

# The CLEAR Solution

## THICK & EASY<sup>®</sup> CLEAR Instant Food & Beverage Thickener



**2** **MILDLY THICK**  
Nectar-like  
(1) 1.4g packet

**3** **MODERATELY THICK**  
Honey-like  
(1) 3.2g packet

**4** **EXTREMELY THICK**  
Spoon-like  
(3) 3.2g packet plus  
(1) 1.4g packet

Approximately 11 grams of thickener are needed in 4 fl. oz. of liquid.

For more information on the consistency labeling of this product go to [www.IDDSI.org](http://www.IDDSI.org)

### MIXING DIRECTIONS:

- Empty powder from stick into empty dry glass (each stick thickens 4 fl. oz. of liquid).
- Pour desired liquid quickly over thickener in glass.
- Stir briskly with fork until dissolved and let stand. Allow 5-10 minutes for product to reach desired thickness.



Clear thickener requires 5-10 minutes to fully thicken most beverages. Nutritional Supplements, dairy products, carbonated and high acid beverages may take slightly longer and may require additional THICK & EASY<sup>®</sup> to thicken.



Temperature may alter viscosity. IDDSI levels should be at refrigerated temperatures.



Thickener products are not suitable as sole source of nutrition, and are only appropriate for use in individuals above three years of age. Viscosity can vary based on beverage attributes. Products in question should be tested prior to service.

### PRODUCT INFORMATION

SHELF STABLE	Item Number	IDDSI Level	Serving Size	Case Pack	Calorie	Fat grams	Sodium mg	Carb. grams	Protein grams	Shelf Life	Kosher	Verified Gluten Free	Contains Gluten Ingredients*	Verified Lactose Free	Contains Dairy Ingredients
THICK & EASY <sup>®</sup> Instant Food & Beverage Thickener															
Clear Thickener Sticks - Nectar	72451	2	1.4g	100/1.4g	5	0	25	1	0	3 yr	Ⓢ	✓		✓	
Clear Thickener Sticks - Honey	72453	3	3.2g	100/3.2g	10	0	55	2	0	3 yr	Ⓢ	✓		✓	

\*Gluten-containing grains are defined as any one of the grains wheat, rye, or barley, or their crossbred hybrids.