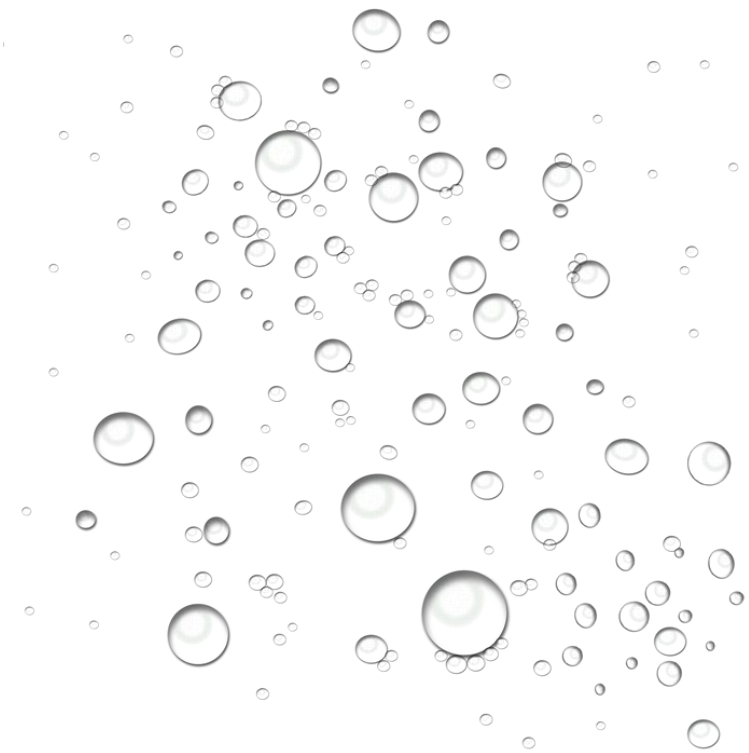
Nestlé Health Science

ThickenUP® clear

Frequently Asked Questions

Patients & caregivers



Content

1. Product and composition

1. What is ThickenUp® Clear (TUC)?

ThickenUp® Clear is a nutritionally incomplete food for special medical purposes (FSMP) with a nutrient-adapted formulation specific for a disease, disorder or medical condition which is not suitable to be used as the sole source of nourishment.
ThickenUp® Clear is a xanthan gum based powdered instant food and drink thickener, intended for the dietary management of patients with difficulties to swallow, to be used under medical supervision.

2. What are the ingredients in ThickenUp® Clear?

ThickenUp® Clear contains: Maltodextrin, Xanthan Gum and Potassium Chloride

3. What is Xanthan Gum?

Xanthan gum is a gum polysaccharide produced from the fermentation of sugars by the bacterium *Xanthomonas campestris*. Xanthan gum is commonly used as a food additive and has the ability to increase the viscosity and enhance the texture of food items.

4. What is the source of xanthan gum?

The source of Xanthan gum is a natural gum polysaccharide produced by the fermentation of sugars by the bacterium Xanthomonas campestris.

5. Is Xanthan gum safe?

Yes, Xanthan gum is a gum that is commonly used as a thickening agent in food. It is also used as a stabilizer, emulsifier and as a replacement for gluten. Xanthan gum (E415) is accepted by the European Commission (EC) since 1980 as an additive in all adult foods, with no maximum level specified.
This position has been confirmed by an EFSA re-evaluation in 2017.

6. Is ThickenUp® Clear amylase resistant?

Yes, ThickenUp® Clear is amylase resistant.

7. What is the significance of amylase-resistance?

Thickening agents that contain starch or modified starch are sensitive to amylase (the enzyme presents in saliva that breaks down starch). The concern for patients with dysphagia is that amylase can decrease the thickness of liquids thickened by starch-based thickening agents, i.e. change the thickness of the fluid prior to swallowing.
A product that is amylase resistant, means that is resistant to the action of salivary amylase and can enhance the swallowing safety of individuals with dysphagia.

8. What is the advantage of ThickenUp® Clear over other thickeners?

The unique, Nestlé Health Science patented xanthan gum blend used in ThickenUp® Clear allows the product to rapidly stabilize and remain at the appropriate consistency. ThickenUp® Clear thickens fluids without impacting on the transparency, color and flavor so that patient fluid intake and hydration are improved

9. Is ThickenUp® Clear Gluten and Lactose free?

Yes, ThickenUp® Clear is gluten-free and lactose-free.

10. Does ThickenUp® Clear contain milk?
No, ThickenUp® Clear is manufactured in the allergen-free zone of the factory.

11. Does ThickenUp® Clear contain soy?
No, ThickenUp® Clear does not contain soy.

12. Does ThickenUp® Clear contain nuts?
No, ThickenUp® Clear does not contain nuts.

13. Does ThickenUp® Clear contain egg?
No, ThickenUp® Clear does not contain egg.

14. Does ThickenUp® Clear contain fish?
No, ThickenUp® Clear does not contain fish.

15. Does ThickenUp® Clear contain starch?
ThickenUp® Clear contains maltodextrin which is a hydrolysed product of starch. Maltodextrin is a mixture of corn & potato starch.

16. Is ThickenUp® Clear suitable for diabetics?
Compared to starch-based commercial thickening agents, ThickenUp® Clear would be more suitable for individuals with diabetes and others who control their intake of carbohydrates. Xanthan gum is a natural soluble and viscous fibre. Viscous fibres are particularly useful for good glycemic control. We recommend and remind that ThickenUp® Clear must be taken under the supervision of a healthcare professional.

