

Recipe Guide

Single Serve - Beverage Supplements

- Step 1** For beverage supplements refrigerate before thickening. Measure the recommended liquid volume.
- Step 2** Whilst stirring, add instant THICK Powder as per Dose Guide below. Stir for 30 seconds or until dissolved.
- Step 3** Allow to stand for the time indicated below. Stir again until the correct consistency is reached before serving.



RECOVER Energy + Protein Can

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	135mL	1x Level 1 Scoop	15	Stir for 30 seconds before serving.	2 Hours
2 MILDLY THICK	135mL	1x Level 2 Scoop	10		40 Minutes
3 MODERATELY THICK	135mL	1x Level 3 Scoop	15		1 Hour
4 EXTREMELY THICK	135mL	1x Level 4 Scoop	15		2 Hours



Watch Mixing Videos



For other Flavour Creations supplements such as AdVital Nutritionally Complete Powder, AdVital Hospital Strength Powder, Argie Arginine Wound Care, Flavour Creations 2.5kcal Vanilla and ProKick Protein Drink, the use of instant THICK Liquid is recommended as it demonstrates superior results.

Please note: instant THICK Powder Level 2, 3, and 4 scoop is equivalent to the corresponding Level 2, 3, and 4 sachet of instant THICK Powder.

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

Products featured in this guide are foods for special medical purposes. Use under medical supervision. Refer to the Flavour Creations website for full product information.

instant THICK Powder 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 1 year 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 stir again before serving. It is the responsibility of the person administering instant THICK Powder 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.