (950mL and 2.75L) and bulk-serve bottle (2.75L), each format is designed to provide accurate dosing while offering flexibility for either individual servings or larger-volume preparations.

instant THICK Liquid now available in single-serve and bulk-serve bottles!



Single Serve

Single Serve

Bulk Serve

Supporting Choice, Nutrition and Safety!



Amylase Resistant

A patented formula that is resistant to salivary amylase for a safe swallow.



Accurate Dosing

Pump dispenser delivers an accurate dose every time.



IDDSI Compliant

Consistent dosing guide for each IDDSI level.



Fast Acting

The unique gum blend thickens drinks in 30 seconds.



Less Fibre

Lower fibre* to support hydration and nutritional intake after thickening.



For Food & Drinks

Use in cold and hot drinks, supplements, soups and more.



Neutral Flavour

Taste-free to support individual dietary preferences.



Stability Over Time

Once thickened food and drinks remains stable for 24 hours.

Suitable Diets

instant THICK Liquid is taste-free and designed to thicken liquids to suit individual preferences, and it is suitable for use by those 3 years and older.



✔ Texture Modified Diets

✔ Gluten Free

✔ Dairy Free

✔ Lactose Free

✔ Nut Free

✔ Soy Free

✔ Kosher Certified

✔ Halal Certified

✔ Vegetarian & Vegan

✔ Low Sodium



SINGLE SERVE BOTTLE

NUTRITION INFORMATION (Average Quantity)

	Units	Per Serve (1 Pump)	Per100mL
Serving size	mL	4.6	-
Servings per pack	-	206	-
Energy			
	kJ	20	423
	kcal	5	102
Protein	g	Less than 0.1	0.4
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0
- saturated	g	0	0
- trans	g	0	0
Cholesterol	mg	0	0
Carbohydrate	g	0.8	17.2
- sugars	g	0	0
- lactose	g	0	0
- galactose	g	0	0
Dietary fibre	g	0.7	14.5
Sodium	mg	4	92
Potassium	mg	7	146
Phosphorus	mg	Less than 0.1	0.8

INGREDIENTS

Water, Glycerine, Emulsifiers (414, 435), Thickeners (415, 417), Acidity Regulator (338), Preservatives (202, 211), Stabiliser (509).



Performance you can count on

Hygienic seal

Accurate dosing

IDDSI Compliant

Recyclable bottle

Perfect for serving areas and trolleys



Easy 3-Step Mixing Guide for Single and Bulk Serves

Fast and safe, instant THICK Liquid is easy to use with our IDDSI-compliant dosing pump. Thicken hot and cold drinks with confidence in just 30 seconds!

Mixing Method			Dosage Guide Single Serve		Bulk Serve		
1	2	3	IDDSI Level	Cold 175mL	Hot 150mL	Cold 1.25L	Hot 1.0L
			1 SLIGHTLY THICK	1 Pump	1 Pump	1 Pump	1 Pump
			2 MILDLY THICK	2 Pumps	2 Pumps	2 Pumps	2 Pumps
			3 MODERATELY THICK	4 Pumps	4 Pumps	4 Pumps	4 Pumps
			4 EXTREMELY THICK	8 Pumps	8 Pumps	8 Pumps	8 Pumps

Scan for Mixing Guides

*Temperature must not exceed 55°C when served, for consumer safety and comfort.

Less Fibre, More Nutrition

instant THICK Liquid was purposefully designed to provide over 27% less fibre* per mL once thickened, supporting the hydration and nutrition of individuals living with dysphagia.

While fibre is important for gut health, the fibre content in liquid thickeners can influence feelings of satiety, hunger, and appetite.

For people consuming thickened products, this may result in decreased motivation to consume enough food and drinks to meet their nutritional needs.

By containing less fibre, instant THICK Liquid supports a food-first approach to nutrition.

*Water thickened using instant THICK Liquid Single Serve is compared to other single-serve liquid thickeners available in Australia. The fibre amount is based on average quantity per serve.

	1.6L of Mildly Thick cold drink per day	MEN 30g	WOMEN 25g
	Total Fibre*	% Fibre RDI	% Fibre RDI
	instant THICK Liquid 12.8g	43%	51%
	Competitor A 17.6g	59%	70%
	Competitor B 23.4g	78%	94%

RDI: Recommended Dietary Intake



CHOOSE CONFIDENCE IN EVERY INSTANT

More choice with the instant THICK product range.



Powder Sachets

Powder 100g

Powder 1.75kg

Powder 675g

Liquid
Single Serve 950mL

Liquid
Single Serve 2.75L

Liquid
Bulk Serve 2.75L