**THICK-N INSTANT Liquid**

**THICKENING CONCENTRATE**

for the management of dysphagia

**MIXING INSTRUCTIONS FOR CARBONATED BEVERAGES**

1. **STEP 1:**
   - Follow the chart (right), measure and pour the carbonated drink into the pre-stirring container.
   - Dispense appropriate amount of Precise Thick-N INSTANT into the mixing container.

2. **STEP 2:**
   - Pre-stir the carbonated beverage in the pre-stirring container for 5 seconds.
   - Then allow the fizz to die down.

3. **STEP 3:**
   - Pour the pre-stirred carbonated beverage into the mixing container.

4. **STEP 4:**
   - Stir SLOWLY in a figure 8 for 15 seconds.

5. **STEP 5:**
   - Then stir SLOWLY in a circular motion for a further 45 seconds.

6. **STEP 6:**
   - Serve immediately.

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**IMPORTANT NOTES**

1. Thickening method is valid for newly opened carbonated beverages.
2. COLD carbonated beverages work best.
3. The container must be large enough for at least 5cm of head space above the liquid level.
4. Stir SLOWLY means mixing so that your spoon or fork only makes one revolution per second.

- Thickening carbonated beverages is difficult with any thickener. This is our recommended method to minimise foam and to maximise the carbonation feel.