

Thick-It®

Safely enjoy your favourite foods and beverages at home or away. Convenient, resealable, and ready-to-drink, Thick-It® AquaCareH2O® bottled beverages are available in both nectar and honey consistencies. Thick-It® Clear Advantage™ mixes quickly and easily at any temperature to achieve your desired consistency.

Thickened Water

- No lemon flavor or artificial sweeteners
- Sugar-free
- Combines easily with powdered drink mixes



Thickened Coffee

- Made with a premium roast blend
- Sugar-free
- Regular or decaf
- Easily add powdered cream and sugar



Thickened Tea

- Made with a premium black tea
- Sugar-free
- Decaffeinated
- Easily add powdered sugar or sweetener



Thickened Juices

- Contain 100% fruit juice
- No added sugars or high fructose corn syrup
- Apple, cranberry, and orange



Recipes



Popsicles

Ingredients:

- Thick-It® AquaCareH2O® Beverages Thickened Water
- Powdered Drink Mix

Directions:

- Replace water in drink mix recipe with AquaCareH2O®
- Pour into popsicle molds or ice cube trays and freeze



Meal Replacement Shakes

Ingredients:

- Thick-It® AquaCareH2O® Beverages Thickened Water
- Powdered Shake Mix

Directions:

- Replace water in meal replacement shake recipe with AquaCareH2O®
- Mix as directed

Thick-It®

Nutrition Innovation for Dysphagia

Clear Advantage™ Food and Beverage Thickener

- Patented application
- Dissolves quickly to produce desired consistency
- Maintains stable viscosity in hot or cold foods and beverages
- Xanthan-based and gluten-free
- Available in single-serve packets



MIXING INSTRUCTIONS



1 Add Clear Advantage into empty glass. Follow the usage guide.



2 Add 118 mL of cold or hot liquid into glass, stirring as you pour.



3 Stir briskly with whisk, fork or spoon for 30 seconds to 1 minute.



4 Let stand and serve per your desired consistency listed above.

Find more information, recipes and resources, at thickit.com or call 1.800.333.0003. In Canada call: 1-866-210-9285

Thick-It®



Thirty years ago, Thick-It® was founded with one guiding purpose: to improve the lives of people with swallowing disorders. In 1987, we introduced the first commercially available food and beverage thickener for dysphagia, Thick-It® Original.

Today, we continue to lead the charge for more innovative, appealing dysphagia nutrition options with our xanthan-based solutions, Thick-It® Clear Advantage™ instant thickener and Thick-It® AquaCareH2O® ready-to-drink water, tea, coffee, and juices.

Safely enjoy the flavors of all your favourite homemade dishes and drinks—Thick-It Original, Thick-It Clear Advantage, and Thick-It AquaCareH2O won't alter the tastes you love. For additional simplicity and convenience, try our tasty and nourishing ready-to-serve beverages and food purees. Find recipes, resources, a store locator, and more about our complete line of dysphagia nutrition solutions at thickit.com.

Enjoy your favourites. Any time, at any temperature.

Thick-It Clear Advantage and Thick-It AquaCareH2O maintain your desired consistency over time, in any temperature. Use our bottled, thickened water or powdered thickener to prepare all your favorites.

Frozen Treats: Add powdered drink mix or fruit juice to Thick-It AquaCareH2O and freeze for a refreshing summer treat.

Hot Drinks: Add Thick-It AquaCareH2O to your favorite powdered cocoa or cappuccino mix, and stir up a soothing cup.

Soup: For a comforting lunch or dinner, replace the tap water used in preparing condensed soup with Thick-It AquaCareH2O thickened water.



Product

Thick-It® AquaCareH2O® Beverages

Product	Serving Size (mL)	Calories	Fat (g)	Sodium(mg)	Carbohydrate(g)	Protein(g)	Gluten-free
Water - Nectar Consistency	240	5	0	125	1	0	Y
Water - Honey Consistency	240	10	0	130	2	0	Y
Apple Juice - Nectar Consistency	240	130	0	70	31	0	Y
Apple Juice - Honey Consistency	240	130	0	90	32	0	Y
Cranberry Juice - Nectar Consistency	240	120	0	65	32	0	Y
Cranberry Juice - Honey Consistency	240	130	0	75	32	0	Y
Orange Juice - Nectar Consistency	240	120	0	70	28	0	Y
Orange Juice - Honey Consistency	240	120	0	85	29	0	Y
Regular Coffee - Nectar Consistency	240	10	0	135	2	0	Y
Regular Coffee - Honey Consistency	240	15	0	150	3	0	Y
Decaffeinated Coffee - Nectar Consistency	240	5	0	135	1	0	Y
Decaffeinated Coffee - Honey Consistency	240	10	0	150	2	0	Y
Decaffeinated Tea - Nectar Consistency	240	5	0	140	2	0	Y
Decaffeinated Tea - Honey Consistency	240	10	0	160	2	0	Y

Thick-It® Clear Advantage™ Food and Beverage Thickener*

Thick-It® Clear Advantage™	1.8g	5	0	25	1	0	Y
	*Based on nectar consistency						
Thick-It® Clear Advantage™	2.4g	10	0	35	2	0	Y

*Based on honey consistency

Specifications

Product	Size	Product Codes
Water - Nectar Consistency	1.89 L	B594-A5044
Water - Nectar Consistency	240 mL	B451-CN044
Apple Juice - Nectar Consistency	1.89 L	B523-A5044
Apple Juice - Nectar Consistency	240 mL	B455-CN044
Cranberry Juice - Nectar Consistency	1.89 L	B525-A5044
Cranberry Juice - Nectar Consistency	240 mL	B459-CN044
Orange Juice - Nectar Consistency	1.89 L	B522-A5044
Orange Juice - Nectar Consistency	240 mL	B476-CN044
Regular Coffee - Nectar Consistency	1.89 L	B596-A5044
Regular Coffee - Nectar Consistency	240 mL	B467-CN044
Water - Honey Consistency	1.89 L	B595-A5044
Water - Honey Consistency	240 mL	B453-CN044
Apple Juice - Honey Consistency	1.89 L	B521-A5044
Apple Juice - Honey Consistency	240 mL	B457-CN044
Cranberry Juice - Honey Consistency	1.89 L	B524-A5044
Cranberry Juice - Honey Consistency	240 mL	B461-CN044
Orange Juice - Honey Consistency	1.89 L	B520-A5044
Orange Juice - Honey Consistency	240 mL	B478-CN044
Regular Coffee - Honey Consistency	1.89 L	B597-A5044
Regular Coffee - Honey Consistency	240 mL	B471-CN044
Tea - Nectar Consistency	1.89 L	B629-CN044
Tea - Nectar Consistency	240 mL	B627-CN044
Tea - Honey Consistency	1.89 L	B630-CN044
Tea - Honey Consistency	240 mL	B628-CN044
Clear Advantage	113g	J610-D9800
Clear Advantage Single Serve Sticks - Nectar Consistency	1.8g	J611-MP800
Clear Advantage Single Serve Sticks - Honey Consistency	2.4g	J612-MP800



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First in care.**