17. Is ThickenUp® Clear suitable for someone with Renal/Kidney disease?
ThickenUp® Clear contains sodium and potassium. In patients with kidney disease sodium and potassium intake recommendations are dependent on the stage of the disease and treatment. We recommend and remind that ThickenUp® Clear must be taken under the supervision of a healthcare professional.

18. Is ThickenUp® Clear suitable for enteral or parenteral tube feeding?
No, ThickenUp® Clear range (pre-thickened and thickening powder) is not intended to be used for enteral or parenteral tube feeding due to the viscosity it confers to the food / drinks.

19. Is ThickenUp® Clear suitable for someone who is Vegan or Vegetarian?
Yes, ThickenUp® Clear is suitable for vegetarians.

20. Why it cannot be used in children under 3 years of age?
The regulation establishes stricter rules for contaminants for infant and young children below 3 years than for children above 3 years and adults. Our factory is compliant with product manufacturing for children and adults. ThickenUp® Clear is not suitable for children below 3 years old.

21. Is ThickenUp® Clear Halal?
Yes, ThickenUp® Clear is certified Halal.

22. ThickenUp® Clear is it Kosher Certified?
Yes, ThickenUp® Clear is Kosher Certified (symbol U to illustrate it on tin).

23. Where is ThickenUp® Clear produced?

In our factory in Germany.

24. How long and how does ThickenUp® Clear be stored?

Store at room temperature, in a dry location. Use within 8 weeks of opening.

25. Is the product less efficient after being open for 8 weeks? What happens after 8 weeks?

As the manufacturer of the product, Nestlé makes recommendations for shelf life based on standardized testing. As we have no control over different facilities, methods of storage or storage conditions, recommendations for shelf life are based on a timeframe within which the product functions optimally.

26. How to recycle ThickenUp® Clear tin?

Lid and scoop are made in plastic PP is recyclable in the plastic bin.
Lid and scoop changed from dark blue to white (lid) and transparent (scoop) colour to make it easier for sorting in recycling facilities
Aluminium foil in aluminium is recyclable in the aluminium bin.

2. Preparation and mixing instructions

27. What can ThickenUp® Clear be added to?

ThickenUp® Clear can be added to any liquid (hot or cold) or food. It can also be used to thicken Oral Nutritional Supplements (e.g., Resource, Clinutren, Boost products). For thickening Oral Nutritional Supplements, ask your healthcare professional for a copy of ThickenUp® Clear Oral Nutritional Supplement Preparation Guide.

28. Should the liquid be added to the ThickenUp® Clear powder, or should the powder be added to the liquid?

For best results, add first the powder to a dry glass and then add liquid.

29. Can ThickenUp® Clear thicken milk? Does it work with soya milk?

Yes, ThickenUp® Clear can thicken milk. We have conducted laboratory studies to confirm that:

- Within 5 minutes, ThickenUp® Clear achieves an appropriate bolus viscosity.
- The ability to achieve the appropriate bolus viscosity is consistent for:
- A range of liquids (milk was included in this study)
- A range of liquid-temperatures

Milk should be stirred for slightly longer than other liquids to ensure that all of the powder has dissolved.

Yes, can be used with soya milk.

30. Why does milk require a longer thickening time?

Fluids with a higher protein content typically take longer to thicken. It is suggested that milk stand for 3-5 minutes to achieve the desired consistency. Those facilities using a skim milk powder-fortified milk should allow for up to 30 minutes to reach the desired consistency.

31. Can ThickenUp® Clear be used to thicken hot drinks?

ThickenUp® Clear can be successfully mixed into hot drinks as the product is stable across a wide range of temperatures.

For ThickenUp® Clear to mix successfully, follow these instructions:

1. Prepare the hot drink with milk/sugar.
2. Into a separate mug/cup add the desired volume of powder then add the prepared hot drink and mix until all powder has dissolved. Leave to stand for a few minutes.

32. Does reheating of fluids thickened with ThickenUp® Clear change the consistency of the product?

No, the consistency of a reheated fluids is not changed. Fluids prepared with ThickenUp® Clear can be reheated.

Thorough stirring is recommended to achieve the best consistency and to prevent hot spots. Hot fluids should always be tested prior to consuming to minimize the risk of burns.

All prepared products should be tightly covered and consumed within 6 hours at room temperature or within 24 hours if refrigerated. Discard any unfinished heated product.

33. Can ThickenUp® Clear be used to thicken fizzy drinks and alcohol?

Yes, to mix ThickenUp® Clear successfully, follow these instructions:

1. Add the desired volume of powder into a cup
2. Pour enough liquid down the side of the glass to cover powder
3. Stir for 10-20 seconds until no longer effervescent
4. Gradually add remaining liquid stirring well between additions. Leave to stand for a few minutes.

Carbonated drinks (sparkling water, soda, beer) produce a big “head” of bubbles. Add small amounts of carbonated drink gradually to prevent the thickened carbonated drink from overflowing from the cup.

34. Sometimes when thickening water with ThickenUp® Clear it appears somewhat cloudy. Why does this happen and are there any tips to improve the clarity of the water?

ThickenUp® Clear will trap oxygen bubbles within the water and hold them dispersed throughout the thickened liquid. This can produce a cloudy appearance. Waters with less “air” tend to produce a better end product. The following are suggestions to help improve the clarity of water thickened with ThickenUp® Clear:

- Bottled water: shake the bottle well, open and let stand to allow the “air” to escape then thicken as per guidelines.
- Tap water: For best results, collect tap water and let it stand for a period of time before thickening.
- Boiled water (allowed to cool) thickens very well. If facilities are making their thickened water in advance, they may use tap water.