

Recipe Guide

Single Serve - Beverage Supplements

- Step 1** For beverage supplements refrigerate before thickening. Measure the recommended liquid volume, and prepare according to the manufacturer's instructions.
- Step 2** Add instant THICK Liquid as per Dose Guide below.
- Step 3** Stir for 30 seconds. Allow to stand for time indicated below. For Level 4, stir again for 30 seconds until correct consistency is reached before serving.



RECOVER Energy + Protein

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	135mL	1 Pump	5		1 Hour
2 MILDLY THICK	135mL	2 Pumps	10		2 Hours
3 MODERATELY THICK	135mL	5 Pumps	10		2 Hours
4 EXTREMELY THICK	135mL	13 Pumps	15	Stir until the correct consistency is achieved.	2 Hours

Argie Arginine Wound Care

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	150mL	1 Pump	N/A		2 Hours
2 MILDLY THICK	150mL	2 Pumps	5		2 Hours
3 MODERATELY THICK	150mL	5 Pumps	10		2 Hours
4 EXTREMELY THICK	150mL	10 Pumps	10		2 Hours

[Watch Mixing Videos](#)



Storage: Once prepared, consume immediately or cover and refrigerate between servings. Discard leftover product after 2 hours, unless otherwise specified.

instant THICK Liquid is 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.

The recipes provided in this resource are intended as a guide only. 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.

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Flavour Creations 2.5kcal Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	175mL	Ready To Drink	N/A	^See additional notes below.	24 Hours
2 MILDLY THICK	175mL	Ready To Drink	N/A		24 Hours
3 MODERATELY THICK	175mL	5 Pumps	5		2 Hours
4 EXTREMELY THICK	175mL	14 Pumps	10		2 Hours

^Flavour Creations 2.5 kcal Vanilla is suitable for Level 2 Mildly Thick, and may be suitable for Level 1 Slightly Thick, consult with a Speech Pathologist.

ProKick Protein Drink

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	150mL	1 Pump	5		2 Hours
2 MILDLY THICK	150mL	2 Pumps	2		2 Hours
3 MODERATELY THICK	150mL	5 Pumps	5		2 Hours
4 EXTREMELY THICK	150mL	10 Pumps	5		2 Hours

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Single Serve - Powder Supplements

- Step 1** Select the powder supplement, measure the recommended liquid volume, and prepare according to the manufacturer's instructions.
- Step 2** Add instant THICK Liquid as per Dose Guide below.
- Step 3** Stir for 30 seconds. Allow to stand for time indicated below. For Level 4, stir again for 30 seconds until correct consistency is reached before serving.



AdVital Nutritionally Complete Powder

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Scoop / 200mL	Ready To Drink	N/A	Full cream milk	24 Hours
2 MILDLY THICK	1 Scoop / 100mL	Ready To Drink	N/A	Full cream milk	24 Hours
3 MODERATELY THICK	1 Scoop / 200mL	1 Pump	N/A	Full cream milk	2 Hours
4 EXTREMELY THICK	1 Scoop / 200mL	3 Pumps	N/A	Full cream milk	2 Hours

AdVital Hospital Strength Powder

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Scoop / 200mL	Ready To Drink	N/A	^See additional notes below.	24 Hours
2 MILDLY THICK	1 Scoop / 200mL	Ready To Drink	N/A	Full cream milk	24 Hours
3 MODERATELY THICK	1 Scoop / 200mL	1 Pump	N/A	Full cream milk	2 Hours
4 EXTREMELY THICK	1 Scoop / 200mL	3 Pumps	N/A	Full cream milk	2 Hours

^AdVital Hospital Strength is suitable for Level 2 Mildly Thick, and may be suitable for Level 1 Slightly Thick, consult with a Speech Pathologist.

[Watch Mixing Videos](#)



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