

ThickenUP[®] clear

Oral Nutrition Supplements Preparation Guide



THICKENUP[®] Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

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PLEASE NOTE: Clear oral nutritional products including RESOURCE® Fruit Flavoured Beverage and RESOURCE® ULTRA Clear Fruit Flavoured Beverage are unable to be thickened.

IDDSI Framework

The International Dysphagia Diet Standardisation Initiative (IDDSI) framework is a global initiative, formed by a range of experts with the goal to develop global standardised terminology and descriptors to describe texture modified foods and thickened fluids, and improving the safety of patients with dysphagia.

The framework is a continuum of eight levels (0–7), which are identified by numbers, text labels and colour codes. IDDSI provides descriptors and testing methods for each level. For details, visit www.iddsi.org



© The International Dysphagia Diet Standardisation Initiative 2016
@<https://iddsi.org/framework/>

Oral Nutritional Supplements

Natural IDDSI levels of Nestlé Health Science oral nutritional supplements tested at room temperature (20-22°C). Some variation may occur in colder or warmer climates.

					
RESOURCE® Fruit Flavoured Beverage		RESOURCE® Protein		RESOURCE® Plus	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Orange* • Peach* • Wildberry*	0	• Vanilla • Coffee • Forest Fruits	1	• Vanilla • Chocolate • Strawberry	0
		• Chocolate	2		

					
RESOURCE® 2.0		RESOURCE® 2.0 + Fibre		RESOURCE® ULTRA Clear Fruit Flavoured Beverage	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Vanilla • Mocha	1	• Vanilla • Neutral • Strawberry • Apricot • Coffee	1	• Apple* • Orange*	0

					
RESOURCE® ULTRA+		NOVASOURCE® Renal		NUTREN® Diabetes Ready to Drink	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Strawberry • Coffee	2	• Vanilla	2	• Vanilla	1

					
SUSTAGEN® Ready to Drink		ISOSOURCE® 1.5 CAL		RESOURCE® Crema 2.0	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
• Vanilla • Dutch Chocolate	0	• Unflavoured	1	• Chocolate • Caramel • Vanilla	3

*Unable to be thickened.

IDDSI levels were evaluated in 2022 in accordance with the International Dysphagia Diet Standardisation Initiative (IDDSI) framework methodology (www.iddsi.org). Nestlé Health Science oral nutrition supplements have not been designed for dysphagia and levels may vary between batches and climate. Results are intended as a guide only and product suitability should be determined at the discretion of the healthcare professional.

Measurements



The “scoop” referred to in this Oral Nutrition Supplements Preparation Guide is the transparent scoop provided in the **THICKENUP® Clear** packaging (125g and 900g).

1 Transparent Scoop = 1.2g	1 Bulk Scoop = 12g
10 Transparent Scoops = 12g	OR 1 Bulk Scoop
20 Transparent Scoops = 24g	OR 2 Bulk Scoops
30 Transparent Scoops = 36g	OR 3 Bulk Scoops

The recipes provided in this resource are intended as a guide only. It is the responsibility of the person administering **THICKENUP® Clear** to ensure that the liquid is mixed to the appropriate consistency. Recipes have been developed to assist in accurate preparation of thickened fluids, however the end texture should always be assessed according to the IDDSI framework on page 3.

Where we have referred to the product as ‘Ready to drink’, IDDSI levels were independently evaluated in 2019 by The University of Queensland, School of Agriculture & Food Science in accordance with the IDDSI framework methodology. Results are intended as a guide only and product suitability should be determined at the discretion of the healthcare professional.

