

# Thick-It®

## - Original -

For more than 30 years, Thick-It® has been a fixture in hospitals, nursing homes and rehabilitation facilities and recommended by doctors, speech language pathologists and dietitians. These innovative, high-quality and reliable products offer great tasting solutions for people with swallowing difficulties.

## USAGE CHART

Beverage Type	Nectar	Honey	Pudding
Water	3½-4t	4-5t	5t-2T
Apple Juice	3½-4t	4-5t	5t-2T
Orange Juice	3-3½t	3½-4t	4-4½t
Cranberry Juice	3½-4t	4-5t	5t-2T
Coffee & Tea	3½-4t	4-5t	5t-2T
Milk - Low Fat	4-4½t	5-5½t	2-2½T
Nutritional Supplement Drink	4-4½t	5-5½t	2-2½T
Pureed Foods			1T

### Usage Chart Per 4 fl oz

Using Thick-It® Original Food & Beverage Thickener is quick and convenient.

Mix pureed foods and beverages with the correct amount of Thick-It® Original Food & Beverage Thickener for the desired consistency, using the enclosed measuring scoop. Adjust the amount used to suit your requirements. The amount required to properly thicken pureed foods will vary.

For recipes and more mixing information, visit [thickit.com](http://thickit.com).

t = teaspoon, T = tablespoon  
3 teaspoons = 1 tablespoon

### Mixing Instructions

**1**  Pour 4 fl oz of cold or hot liquid into a glass.

**2**  Slowly add level measured thickener to liquid, stirring with fork or whisk as you pour.

**3**  Stir briskly until thickener has dissolved.

**4**  Before serving, let water and juices stand for 30 secs. to 1 min. Let milk and supplements stand for 5-10 mins. Stir and serve.

### Features

- Dissolves instantly
- Does not change appearance or taste of food or beverages
- Easily digested and does not bind fluids
- Kosher  PAREVE
- Gluten Free 



For best results, consume within 30 minutes of mixing.

Following local and state guidelines, properly wash and sanitize measuring scoop after each use.

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



ThickIt.com • 800.333.0003

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