THICK & EASY® CLEAR

FRESENIUS KABI

DESCRIPTION
Thick & Easy Clear is a white powder consisting of maltodextrin, xanthan gum, carrageenan and erythritol.

PRESENTATION
Thick & Easy Clear is an instant food and beverage thickener. Gum based. Amylase resistant. Maintains the normal appearance of fluid, tasteless. Lactose and gluten free. Thick & Easy Clear is available in a 126g resealable tin.

CONTRA-INDICATIONS
FOR ENTERAL USE ONLY

NOT SUITABLE FOR CHILDREN UNDER 3 YEARS OF AGE

PRECAUTIONS
TO BE USED UNDER MEDICAL SUPERVISION

NOT SUITABLE AS A SOLE SOURCE OF NUTRITION

NOT INTENDED TO CONTRIBUTE SIGNIFICANTLY TO ENERGY INTAKE.

ENSURE ADEQUATE FLUID INTAKE.

PRODUCT CONTAINS FIBRE AND SODIUM, CONSIDER FOR OVERALL DIET.

INDICATIONS FOR USE
Food for Special Medical Purposes.
Thick & Easy Clear is for the dietary management of patients with dysphagia.
Prescribable on FP10/GP10 for the thickening of food and drinks in dysphagia.

DIRECTIONS FOR USE
1. Using the scoop in the tin, add recommended number of level scoop(s)~ of powder into an empty dry glass
2. Add 200ml of desired liquid to the glass, stir briskly with a whisk or fork until dissolved
3. Stand for 2-3 minutes.
4. For best results, do not stir into drinks >70°C. Let hot drinks cool down if necessary.

Thickening larger quantities: Drinks thickened with Thick & Easy Clear will remain stable for up to 24 hours.

Freezing: Thick & Easy Clear is freeze-thaw stable and can be stored for as long as the food or liquid that is thickened can be preserved.

To thicken puréed foods: Add Thick & Easy Clear until the desired consistency is achieved.

~ Quantities are a guideline only, actual amounts should be advised by a speech and language therapist or healthcare professional. For more information, and detailed mixing instructions, please visit www.dysphagia.org.uk

GUIDELINES FOR USE Per 200ml	LEVEL 1*	LEVEL 2*	LEVEL 3*	LEVEL 4*
LIQUIDS	1 scoop	2 scoops	3 scoops	6 scoops

1 scoop = approx. 1.4g
1 tin = 90 scoops

*International Dysphagia Diet Standardisation Initiative (IDDSI) www.iddsi.org

Date of Preparation: February 2026

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STORAGE
Store dry and at room temperature in a relatively odour free environment.

PACK SIZE AND ORDER CODE
12 x 126g resealable tin **ORDER CODE:** 7195401

SHELF LIFE
Thick & Easy Clear has a shelf life of 3 years from the date of manufacture. Once opened use within 2 years. Reseal after opening.

ENERGY DISTRIBUTION
Protein 1.22% Fat 0.3% Carbohydrate 77.55% Fibre 21.22%

INGREDIENT LIST
Maltodextrin, xanthan gum, carrageenan, erythritol.

NUTRITIONAL COMPOSITION	Per 100g	Per scoop 1.4g
ENERGY kcal (kJ)	291.1 (1221.3)	4.08 (17.1)
PROTEIN g	0.9	0.01
CARBOHYDRATE g	57	0.8
Of which sugars g	1.8	0.03
Of which lactose g	<0.03	0
FAT g	<0.1	<0.01
Of which saturated fatty acids g	<0.1	<0.01
FIBRE g	31.2	0.44
SALT g	3.36	0.047

MINERALS AND TRACE ELEMENTS	Per 100g	Per scoop 1.4g
SODIUM mg (mmol)	1344 (58.4)	19 (0.8)
POTASSIUM mg (mmol)	449 (11.5)	6 (0.15)
CHLORIDE mg (mmol)	0	0
CALCIUM mg (mmol)	11 (0.28)	0.15 (0.004)
PHOSPHORUS mg (mmol)	21 (0.68)	0.29 (0.01)
MAGNESIUM mg (mmol)	23 (0.95)	0.32 (0.01)