RESOURCE® Protein

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **THICKENUP® Clear** scoops into a clean, dry cup.
3. Add just enough **RESOURCE® Protein** liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining **RESOURCE® Protein** liquid to the cup, stirring well between additions.
5. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla, Forest Fruits and Coffee flavours		
Ready to drink [‡]	1 Transparent Scoop	3 Transparent Scoops
Chocolate flavour		
N/A	Ready to drink [‡]	2 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla, Forest Fruits, Coffee and Chocolate flavours	
8 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

[‡]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

RESOURCE[®] Plus

237mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **THICKENUP[®] Clear** scoops into a clean, dry cup.
3. Add just enough **RESOURCE[®] Plus** liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining **RESOURCE[®] Plus** liquid to the cup, stirring well between additions.
5. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Strawberry flavours		
1 Transparent Scoop	2 Transparent Scoops	4 Transparent Scoops
Chocolate flavour		
N/A	2 Transparent Scoops	4 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla, Strawberry and Chocolate flavours	
9 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

RESOURCE[®]

2.0

237mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **THICKENUP[®] Clear** scoops into a clean, dry cup.
3. Add just enough **RESOURCE[®] 2.0** liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining **RESOURCE[®] 2.0** liquid to the cup, stirring well between additions.
5. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Mocha flavours		
Ready to drink [†]	2 Transparent Scoops	4 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla and Mocha flavours	
9 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

[†]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

RESOURCE® 2.0 + Fibre

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **THICKENUP® Clear** scoops into a clean, dry cup.
3. Add just enough **RESOURCE® 2.0 + Fibre** liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining **RESOURCE® 2.0 + Fibre** liquid to the cup, stirring well between additions.
5. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla, Apricot, Strawberry, Coffee and Neutral flavours		
Ready to drink [†]	1 Transparent Scoop	3 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla, Apricot, Strawberry, Coffee and Neutral flavours	
9 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

[†]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

NOVASOURCE[®]

Renal

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **THICKENUP[®] Clear** scoops into a clean, dry cup.
3. Add just enough **NOVASOURCE[®] Renal** liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining **NOVASOURCE[®] Renal** liquid to the cup, stirring well between additions.
5. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
N/A	Ready to drink [†]	2 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla flavour	
7 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

[†]Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

NUTREN® Diabetes

210mL

Mixed with water



1. You will need 2 x 300mL capacity cup.
2. Prepare 210mL of **NUTREN® Diabetes** powder as per the can instructions in cup 1.
3. Place required number of **THICKENUP® Clear** scoops into the second 300mL capacity cup. Ensuring the cup is clean and dry.
4. Add just enough of the **NUTREN® Diabetes** premade liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **NUTREN® Diabetes** liquid to the cup, stirring well between additions.
6. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (~22°C). Some variations may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla flavour	
7 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

NUTREN®

Diabetes Ready to Drink

200mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **THICKENUP® Clear** scoops into the 300mL capacity cup. Ensuring the cup is clean and dry.
3. Add just enough **NUTREN® Diabetes Ready to Drink** liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining **NUTREN® Diabetes** liquid to the cup, stirring well between additions.
5. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (~22°C). Some variations may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
Ready to drink†	1 Transparent Scoop	2 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla flavour	
9 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

†Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

ISOSOURCE®

1.5 CAL

250mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of **THICKENUP® Clear** scoops into a clean, dry cup.
3. Add just enough **ISOSOURCE® 1.5 CAL** liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining **ISOSOURCE® 1.5 CAL** liquid to the cup, stirring well between additions.
5. **Wait 5 minutes (10 minutes for Level 4)**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Unflavoured		
Ready to drink†	2 Transparent Scoops	4 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Unflavoured	
9 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

†Ready to drink levels are evaluated as IDDSI compliant at room temperature (22°C). Some variation may occur in colder or warmer climates.

