



NEW LIQUID THICKENER

Ready in 30-seconds

Instant food and drink thickener for dysphagia management



Available Now
Speak with your Account Manager today!



Food for special medical purposes. Use under medical supervision. For oral consumption only. Not suitable for children under 3 years of age. For full product information, visit flavourcreations.com.au or call 07 3373 3000.

instant THICK Liquid

Backed by over 27 Years in Dysphagia Nutrition

Introducing instant THICK Liquid, Flavour Creations' new liquid thickener.

With over 27 years of experience in nutrition for dysphagia, instant THICK Liquid features a unique blend of xanthan and tara gum that is smooth and taste-free.

With no artificial colours and flavours, instant THICK Liquid thickens hot or cold drinks, food, alcoholic beverages, and medical solutions, ensuring compliance with every IDDSI Level.

The convenient pump bottle provides accurate dosing and allows for easy thickening of individual servings, supporting hydration and nutrition for individuals with dysphagia.

instant THICK Liquid is available now!



Supporting Choice, Nutrition and Safety!



Amylase Resistant

A patented formula that is resistant to salivary amylase for a safe swallow.



Accurate Dosing

Pump dispenser delivers an accurate dose every time.



IDDSI Compliant

Consistent dosing guide for each IDDSI level.



Fast Acting

The unique gum blend thickens drinks in 30 seconds.



Less Fibre

Lower fibre* to support hydration and nutritional intake after thickening.



For Food & Drinks

Use in cold and hot drinks, supplements, soups and more.



Neutral Flavour

Taste-free to support individual dietary preferences.



Stability Over Time

Once thickened food and drinks remains stable for 24-hours.

Suitable Diets

instant THICK Liquid is taste-free and designed to thicken liquids to suit individual preferences, and for use from 3 years old.



- ✔ **Texture Modified Diets**
- ✔ **Gluten Free**
- ✔ **Dairy Free**
- ✔ **Lactose Free**
- ✔ **Nut Free**
- ✔ **Soy Free**
- ✔ **Kosher Certified**
- ✔ **Halal Certified**
- ✔ **Vegetarian & Vegan**
- ✔ **Low Sodium**

NUTRITION INFORMATION (Average Quantity)

	Units	Per Serve (1 Pump)	Per 100mL
Serving size	mL	4.6	-
Servings per pack	-	206	-
Energy			
	kJ	20	423
	kcal	5	102
Protein	g	Less than 0.1	0.4
- gluten	mg	Not Detected	Not Detected
Fat, total	g	0	0
- saturated	g	0	0
- trans	g	0	0
Cholesterol	mg	0	0
Carbohydrate	g	0.8	17.2
- sugars	g	0	0
- lactose	g	0	0
- galactose	g	0	0
Dietary fibre	g	0.7	14.5
Sodium	mg	4	92
Potassium	mg	7	146
Phosphorus	mg	Less than 0.1	0.8

INGREDIENTS

Water, Glycerine, Emulsifiers (414, 435), Thickeners (415, 417), Acidity Regulator (338), Preservatives (202, 211), Stabiliser (509).



Performance you can count on

instant THICK Liquid is a must-have for any aged care, hospital or home.

It's easy to use and provides accurate dosing, ensuring you can create thickened food and drinks every time.

Thicken food and drinks to IDDSI Levels 1 to 4.



Easy 3-Step Mixing Guide

Fast and safe, instant THICK Liquid is easy to use with our IDDSI-compliant dosing pump. Thicken hot and cold drinks with confidence in just 30-seconds!

Mixing Method		
<p>1</p> <p>Measure cold or hot liquid as per Dosage Guide.</p>	<p>2</p> <p>Add instant THICK Liquid as per Dosage Guide.</p>	<p>3</p> <p>Stir for 30 seconds and serve[^].</p>

Single Serve Dosage Guide		
IDDSI Level	* Cold 175mL	Hot 150mL
1 SLIGHTLY THICK	1 Pump	1 Pump
2 MILDLY THICK	2 Pumps	2 Pumps
3 MODERATELY THICK	4 Pumps	4 Pumps
4 EXTREMELY THICK	8 Pumps	8 Pumps

[^]Temperature must not exceed 55°C when served, for consumer safety and comfort.

Scan for Mixing Guides

Less Fibre, More Nutrition

instant THICK Liquid was purposefully designed to provide over **27% less fibre*** per mL once thickened, supporting the hydration and nutrition of individuals living with dysphagia.

While fibre is important for gut health, the fibre content in liquid thickeners can influence feelings of satiety, hunger, and appetite.

For people consuming thickened products, this may result in decreased motivation to consume enough food and drinks to meet their nutritional needs.

By containing less fibre, instant THICK Liquid supports a food-first approach to nutrition.

*Water thickened using instant THICK Liquid Single Serve is compared to other single-serve liquid thickeners available in Australia. The fibre amount is based on average quantity per serve.

1.6L of Mildly Thick cold drink per day	MEN	WOMEN	
	30g	25g	
Total Fibre*	% Fibre RDI	% Fibre RDI	
instant THICK Liquid	12.8g	43%	51%
Competitor A	17.6g	59%	70%
Competitor B	23.4g	78%	94%

RDI: Recommended Dietary Intake



CHOOSE CONFIDENCE IN EVERY INSTANT

More choice with the instant THICK product range.



instant THICK Powder Sachets

instant THICK Powder 100g

instant THICK Liquid 950mL

instant THICK Powder 675g

instant THICK Powder 1.75kg