

**Product Name:** Thickened Water

**Category:** Food for Special Medical Purposes (FSANZ Standard 2.9.5)

**IDDSI level:** 2, 3 & 4

**Serve Size:** 175mL

**Suggested Serving** 6°C – Ambient

**Temperature:**

<b>Product Code:</b>	<b>24 Pack</b>	 WATER 1/24  WATER 2/24  WATER 3/24  WATER 4/24	<b>12 Pack</b>	 WATER 1/12  WATER 2/12  WATER 3/12  WATER 4/12

**Description:** Water thickened to a range of predetermined viscosities with vegetable gums. Smooth free flowing drinks which have been acidified and pasteurised for preservation.

<b>Claims:</b>	Gluten Free	Nut Free	Low Sodium
	Soy Free	Fat Free	GMO Free
	Dairy / Lactose Free	No Artificial Colours & Flavours	Vegetarian suitable
	Amylase Resistant		

<b>On Pack Claims:</b>	Gluten and Nut Free	No Artificial Colours & Flavours	Low Sodium
	Amylase Resistant	Clear Fluid	

<b>Typical Analysis:</b>	<b>Organoleptic:</b>	Free from off flavours and odours		
	<b>Cup Volume:</b>	175mL		
	<b>pH:</b>	4.1 – 4.5 @ 19 – 23°C		
	<b>Viscosity:</b>	<b>Bostwick Consistometer @ 19 – 23°C</b>		
		1 – Slightly Thick	>24cm/30secs	
		2 – Mildly Thick	17.5 – 20.5 cm	
		3 – Moderately Thick	9 – 12 cm	
		4 – Extremely Thick	3.5 – 6.5 cm	
	<b>Thickness:</b>	<b>IDDSI Flow Test</b>		
		1 – Slightly Thick	1 – 4 mL	
		2 – Mildly Thick	4 – 8 mL	
		3 – Moderately Thick	8 – 9.9 mL	
		<b>IDDSI Spoon-Tilt Test</b>		
		4 – Extremely Thick	Holds shape	
		<b>IDDSI Fork Drip Test</b>		
		3 – Moderately Thick	Drips slowly or in dollops/strands through the tines/prongs of a fork	
		4 – Extremely Thick	Sits in mound or pile above the fork (a small amount may flow through and form a short tail below the fork). Does not dollop, flow or drip continuously through fork.	
	<b>Microbiological:</b>	Standard Plate Count <1,000 cfu/g		

**Country of origin:** WATER 1: Made in Australia from at least 99% Australian ingredients

WATER 2: Made in Australia from at least 99% Australian ingredients

WATER 3: Made in Australia from at least 98% Australian ingredients

WATER 4: Made in Australia from at least 97% Australian ingredients

Issued by:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B. Brown	Head of RDI	015-PDC-05-TIF	17	4/03/2025	Page 1 of 3
Printed documents are Not Controlled. Refer to QMS for most current version.					

<b>Shelf Life:</b>	12 months Shelf life is from date of manufacture when stored according to recommended conditions.
<b>Storage:</b>	<p><b>Expanded statement:</b> Store in a cool, dry place out of direct sunlight. Once opened, cover and refrigerate between serving. Discard leftover product after 24 hours. Food and drinks should be handled and stored according to Food Safety protocols. Flavour Creations recommends use of the '2 hour/4 hour rule' for serving vulnerable persons.</p> <p><b>Abridged statement:</b> Store in a cool, dry place out of direct sunlight. Once opened, cover and refrigerate between serving. Discard leftover product after 24 hours. '2-hour/4-hour' rule recommended.</p>
<b>Ingredient Declaration:</b>	<p><b>Level 1:</b> Water, Sugar, Thickener (415), Preservative (200), Acidity Regulator (338).</p> <p><b>Level 2:</b> Water, Sugar, Thickeners (415, 417), Acidity Regulator (338), Preservative (200).</p> <p><b>Level 3:</b> Water, Sugar, Thickeners (415, 417), Acidity Regulator (338), Preservative (200).</p> <p><b>Level 4:</b> Water, Thickeners (415, 417), Sugar, Acidity Regulator (338), Preservative (200).</p>
<b>Servings per Package:</b>	1
<b>Kosher Status:</b>	Certified
<b>Halal Status:</b>	Certified
<b>GMO Status:</b>	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):**

Serving Size: 175mL Servings Per Package: 1	Units	Level 1		Level 2		Level 3		Level 4	
		per serve	per 100mL						
Energy	kJ	35	20	46	26	55	32	86	49
	kcal	8	5	11	6	13	8	21	12
Protein	g	0	0	0	0	0.1	0	0.1	0.1
- gluten	mg	Not Detected		Not Detected		Not Detected		Not Detected	
Fat, total	g	0	0	0	0	0	0	0	0
- saturated	g	0	0	0	0	0	0	0	0
- trans	g	0	0	0	0	0	0	0	0
Cholesterol	mg	0	0	0	0	0	0	0	0
Carbohydrate	g	1.8	1.0	2.2	1.3	2.4	1.4	3.2	1.8
- sugars	g	1.8	1.0	2.1	1.2	2.3	1.3	3.1	1.8
- lactose	g	0	0	0	0	0	0	0	0
- galactose	g	0	0	0	0	0	0	0	0
Dietary fibre	g	0.5	0.3	1.0	0.6	1.7	1.0	3.8	2.2
Sodium	mg	31	18	56	32	89	51	186	106
Potassium	mg	5	3	8	5	14	8	29	17
Moisture	g	173	99	173	99	172	99	169	97

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

Issued by:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B. Brown	Head of RDI	015-PDC-05-TIF	17	4/03/2025	Page 2 of 3
Printed documents are Not Controlled. Refer to QMS for most current version.					

**Packaging:**

Product	Type		Pack Size & Weight	
<b>24 Pack</b> WATER 1/24 WATER 2/24 WATER 3/24 WATER 4/24	Primary	Dysphagia Cup	1x175mL	
		Pre-printed foil	-	-
<b>12 pack</b> WATER 1/12 WATER 2/12 WATER 3/12 WATER 4/12	Primary	Carton	24x175mL (4.2L)	
		Dysphagia Cup	1x175mL	
	Secondary	Pre-printed foil	-	-
		Carton	12x175mL (2.1L)	

**Allergens:**

Allergen Free.

**Mandatory Warnings:**

Food for special medical purposes. Thickened 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:** High in available water for the dietary management of dehydration.

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.

Issued by:	Controlled By:	Document #:	Version #:	Issue Date:	Page:
B. Brown	Head of RDI	015-PDC-05-TIF	17	4/03/2025	Page 3 of 3
<b>Printed documents are Not Controlled. Refer to QMS for most current version.</b>					