

Recipe Guide

Single Serve - Nestle Health Science Powder Supplements

- Step 1** Select the product, measure the recommended liquid volume below, and prepare according to the manufacturer's instructions.
- 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 for another 30 seconds or until the correct consistency is reached before serving.



Arginaid Arginine Powder

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	1 Packet / 180mL Water	1x Level 1 Scoop	10		24 Hours
2 MILDLY THICK	1 Packet / 180mL Water	1x Level 2 Scoop	20		24 Hours
3 MODERATELY THICK	1 Packet / 180mL Water	1x Level 3 Scoop	5		24 Hours
4 EXTREMELY THICK	1 Packet / 180mL Water	1x Level 4 Scoop	5		24 Hours



Watch Mixing Videos



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 24 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 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.

The use of brand names and/or listing of specific commercial products is solely for educational purposes and does not imply endorsement of these brands, nor discrimination against similar brands, products or services not mentioned.

All information stated is correct at the time of publishing and subject to change without notice.

Recipe Guide

Single Serve - Nestle Health Science RTD Supplements

- Step 1** Refrigerate product before thickening. Measure the recommended liquid volume below, and prepare according to the manufacturer's instructions.
- 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 for another 30 seconds or until the correct consistency is reached before serving.



Sustagen High Protein Drink Vanilla

IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	250mL	Ready to Drink	N/A		24 Hours
2 MILDLY THICK	250mL	1x Level 2 Scoop	10		2 Hours
3 MODERATELY THICK	250mL	1x Level 3 Scoop	15		2 Hours
4 EXTREMELY THICK	250mL	1x Level 4 Scoop	10		2 Hours

[Watch Mixing Videos](#)



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 24 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 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.

The use of brand names and/or listing of specific commercial products is solely for educational purposes and does not imply endorsement of these brands, nor discrimination against similar brands, products or services not mentioned.

All information stated is correct at the time of publishing and subject to change without notice.