

NUTILIS CLEAR

HOW TO USE NUTILIS CLEAR:

- Use only the measuring scoop provided in the Nutilis Clear tin
- Always measure the liquid required: 200ml
- For best results, add all the specified amount of Nutilis Clear to a measuring cup or glass. Next, add the liquid and stir vigorously until all the Nutilis Clear has dissolved. After mixing, leave the drink to stand until the desired thickness has been achieved
- It is also possible to put the liquid into the measuring cup or glass first and then add the Nutilis Clear.

THICKENING COLD DRINKS:

- For best results, use filtered water
- The clarity of thickened water may vary depending on regional variations in water 'hardness'
- When thickening carbonated drinks, stir to release some of the bubbles before thickening
- Nutilis Clear can be mixed with alcohol*
- Milk and some fruit juices can take longer to thicken than water. Leave thickened drinks to stand until the desired thickness has been achieved.

THICKENING HOT DRINKS:

- When thickening tea, coffee, or hot chocolate, add the specified amount of Nutilis Clear after you have made the drink with hot water, milk, sugar, or sweetener
- Allow drinks to cool slightly before thickening
- For safety reasons, do not use a shaker when thickening hot drinks.

GENERAL TIPS:

- Use the same amount of Nutilis Clear for thickening both hot and cold drinks
- Never add more than the prescribed amount of Nutilis Clear
- For food safety reasons, dispose of thickened drinks after 2 hours at room temperature
- For best results, use a fork for mixing rather than a spoon
- To avoid lumps, start stirring as soon as the Nutilis Clear and liquid have been combined
- It is not recommended to thicken standard oral nutritional supplements with thickening powders. If an oral nutritional supplement is required, consider using a product from the Nutilis pre-thickened range of products, which have been specifically designed for patients with dysphagia and are labelled and aligned with the IDDSI Framework.

This information is intended for healthcare professionals only.

Nutilis Clear is a Food for Special Medical Purposes for the dietary management of dysphagia and must be used under medical supervision.

*Please consider whether it would be appropriate to recommend alcohol to your patient.

