



INDIVIDUAL/SINGLE SERVE

1. Combine desired liquid and measured thickener while stirring with a whisk or fork for up to 30 seconds.
2. Allow up to 5 minutes for clear liquids to reach desired consistency.
3. Allow up to 15 minutes for dairy and supplements to reach desired consistency.

BULK

1. Prep a slurry – Pre-measure thickener in dry container. Add up to a 1/3 of supplement. Whisk for 15 seconds.
 2. Transfer slurry to blender* or tabletop mixer. Add remaining liquid to be thickened to the slurry.
 3. Mix at lowest speed for 5 minutes.
- * If using blender, pulse periodically to avoid bubbles.

CLEAR

Liquid	Volume of Liquid	Mildly Thick - Level 2	Moderately Thick - Level 3	Extremely Thick - Level 4
Dairy	125 ml	1 scoop (1.4 g, 4 ml)	2 scoops (2.8 g, 8 ml)	6 scoops (8.4 g, 24 ml)
Clear Liquid		1 scoop (1.4 g, 4 ml)	2 scoops (2.8 g, 8 ml)	9 scoops (12.6 g, 36 ml)
Dairy	250 ml	2 scoops (2.8 g, 8 ml)	4 scoops (5.6 g, 16 ml)	12 scoops (16.8 g, 48 ml)
Clear Liquid		2 scoops (2.8 g, 8 ml)	4 scoops (5.6 g, 16 ml)	17 scoops (23.8 g, 68 ml)
Dairy	1000 ml	5 scoops (7.5 g, 20 ml)	7 scoops (10 g, 28 ml)	14 scoops (20 g, 56 ml)
Clear Liquid		11 scoops (15 g, 44 ml)	19 scoops (27 g, 76 ml)	51 scoops (72 g, 204 ml)
Supplement	235 ml / 1 can	2 scoops (2.8 g, 8 ml)	2.5 scoops (3.5 g, 10 ml)	12 scoops (16.8 g, 48 ml)
	1410 ml / 6 cans	6 scoops (8 g, 24 ml)	13 scoops (18 g, 52 ml)	25 scoops (35 g, 100 ml)

Clear Liquid: Water, Juice, Tea, Coffee, Carbonated Beverage

Scoop included in tin

The BULK Supplement mixing chart meets IDDSI consistencies at refrigerated temperatures.

Description	Product Code	Case Pack	Case Yield	Shelf Life	Kosher	Lactose Free	Gluten Free
Thick & Easy® Clear Thickener tins	72488	12 / 126g	1080	3 years	Ⓢ	Y	Y
Thick & Easy® Clear Thickener bulk	72456	1 / 1.81 kg	1285	3 years	Ⓢ	Y	Y

Serving size	Calories	Fat	% DV	Saturated Fat	% DV	Trans fat	Cholesterol	Sodium	% DV	CHO	% DV	Dietary Fiber	% DV	Sugars	Protein	Vit A	Vit C	Calcium
1.4 g	5	0 g	0%	0 g	0%	0 g	0 mg	20 mg	1%	1 g	0%	0 g	0%	0 g	0 g	0%	0%	0%

Ingredients: Maltodextrin, Xanthan Gum, Carrageenan, Erythritol.



Intogreat Clinical support Lorraine Huza, RD – ON/MB/QC • lorraine@intogreat.ca • (514) 919-5876

Intogreat Clinical and HC Sales support Amanda Hunter, RN – BC/AB/SK Western Canada • amanda@intogreat.ca • (236) 998-3794



Freeman Signature Sales Support Team – ON/QC & Atlantic provinces • info@freemancan.com • 1-888-641-2040

