



— CLEAR —
Advantage™

Nutrition Innovation for Dysphagia



YOUR USAGE GUIDE

Stir up good nutrition. Print this handy chart for quick reference when preparing foods and beverages with Thick-It® Clear Advantage.™

BEVERAGE (4 FL OZ OF LIQUID)	THIN NECTAR CONSISTENCY			NECTAR CONSISTENCY			HONEY CONSISTENCY			PUDDING CONSISTENCY			
	NECTAR SINGLE-SERVE PACKETS	JAR SCOOPS ***	STAND TIME* (MINUTES)	NECTAR SINGLE-SERVE PACKETS	JAR SCOOPS ***	STAND TIME* (MINUTES)	HONEY SINGLE-SERVE PACKETS	JAR SCOOPS ***	STAND TIME* (MINUTES)	NECTAR SINGLE-SERVE PACKETS	HONEY SINGLE-SERVE PACKETS	JAR SCOOPS ***	STAND TIME* (MINUTES)
WATER	.5	1	1.5	1	2	1.5	1	3	2	2	1.5	4	3
JUICE	.5	1	2	1	2	2	1	3	3	2	1.5	4	4
COFFEE/TEA	.5	1	3	1	2	3	1	3	3	2	1.5	4	3.5
MILK (SKIM)**	.5-1	1-1.5	5	1-1.5	2-2.5	5	1-1.5	3-3.5	6	2-2.5	1.5-2	4-4.5	6
MILK (1% FAT, 2% FAT & WHOLE MILK)**	.5-1	1-1.5	6	1-1.5	2-2.5	6	1-1.5	3-3.5	7	2-2.5	1.5-2	4-4.5	7
SUPPLEMENTS (ENSURE®/BOOST®)**	.5-1	1-1.5	6	1-1.5	2-2.5	6	1-1.5	3-3.5	7	2-2.5	1.5-2	4-4.5	7

* Time the beverage should stand before serving.

** Extra Clear Advantage may be needed to achieve desired consistency for liquids containing fat or protein. For liquids containing fat or protein, stir vigorously.

*** Measuring scoop included in jar only.

Ensure® is a registered trademark of Abbott. Boost® is a registered trademark of Nestlé.

MIXING INSTRUCTIONS



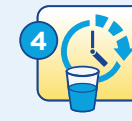
1 Add Clear Advantage into empty glass per usage chart above.



2 Add 4 fl oz of cold or hot liquid into glass, stirring as you pour.



3 Stir briskly with whisk, fork or spoon for 30 seconds to 1 minute.



4 Let stand and serve per your desired consistency listed above.



For more information, including resources and our full line of dysphagia nutrition solutions, visit thickit.com or call 800.333.0003

Do not use Thick-It® Clear Advantage™ Instant Food and Beverage Thickener with infants born before 37 weeks gestation. Thick-It® Clear Advantage™ Instant Food and Beverage Thickener should only be used with infants and newborns in consultation with a physician.