ARGINAIID®

200mL

Mixed with water



1. You will need 2 x 300mL capacity cups.
2. Prepare 200mL of **ARGINAIID®** as per packet instructions (cup 1).
3. Place required number of **THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **ARGINAIID®** liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **ARGINAIID®** liquid from cup 1 to cup 2, stirring well between additions.
6. **Wait 5 minutes**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Lemon and Orange flavours		
N/A	3 Transparent Scoops	4 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Lemon and Orange flavours	
7 Transparent Scoops	
Wait 5 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

SUSTAGEN[®]

Ready to Drink

250mL



1. You will need 1 x 300mL capacity cup.
2. Place required number of THICKENUP[®] Clear scoops into a clean, dry cup.
3. Add just enough SUSTAGEN[®] Ready to Drink liquid to cover powder in cup (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
4. Gradually add the remaining SUSTAGEN[®] Ready to Drink liquid to the cup, stirring well between additions.
5. Wait 5 minutes (10 minutes for Level 4), then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Dutch Chocolate flavours		
1 Transparent Scoop	2 Transparent Scoops	4 Transparent Scoops
Wait 5 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla and Dutch Chocolate flavours	
9 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

SUSTAGEN® Everyday

150mL

Mixed with reduced fat milk



1. You will need 2 x 300mL capacity cups.
2. Prepare 150mL of **SUSTAGEN® Everyday** as per can instructions (cup 1).
3. Place required number of **THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **SUSTAGEN® Everyday** liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **SUSTAGEN® Everyday** liquid from cup 1 to cup 2, stirring well between additions.
6. Wait 5-10 minutes, then stir and serve immediately.

Made with milk at chilled temperature (4°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Dutch Chocolate flavours		
1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops
Wait 5-10 minutes, then stir and serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
Vanilla and Dutch Chocolate flavours
6 Transparent Scoops
Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.

SUSTAGEN® Hospital Formula

200mL

Mixed with water



1. You will need 2 x 300mL capacity cups.
2. Prepare 200mL of **SUSTAGEN® Hospital Formula** as per can instructions (cup 1).
3. Place required number of **THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **SUSTAGEN® Hospital Formula** liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **SUSTAGEN® Hospital Formula** liquid from cup 1 to cup 2, stirring well between additions.
6. **Wait 5-10 minutes**, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
1 Transparent Scoop	2 Transparent Scoops	4 Transparent Scoops
Wait 5-10 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
7 Transparent Scoops	
Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

SUSTAGEN[®]

Hospital Formula

1 Litre

Mixed with water

1. You will need 2 x 2 litre capacity containers and a whisk.
2. Prepare 1 litre of **SUSTAGEN[®] Hospital Formula** as per can instructions (container 1).
3. Place required number of **THICKENUP[®] Clear** scoops into a separate, clean, dry container (container 2).
4. Add enough **SUSTAGEN[®] Hospital Formula** liquid from container 1 to cover powder in container 2 and whisk for approximately 20 seconds. While continuing to whisk, gradually add the remaining **SUSTAGEN[®] Hospital Formula** liquid from container 1 to container 2. Once all **SUSTAGEN[®] Hospital Formula** liquid has been added to container 2, continue to whisk for 40 seconds.
5. Wait 10 minutes, then stir and serve immediately.

Made at room temperature (22°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
5 Transparent Scoops	10 Transparent Scoops	14 Transparent Scoops
Wait 10 minutes, then stir and serve immediately.		
If refrigerating and serving after 4 hours, use:		
3 Transparent Scoops	4 Transparent Scoops	10 Transparent Scoops

IDDSI Framework	
Level 4 Extremely Thick	
32 Transparent Scoops	
Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	
If refrigerating and serving after 4 hours, use:	
30 Transparent Scoops	

SUSTAGEN® Hospital Formula

200mL

Mixed with reduced or full cream milk



1. You will need 2 x 300mL capacity cups.
2. Prepare a cup of **SUSTAGEN® Hospital Formula** as per can instructions (cup 1).
3. Place required number of **THICKENUP® Clear** scoops into a separate, clean, dry cup (cup 2).
4. Add just enough **SUSTAGEN® Hospital Formula** liquid from cup 1 to cover powder in cup 2 (~50mL) and stir for 10-20 seconds or until mixture starts to thicken.
5. Gradually add the remaining **SUSTAGEN® Hospital Formula** liquid from cup 1 to cup 2, stirring well between additions.
6. **Wait 5-10 minutes**, then stir and serve immediately.

