

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



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@<https://iddsi.org/framework/>

Appendix 1

The Spoon Tilt Test is a method used to assess the stickiness and cohesiveness of foods, ensuring they meet the IDDSI standards for safe consumption by individuals with dysphagia.

<https://www.iddsi.org/videos/2-8-iddsi-spoon-tilt-test-level-4-extremely-thick>






For more information scan QR code

Oral Nutritional Supplements

Variation will occur under different climate conditions and care should be taken when thickening ONS. The IDDSI testing performed for these products was conducted between 24–26°C.







Follow preparation instructions closely and consume ONS immediately after preparation.

					
RESOURCE® Fruit Flavoured Beverage		RESOURCE® Protein		RESOURCE® Plus	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
<ul style="list-style-type: none"> • Orange* • Peach* • Wildberry* 	0	<ul style="list-style-type: none"> • Vanilla • Coffee • Forest Fruits 	1	<ul style="list-style-type: none"> • Vanilla • Chocolate† • Strawberry 	1
		<ul style="list-style-type: none"> • Chocolate 	2		

†Add 10mL water to reach Level 1 Slightly Thick.

					
RESOURCE® 2.0		RESOURCE® 2.0 + Fibre		RESOURCE® ULTRA Clear Fruit Flavoured Beverage	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
<ul style="list-style-type: none"> • Vanilla^ • Mocha^ 	1	<ul style="list-style-type: none"> • Vanilla • Neutral • Strawberry • Apricot • Coffee 	1	<ul style="list-style-type: none"> • Apple* • Orange* 	0

^Add 40mL water to reach Level 1 Slightly Thick.

					
RESOURCE® ULTRA+		NOVASOURCE® Renal		NUTREN® Diabetes Ready to Drink	
Flavour	IDDSI Level	Flavour	IDDSI Level	Flavour	IDDSI Level
<ul style="list-style-type: none"> • Strawberry • Coffee 		<ul style="list-style-type: none"> • Vanilla 		<ul style="list-style-type: none"> • Vanilla 	

			
SUSTAGEN® Ready to Drink		RESOURCE® Crema 2.0	
Flavour	IDDSI Level	Flavour	IDDSI Level
<ul style="list-style-type: none"> • Vanilla • Dutch Chocolate 		<ul style="list-style-type: none"> • Chocolate • Caramel • Vanilla 	

*Unable to be thickened.

IDDSI levels were evaluated in 2026 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 blue scoop provided in the **THICKENUP® Clear** packaging (125g and 900g).

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

The instructions 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. Instructions for thickening 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.

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.

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

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

[‡]Ready to drink levels are evaluated as IDDSI compliant.

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.

Product should be chilled at 5°C prior to thickening.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla flavour		
Ready to drink [‡]	2 Blue Scoops	8 Blue Scoops
Strawberry flavour		
Ready to drink [‡]	2 Blue Scoops	7 Blue Scoops
Chocolate flavour		
Add 10mL water	2 Blue Scoops	8 Blue Scoops
<p>Wait 5 minutes (Level 2) then stir and serve immediately. Wait 10 minutes (Level 3) then stir and serve immediately.</p>		

IDDSI Framework
Level 4 Extremely Thick
Vanilla, Strawberry and Chocolate^{††} flavours
14 Blue Scoops
<p>Wait 10 minutes, then stir and serve immediately. Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.</p>

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

[‡]Ready to drink levels are evaluated as IDDSI compliant.

^{††}Assess for stickiness upon consumption using Spoon Tilt Test. See Appendix 1 for more information.

RESOURCE[®]

2.0

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 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.

Product should be chilled at 5°C prior to thickening.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Vanilla and Mocha flavours		
Add 40mL water	2 Blue Scoops	9 Blue Scoops
<p>Wait 5 minutes (Level 2) then stir and serve immediately. Wait 10 minutes (Level 3) then stir and serve immediately.</p>		

IDDSI Framework	
Level 4 Extremely Thick	
Vanilla flavour ^{††}	
9 Blue Scoops	
Mocha flavour ^{††}	
14 Blue Scoops	
<p>Wait 20 minutes (Mocha) or 25 minutes (Vanilla), then stir and serve immediately.^{††} Level 4 Extremely Thick liquids are evaluated as IDDSI compliant based on Spoon/Fork Test.</p>	

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

^{††}Assess for stickiness upon consumption using Spoon Tilt Test. See Appendix 1 for more information.

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.

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

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

[‡]Ready to drink levels are evaluated as IDDSI compliant.

RESOURCE® ULTRA+

125mL



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® ULTRA+ 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® ULTRA+ liquid to the cup, stirring well between additions.

Product should be chilled at 5°C prior to thickening.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
Strawberry and Coffee flavours		
Add 40mL water	Ready to drink [‡]	3 Blue Scoops
Wait 5 minutes, then stir and serve immediately.		

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

[‡]Ready to drink levels are evaluated as IDDSI compliant.

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.

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

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

[‡]Ready to drink levels are evaluated as IDDSI compliant.

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.

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

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

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.

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

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

[‡]Ready to drink levels are evaluated as IDDSI compliant.

ARGINAIID®

200mL

Mixed with water



1. You will need 2 x 300mL capacity cups.
2. Prepare 200mL of ARGINAID® 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 ARGINAID® 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 ARGINAID® liquid from cup 1 to cup 2, stirring well between additions.

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

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

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.

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

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

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

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.

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

IDDSI Framework
Level 4 Extremely Thick
Vanilla and Dutch Chocolate flavours
6 Blue 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.

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

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.

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

IDDSI Framework
Level 4 Extremely Thick
7 Blue 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.

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

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.

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

IDDSI Framework
Level 4 Extremely Thick
32 Blue 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 Blue Scoops

Product made up at ambient room temperature (24–26°C). Some variation may occur in colder or warmer climates.

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.

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

IDDSI Framework
Level 4 Extremely Thick
5 Blue 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.

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

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.

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

IDDSI Framework
Level 4 Extremely Thick
25 Blue 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 Blue Scoops

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

MOVICOL®

125mL

Mixed with water

1. You will need 1 x 200mL capacity cup.
2. Prepare **MOVICOL®** as per instructions on pack[‡], then follow the directions below.
3. Place required number of **THICKENUP® Clear** scoops into a separate, clean, dry glass.
4. Add just enough of the prepared **MOVICOL®** solution to cover powder (~50mL).
5. Stir for 10–20 seconds or until mixture starts to thicken.
6. Pour remaining **MOVICOL®** solution into the glass.

IDDSI Framework		
Level 1 Slightly Thick	Level 2 Mildly Thick	Level 3 Moderately Thick
N/A	1 Blue Scoop	2 Blue Scoops
Wait 5–10 minutes, then stir and serve immediately.		

IDDSI Framework
Level 4 Extremely Thick
5 Blue 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.

[‡]1 sachet of MOVICOL® in 125mL of water. MOVICOL® Liquid Orange Concentrate can also be thickened once 25mL of concentrate is diluted to 125mL with water. MOVICOL® is a registered trademark of the Norgine group of companies.

THICKENUP[®]

Clear



Nutrition Information

Average Quantity	Units	Per 1.2g (1 Blue 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+ 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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