

Recipe Guide

Prune Juice

Step 1 Refrigerate product before thickening. Measure 175mL of either Golden Circle or Sunraysia Prune Juice.

Step 2 Add instant THICK Liquid as per Dosage Guide below.

Step 3 Stir for 30 seconds. Allow to stand for the time indicated below before serving.



Prune Juice

IDDSI Level	Supplement Volume / mL	instant THICK Liquid Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	175mL	1 Pump	0		2 Hours
2 MILDLY THICK	175mL	2 Pumps	5		24 Hours
3 MODERATELY THICK	175mL	4 Pumps	5		24 Hours
4 EXTREMELY THICK	175mL	10 Pumps	5	Stir again for 30 seconds before serving.	24 Hours

Storage

Once prepared, consume immediately or cover and refrigerate between servings. Discard leftover product after 24 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 recipe provided in this resource is 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 Liquid to ensure the liquid is thickened to the prescribed IDDSI level.

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