

Mix. Chill. Freeze. Heat.

No Calories.
No Carbohydrates.
No Sugar.
No Lemon Flavor.



Thick-It® AquaCareH₂O® Thickened Water is a versatile product that can be used in place of tap water to create a variety of hydration options for people with swallowing difficulties. Our Artesian Mineral Water is thickened with xanthan gum, using a patented process and can be chilled, frozen or heated without a change in consistency.

ThickIt.com 800.333.0003

Dysphagia Nutrition Solutions
Thick-It®
Trusted since 1987

Here are a few recipes using Thick-It® AquaCareH2O® Beverages Thickened Water - the possibilities are endless! Share your recipe ideas with us on Facebook www.facebook.com/thickit or email rd@precisionfoods.com

To Make	Product (Nectar or Honey Consistency)	Plus	Instructions
Ice Cubes	Thick-It® AquaCareH2O® Beverages Thickened Water		Pour into ice cube tray and freeze
Milk	Thick-It® AquaCareH2O® Beverages Thickened Water	Dry Powdered Milk	Replace tap water in recipe
Tea	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Tea Mix	Replace tap water in recipe
Lemonade	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Lemonade Mix	Replace tap water in recipe
Hot Cocoa	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Cocoa Mix*	Replace tap water in recipe
Cappuccino	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Cappuccino Mix*	Replace tap water in recipe
Crystal Light®	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Crystal Light® Mix	Replace tap water in recipe
Kool-Aid®	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Kool-Aid®	Replace tap water in recipe
MiO® Liquid Water Enhancers	Thick-It® AquaCareH2O® Beverages Thickened Water	MiO® Liquid Water Enhancers	Add up to 8 drops per 4oz
Meal Replacement Shakes	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Shake Mix	Replace tap water in recipe
Gelatin	Thick-It® AquaCareH2O® Beverages Thickened Water	Instant Gelatin Powdered Mix	Replace tap water in recipe Chill immediately
Popsicles	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Drink Mix	Replace tap water in recipe Pour into popsicle molds or ice cube trays and freeze
Soup	Thick-It® AquaCareH2O® Beverages Thickened Water	Smooth Condensed Canned Soup (we used tomato)	Replace tap water in recipe
Broth	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Broth Base**	Replace tap water in recipe
Nutritional Supplements	Thick-It® AquaCareH2O® Beverages Thickened Water	Powdered Supplements	Replace tap water in recipe

*We recommend Land O Lakes™ Cocoa Classics and Cappuccino Classics | ** We recommend Orrington Farms® Broth Bases

B480-A7044	Thick-It® AquaCareH2O® Beverages - Thickened Water - Nectar Consistency	4 / 46 FL OZ
B451-L9044	Thick-It® AquaCareH2O® Beverages - Thickened Water - Nectar Consistency	24 / 8 FL OZ
B481-A7044	Thick-It® AquaCareH2O® Beverages - Thickened Water - Honey Consistency	4 / 46 FL OZ
B453-L9044	Thick-It® AquaCareH2O® Beverages - Thickened Water - Honey Consistency	24 / 8 FL OZ