



**FRESENIUS
KABI**

caring for life

Thick & Easy™ Original

Mixing instructions

Step 1

Sprinkle the recommended amount of level scoops or powder into 200ml of liquid.

Step 2

Stir briskly with a whisk or fork until dissolved.

Step 3

The liquid will thicken within 1 minute of mixing.

IDDSI Level	Volume of liquid	Scoops**
① SLIGHTLY THICK	200 ml	5
② MILDLY THICK	200 ml	6
③ MODERATELY THICK	200 ml	7
④ EXTREMELY THICK	200 ml	8

*Scoop size = 1.5g. **Based on water.

How to use Thick & Easy Original

Thick & Easy Original can be added to all hot and cold liquids and oral nutritional supplements.

Thickening larger quantities:

Thick & Easy Original can be mixed into liquids using a food processor. All drinks can be prepared in advance and refrigerated until required.¹

To aid palatability, you may need to prepare drinks weaker than normal, and some drinks may take longer to reach the consistency.



It's time to take hydration seriously

Find out more about dysphagia

For expert information, advice, case studies and the latest developments in clinical dysphagia research call Fresenius Kabi on **01928 533 516** or email scientific.affairsUK@fresenius-kabi.com

Helping patients to stay hydrated



Fresenius Kabi are sponsors of Hydration Angels. Together we're helping to hydrate the nation.

To find out more, visit www.whatwewereof.org

Reference

1. <http://fresenius-kabi.com/gb> Date accessed: March 2019

Date of preparation: March 2019 Job code: EN01679. Thick & Easy is a trademark of Hormel Health Labs. Fresenius Kabi Ltd is an authorised user.

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