

Product Name:	Instant THICK				
Category:	Food for Special Medical Purposes (FSANZ Standard 2.9.5)				
IDDSI level:	2, 3 & 4				
Serve Size:	170mL – 190mL				
Product Code:	IT100	100 g Can	ITS 150	50 x 1.7 g Sachets	
	IT675	675 g Tin	ITS 400	25 x 3.4 g Sachets	
	IT175	1.75 Kg Pail	ITS 900	15 x 6.3 g Sachets	
Description:	A cream coloured, free flowing powder specifically formulated to provide superior dispersibility and fast hydration in multiple media. Consists of xanthan gum agglomerated with maltodextrin and sorbitol, which performs with a high degree of clarity and transparency.				
Claims:	Gluten Free		Nut Free		Low Sugar
	Soy Free		One scoop or sachet per serve		Dissolves Clear
	Dairy Free		No added colours or flavours or Preservatives		Amylase Resistant
	Lactose Free		Taste-free to improve hydration		Ergonomic Scoops
On Pack Claims:	Dissolves clear		One scoop or sachet per serve		Nut Free
	Gluten free		Taste free to improve hydration		Dairy Free
Typical Analysis:	Bulk Density (untapped)		0.34 – 0.38 g/mL		
	Viscosity (in tap water 2 minutes after mixing):		Bostwick Consistometer /30 sec		
			2 – Mildly Thick	16 – 20 cm	
			3 – Moderately Thick	9 – 12 cm	
			4 – Extremely Thick	4 – 7 cm	
	Thickness:		IDDSI Flow Test		
			1 – Slightly Thick	1 – 4 mL	
			2 – Mildly Thick	4 – 8 mL	
			3 – Moderately Thick	8 – 9.9 mL	
			IDDSI Spoon-Tilt Test		
			4 – Extremely Thick	Holds shape	
	Net Scoop Weights:		Weight range		
			Level 1 – 0.8 – 1.1 g	(Target 1 g)	
			Level 2 – 1.5 – 2.0 g	(Target 1.7 g)	
			Level 3 – 3.2 – 4.0 g	(Target 3.4 g)	
			Level 4 – 6.2 – 8.0 g	(Target 6.3 g)	
	Net Sachets Weights		Level 2 Sachet	1.8 – 2.0 g	
			Level 3 Sachet	3.5 – 4.0 g	
			Level 4 Sachet	6.4 – 7.0 g	
	Visual Inspection:		Granular, free flowing and with no extraneous matter		
	Dispersibility:		Easily dispersed with minimal lump formation		
	Organoleptic:		Free from off flavours and odours.		
	Microbiological:		B. Cereus	<500 cfu/g	
			E. coli	<3 / g	
			Salmonella	Absent in 25 g	

Document Author:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B.Brown	J.Gooch	040-PDC-05-TIF	15	1/02/2024	Page 1 of 6
Printed documents are Not Controlled. Refer to QMS for most current version.					

Country of origin: Packed in Australia from imported ingredients.

Shelf Life:
IT100: 24 months.
IT675: 24 months.
IT175: 18 months.
ITS 150: 18 months.
ITS 400: 18 months.
ITS 900: 18 months.

Storage: **Cans and Pail – IT100, IT675, IT175:**
 Store in a cool, dry place out of direct sunlight. Replace lid securely after use. Scoops must be clean and dry before use. Once prepared, handle and store according to Food Safety protocols. Cover and refrigerate between serving. Discard leftover food and drinks after 24 hours. '2 hour/4-hour rule' recommended.

Sachets - Level 2 - Level 3 - Level 4:

Store in a cool, dry place out of direct sunlight. Once prepared, handle and store according to Food Safety Protocols. Cover and refrigerate between serving. Discard leftover food and drinks after 24 hours. '2-hour /4-hour rule' recommended.

