



## Easy to mix with a spoon!

Simply Different, Simply Better.®

### SUPPLEMENT MIXING GUIDE

Supplements can usually be thickened with SimplyThick<sup>®</sup> EasyMix<sup>™</sup> with some slight modification to the standard procedures. Supplements are difficult environments for thickeners.

#### Supplements fall into 3 categories:

- Supplements that use SimplyThick EasyMix without modification.
- B Supplements that use SimplyThick EasyMix with modification.
- C Supplements that are **not compatible** with SimplyThick EasyMix.

# We recommend these general guidelines for thickening supplements:

- 1. Stir SimplyThick EasyMix in supplements for **1 full minute**.
- Supplements thickened with SimplyThick EasyMix should be consumed within 4 hours of preparation.

The supplements listed on this sheet are the ones we have tested to date. The most up to date information can be found at: www.simplythick.com/supplements

### Supplements That Use SimplyThick EasyMix WITHOUT MODIFICATION

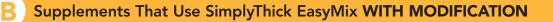
Arginaid <sup>1</sup> Boost High Protein Complete Nutritional Drink	Carnation Breakfast Essentials – Powder	
	Enfagrow Toddler Next Steps	
Boost Kid Essentials	Ensure Light	
Boost Kid Essentials 1.5 Fiber	Ensure Max Protein	
	Ensure Original	
Boost Simply Complete	Ensure Pre-Surgery Clear	
Carnation Breakfast Essentials – High Protein	Carbohydrate Drink	
	Ensure Surgery Immunonutrition Shake	

**Evolve Classic** PediaSure Glucerna PediaSure SideKicks **Glucerna Hunger Smart Premier Protein** Juven<sup>1</sup> **ProNurish Low Fodmap** Nutritional Drink MedPass 2.0 SlimFast Original MedPass No Sugar Added Suplena Muscle Milk **Unjury Medical Quality** Protein Nestle Isosource 1.5 **PediaSmart** 

#### SUPPLEMENTS ABOVE USE SIMPLYTHICK EASYMIX WITHOUT MODIFICATION

Per 8 oz. <sup>2</sup>	Nectar (Level 2 Mildly Thick)	Honey (Level 3 Moderately Thick)	Pudding (Level 4 Extremely Thick)
Pump Strokes (6g/stroke)	2	4	8
Nectar Packet (Level 2 Mildly Thick) (6g)	2	4	8
Honey Packet (Level 3 Moderately Thick) (12g)	N/A	2	4

<sup>1</sup> See Juven/Arginaid Supplement Mixing Guide for more detailed approach on how to mix these supplements with SimplyThick EasyMix. <sup>2</sup> Most supplements come in 8 oz. containers. This table shows the use rate for thickening the full container.



Atkins Protein Rich	Ensure Compact
Shake	Ensure Enlive
Boost Glucose Control	Ensure High Protein
Boost Optimum	Ensure Plus
Boost Very High Calorie	Enterex Diabetic
Carnation Breakfast Essentials	Kate Farms Core Essentials Standard Formula

Nepro Nestle Fiber Source 1.2 NovaSource Renal Peptamen 1.5 Prebio Peptamen Junior Supplements listed to the left use SimplyThick EasyMix at HALF of our standard use rates. 1 packet or 1 pump stroke will effectively thicken 8 oz. of these supplements. The table below is for 8 oz. of the supplement.

#### SUPPLEMENTS ABOVE USE SIMPLYTHICK EASYMIX WITH MODIFICATION

Per 8 oz.*	Nectar (Level 2 Mildly Thick)	Honey (Level 3 Moderately Thick)	Pudding (Level 4 Extremely Thick)
Pump Strokes (6g/stroke)	1	2	4
Nectar Packet (Level 2 Mildly Thick) (6g)	1	2	4
Honey Packet (Level 3 Moderately Thick) (12g)	N/A	1	2

\*Note: Most supplements come in 8 oz. containers. This table shows the use rate for thickening the full container.

## **SUPPLEMENTS THAT ARE NOT COMPATIBLE** with SimplyThick EasyMix.

#### The following supplements are not recommended for use with SimplyThick EasyMix:

Boost Breeze — All Flavors DiabetiShield Ensure Clear — All Flavors Hormel Solutions 206 — All Flavors Isopure — All Flavors KetoCal 3:1 — 3:1 ratio ketogenic formula (20kcal/fl oz 0.66 Kcal/mL) Nutren — All Flavors Optisource — All Flavors Premier Protein Clear

#### Questions? Email us at: info@simplythick.com • Visit us at: www.simplythick.com

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