

Recipe Guide

Prune Juice

- Step 1** Refrigerate product before thickening. Measure the recommended fluid volume of either Golden Circle or Sunraysia Prune Juice.
- Step 2** Whilst stirring, add instant THICK Powder as per the Dosage Guide below. Stir for 30 seconds or until dissolved.
- Step 3** Allow to stand for time indicated below. Stir again for 30 seconds or until correct consistency is reached before serving.



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IDDSI Level	Supplement Volume / mL	instant THICK Powder Dose	Stand Time (Minutes)	Notes	Consume Within
1 SLIGHTLY THICK	125mL	1x Level 1 Scoop	15		2 Hours
2 MILDLY THICK	175mL	1x Level 2 Scoop	15		4 Hours
3 MODERATELY THICK	175mL	1x Level 3 Scoop	15		24 Hours
4 EXTREMELY THICK	175mL	1x Level 4 Scoop	10		24 Hours

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 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 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.

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