Directions for use: **Cans - IT100 and IT675:**

Single Serve

1. Measure 170-190mL of fluid*.
2. Whilst stirring, add Instant THICK as per the Dosage Guide. Stir until fully dissolved.
3. Allow to stand for 2-5 minutes. Re-stir until desired consistency is reached before serving.

Use a flat straight edge to level the powder.

Sachets– ITS 150 (Level 2), ITS400 (Level 3) and ITS900 (Level 4):

Single Serve

1. Measure 170-190mL of fluid*.
2. Whilst stirring, add contents of one instant THICK sachet. Stir until fully dissolved.
3. Allow to stand for 2-5 minutes. Re-stir until desired consistency is reached before serving.

Pail - IT175:

Single Serve

1. Measure 170-190mL of fluid*.
2. Whilst stirring, add Instant THICK as per the Dosage Guide. Stir until fully dissolved.
3. Allow to stand for 2-5 minutes. Re-stir until desired consistency is reached before serving.

Use a flat straight edge to level the powder.

Bulk Serve

For larger volumes (500mL and over) a mechanical device such as a stick mixer is recommended

1. Measure the required amount of fluid and Instant THICK as per Dosage Guide (see below).
2. With the stick mixer on low, add Instant THICK to the fluid and blend until desired consistency is reached. To prevent aeration, do not break the surface of the fluid while the mixer is running.
3. Ready to Serve.

Use a flat straight edge to level the powder.

*For Hot Beverages, we recommend 170mL of fluid. Temperature must not exceed 60°C when served, for consumer safety and comfort.

For more drink recipes refer to the Mixing Guides at FlavourCreations.com.au

Extra information for mixing guide:

Document Author:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B.Brown	J.Gooch	040-PDC-05-TIF	15	1/02/2024	Page 2 of 6
Printed documents are Not Controlled. Refer to QMS for most current version.					

*For milk, allow to stand for 10 minutes, then re-stir before serving.

Document Author:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B.Brown	J.Gooch	040-PDC-05-TIF	15	1/02/2024	Page 3 of 6
Printed documents are Not Controlled. Refer to QMS for most current version.					

Ingredient Declaration: Maltodextrin (from Corn), Thickener (Xanthan gum), Sorbitol.

Servings per Package:

	Level 1 - Slightly Thick	Level 2 - Mildly Thick	Level 3 - Moderately Thick	Level 4 - Extremely Thick
IT100	100	58	29	15
IT675	675	397	198	107
IT175	1750	1029	514	277
ITS 150	-	50	-	-
ITS 400	-	-	25	-
ITS 900	-	-	-	15

Dosage Guide:

Amount of Fluid	Level 1 - Slightly Thick	Level 2 - Mildly Thick	Level 3 - Moderately Thick	Level 4 - Extremely Thick
170 – 190 mL	1 x Level 1 Scoop	1 x Level 2 Scoop	1 x Level 3 Scoop	1 x Level 4 Scoop
500 mL	1/2 tbsp	1 tbsp	1/8 Metric cup	1/4 Metric cup
1 L – 1.2 L	1 tbsp	1/8 Metric cup	1/4 Metric cup	1/2 Metric cup

Kosher Status: Certified

Halal Status: Certified

GMO Status: These products comply with the FSANZ Code Standard 1.5.2 and have been produced without the aid of genetic modification techniques, directly or indirectly, as defined in the code.

