

# 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 Powder as per Dose Guide below.

**Step 3** Stir for 30 seconds. Allow to stand for time indicated below. For Level 4, re-stir for 30 seconds until correct consistency is reached before serving.



### Recover Protein Drink

IDDSI Level	Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
<b>1 SLIGHTLY THICK</b>	110mL	Ready To Drink	N/A	^See additional notes below.	24 Hours
<b>2 MILDLY THICK</b>	110mL	Ready To Drink	N/A		24 Hours
<b>3 MODERATELY THICK</b>	110mL	1x Level 3 Scoop	5		30 Minutes
<b>4 EXTREMELY THICK</b>	110mL	1x Level 4 Scoop	10		2 Hours

^Recover Protein Drink is suitable for Level 2 Mildly Thick, and may be suitable for Level 1 Slightly Thick, consult with a Speech Pathologist.

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.

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 re-stir 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.