Made with milk at chilled temperature (4°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
1 Transparent Scoop	2 Transparent Scoops	3 Transparent Scoops
Wait 5-10 minutes, then stir and serve immediately.		

IDDSI Framework	
Level 4 Extremely Thick	
5 Transparent Scoops	
Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.	

SUSTAGEN® Hospital Formula

1 Litre

Mixed with reduced or full cream milk

1. You will need 2 x 2 litre capacity containers and a whisk.
2. Prepare 1 litre of **SUSTAGEN® Hospital Formula** as per can instructions (container 1).
3. Place required number of **THICKENUP® Clear** scoops into a separate, clean, dry container (container 2).
4. Add enough **SUSTAGEN® Hospital Formula** liquid from container 1 to cover powder in container 2 and whisk for approximately 20 seconds. While continuing to whisk, gradually add the remaining **SUSTAGEN® Hospital Formula** liquid from container 1 to container 2. Once all **SUSTAGEN® Hospital Formula** liquid has been added to container 2, continue to whisk for 40 seconds.
5. Wait 5-10 minutes, then stir and serve immediately.

Made with milk at chilled temperature (4°C). Some variation may occur in colder or warmer climates.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
6 Transparent Scoops	10 Transparent Scoops	14 Transparent Scoops
Wait 5-10 minutes, then stir and serve immediately.		
If refrigerating and serving after 4 hours, use:		
1 Transparent Scoop	4 Transparent Scoops	10 Transparent Scoops

IDDSI Framework
Level 4 Extremely Thick
25 Transparent Scoops
Wait 5-10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.
If refrigerating and serving after 4 hours, use:
27 Transparent Scoops

THICKENUP®

Clear



Nutrition Information

Average Quantity	Units	Per 1.2g (1 Transparent Scoop)
Energy	kcal / kJ	3.7 / 15
Protein	g	0
Carbohydrate	g	0.74
- Sugars	g	0.02
Fat	g	0
Fibre	g	0.32
Sodium	mg	13
Potassium	mg	4.8

Ordering Information

Presentation	Units Per Case	Product Code
900g can	6 x 900g	12114005
125g can	12 x 125g	12132987



THICKENUP® Clear is a food for special medical purposes for the dietary management of people with swallowing difficulties. Must be used under medical supervision.

RESOURCE® Fruit Flavoured Beverage, RESOURCE® Protein, RESOURCE® Plus, RESOURCE® 2.0, RESOURCE® 2.0 + Fibre, RESOURCE® ULTRA Clear Fruit Flavoured Beverage, RESOURCE® ULTRA+, ISOSOURCE® 1.5 CAL and RESOURCE® Crema 2.0 are food for special medical purposes specifically formulated for medical conditions where nutritional needs cannot be met through diet modification alone. Must be used under medical supervision.

NOVASOURCE® Renal is a food for special medical purposes specifically formulated for the dietary management of people with renal disease whose nutritional intake may not be adequate. Must be used under medical supervision.

NUTREN® Diabetes is a food for special medical purposes specifically formulated for the dietary management of people with diabetes who cannot meet their nutritional needs through diet modification alone. Must be used under medical supervision. Suitable for use as a sole source of nutrition.

ARGINAID® is a food for special medical purposes specifically formulated with L-Arginine for the nutritional management of wounds. Must be used under medical supervision. Not suitable for use as a sole source of nutrition. Contains Phenylalanine.

SUSTAGEN® Ready to Drink and SUSTAGEN® are formulated supplementary foods which can be of assistance where dietary intakes of nutrients and energy may not be adequate. Consume as part of a varied and balanced diet and healthy lifestyle.

Nutritional supplements can only be of assistance where dietary intake is inadequate. Please seek advice on your individual dietary needs from an Accredited Practising Dietitian or your healthcare professional. SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.

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For more information call **1800 671 628**
or visit **www.nestlehealthscience.com.au**

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