Nutrition Information (Average Quantity):

	Units	Average quantity per serving				Average quantity per 100g
		Level 1 - Slightly Thick	Level 2 - Mildly Thick	Level 3 - Moderately Thick	Level 4 - Extremely Thick	
Serving size	g	1	1.7	3.4	6.3	-
Energy	kJ	15	25	51	94	1490
	kcal	4	6	12	23	358
Protein	g	0	0	0	0.1	1.3
- gluten	mg	Not Detected	Not Detected	Not Detected	Not Detected	Not Detected
Fat, total	g	0	0	0	0	0.1
- saturated	g	0	0	0	0	0
- trans	g	0	0	0	0	0
Cholesterol	mg	0	0	0	0	0
Carbohydrate	g	0.6	1.0	2.0	3.8	59.6
- sugars	g	0	0.1	0.1	0.2	3.5
- lactose	g	0	0	0	0	0
- galactose	g	0	0	0	0	0
Dietary fibre	g	0.3	0.5	1.0	1.8	28.2
Sodium	mg	12	21	42	77	1220
Potassium	mg	2	3	6	12	185
Phosphorus	mg	0	1	2	4	56

Document Author:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B.Brown	J.Gooch	040-PDC-05-TIF	15	1/02/2024	Page 4 of 6
Printed documents are Not Controlled. Refer to QMS for most current version.					

FSANZ - Labelling: Complies with FSANZ Code Part 1.2 - Product Name & Code, Weight, Flavour, Best Before, Batch Number, Contact details, Quantity per carton.

Packaging:

Product	Type		Pack Size & Weight
IT100	Primary	Pre-printed cardboard- foil composite can with clear plastic lid	100g net
	Primary	4 in 1 scoop	
	Secondary	Pre-printed cardboard carton	10 x 100g (1kg) net
IT675	Primary	Pre-printed tin can with clear plastic lid	675g net
	Primary	4 in 1 scoop	
	Secondary	Plain cardboard carton with sticker label	6 x 675g (4.05kg) net
IT175	Primary	Pre-printed plastic pail with easy open lid	1.75kg net
	Primary	4 in 1 scoop	
ITS 150	Primary	Food grade, PET - metal -LDPE Laminated rewind Pre-printed sachet	50 x 1.7 g (85g) net
	Secondary	Pre-printed cardboard sachet box	
ITS 400	Primary	Food grade, PET - metal -LDPE Laminated rewind Pre-printed sachet	25 x 3.4 g (85g) net
	Secondary	Pre-printed cardboard sachet box	
ITS 900	Primary	Food grade, PET - metal -LDPE Laminated rewind Pre-printed sachet	15 x 6.3 g (94.5g) net
	Secondary	Pre-printed cardboard sachet box	

Allergens: Allergen Free.

Mandatory Warnings: Food for special medical purposes. Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. For oral consumption only. Not suitable as a sole source of nutrition. Not suitable for children under 1 year of age.

Additional information: Flavour Creations is a gluten and nut free manufacturing environment.

Document Author:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B.Brown	J.Gooch	040-PDC-05-TIF	15	1/02/2024	Page 5 of 6
Printed documents are Not Controlled. Refer to QMS for most current version.					

Allergen	Name of Allergen	Direct Ingredient		Cross Contamination	
		Yes	No	Yes	No
Cereals containing Gluten	N/A		X		X
Crustaceans and products their of	N/A		X		X
Eggs and products their of	N/A		X		X
Fish and products their of	N/A		X		X
Peanuts and products their of	N/A		X		X
Soybeans and products their of	N/A		X		X
Milk and products their of	N/A		X		X
Sesame seeds and products their of	N/A		X		X
Tree nuts and products their of	N/A		X		X
Sulphur dioxide and sulphites	N/A		X		X
Lupin and products their of	N/A		X		X
Molluscs and products their of	N/A		X		X
Celery and products their of	N/A		X		X
Mustard and products their of	N/A		X		X

Information in this specification is accurate and reliable to the best of our knowledge and is offered in good faith to the benefit of the consumer. It is the users obligation to determine the safe use of the product for its own applications or suitability for use since the conditions of use, handling, storage and disposal are beyond the suppliers control. The supplier does not guarantee against any risk of use liability or patent infringement.

Document Author:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B.Brown	J.Gooch	040-PDC-05-TIF	15	1/02/2024	Page 6 of 6
Printed documents are Not Controlled. Refer to QMS for most current version.					