



# Multi-thick

## Powdered instant thickener

### PRESENTATION

- Presented in 250 g tins with a scoop and resealable lid.
- Powdered starch for use in foods and fluids.

### USES

Food for Special Medical Purposes, for use under medical supervision.  
For oral use as a food and fluid thickener.

### COMMUNITY USE—PRESCRIPTIONS

Can be prescribed on a FP10 (GP10 in Scotland) for the following indication:

- Thickening of foods and fluids in dysphagia.

All prescriptions should be endorsed ACBS (Advisory Committee on Borderline Substances).

### PRECAUTIONS

- Please consult a healthcare professional for advice on the amount of Multi-thick required to thicken food and fluids to the appropriate consistency.
- Multi-thick is intended for use as a food and fluid thickener only and is not intended to contribute significantly to nutritional intake.

### CONTRA-INDICATIONS

- Not for parenteral (intravenous) use.
- Not intended for use in children under 3 years of age.

### STORAGE

- Store unopened at room temperature.
- Opened tins should be resealed using the lid provided and stored in a cool, dry place (not in the refrigerator).
- Use within 6 weeks of opening.
- If not used promptly after mixing with liquids or food, cover, refrigerate and use within 24 hours.

### DIRECTIONS FOR USE

- Use the enclosed scoop to add the required amount of thickener.
- Multi-thick may be mixed directly into prepared foods such as cold and warm drinks, puréed foods, mashed potatoes or sip feeds (oral nutritional supplements).
- For best results, sprinkle the desired amount of powder onto the food or drink and stir briskly with a fork or whisk until fully mixed.
- For thickening sip feeds (oral nutritional supplements) use a whisk or shaker to mix and allow to stand for 5 minutes before use.

### PREPARATION GUIDE

- Level scoop contains 2.7 g powder. The scoop included has a capacity of 8.9 ml.
- 1 can contains approximately 90 scoops.

Number of scoops recommended to thicken 100 ml liquid or 100 g puréed foods (approximate):

Product to thicken	Stage 1: Syrup thickness (300 ± 125 cpu)	Stage 2: Custard thickness (1400 ± 700 cpu)	Stage 3: Pudding thickness (> 2500 cpu)
Cold and warm drinks, soup	1.5	2 - 2.5	2.5 - 3.5
Nutritional supplements (e.g. Ensure Plus)	1 - 1.5	2 - 2.5	4 - 5
Puréed foods	-	-	1
Puréed fruit	-	-	3

These instructions are intended only as a guide. The quantity of Multi-thick required will vary depending on the temperature or thickness of the product to be thickened.

N.B. Centipoise (cpu or cP) is the SI unit for dynamic viscosity.

### INGREDIENTS

Modified maize starch (E1442) (contains sulphur dioxide).

### GENERAL INFORMATION

Energy density 3.7 kcal/g

Energy distribution:

Protein	0.42%
Carbohydrate	99.3%
Fat	0.27%

Renal solute load not applicable

Osmolarity not applicable

Osmolality not applicable

Gluten free? ✓

Clinically lactose free? ✓

Milk free? ✓

Suitable for vegetarians? ✓

For suitability for other diets and free-from information, please contact the Freephone Nutrition Helpline on 0800 252882.



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### NUTRITION INFORMATION

	units	per 100 g
Energy	kJ	1556
	kcal	366
Protein (nitrogen)	g	0.38 (0.06)
Carbohydrate	g	90.9
- of which sugars	g	trace
Fat	g	0.11
- of which saturates	g	trace
Fibre	g	0
- of which FOS	g	0
Sodium	mg (mmol)	160 (6.96)

### CARBOHYDRATES

	% total	g/100 g
Carbohydrate source		
Modified maize starch	100 %	100

### PROTEIN & AMINO ACIDS

Multi-thick contains only traces of protein and amino acids.

### FAT & FATTY ACIDS

Multi-thick only contains traces of fat and fatty acids

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