



## SUPPLEMENT MIXING GUIDE

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

Supplements fall into 3 categories:

- A** 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.**
2. 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](http://www.simplythick.com/supplements)

### **A** Supplements That Use SimplyThick EasyMix WITHOUT MODIFICATION

Arginaid <sup>1</sup>	Carnation Breakfast Essentials – Powder	Evolve Classic	PediaSure
Boost High Protein Complete Nutritional Drink	Enfagrow Toddler Next Steps	Glucerna	PediaSure SideKicks
Boost Kid Essentials	Ensure Light	Glucerna Hunger Smart	Premier Protein
Boost Kid Essentials 1.5 Fiber	Ensure Max Protein	Juven <sup>1</sup>	ProNurish Low Fodmap Nutritional Drink
Boost Simply Complete	Ensure Original	MedPass 2.0	SlimFast Original
Carnation Breakfast Essentials – High Protein	Ensure Pre-Surgery Clear Carbohydrate Drink	MedPass No Sugar Added	Suplena
	Ensure Surgery Immunonutrition Shake	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.

## B Supplements That Use SimplyThick EasyMix WITH MODIFICATION

Atkins Protein Rich Shake  
Boost Glucose Control  
Boost Optimum  
Boost Very High Calorie  
Carnation Breakfast Essentials

Ensure Compact  
Ensure Enlive  
Ensure High Protein  
Ensure Plus  
Enterex Diabetic  
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.

## C 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](mailto:info@simplythick.com) • Visit us at: [www.simplythick.com](http://www.simplythick.com)

1812 Walton Road, Overland, MO 63114  
[info@simplythick.com](mailto:info@simplythick.com) / [www.simplythick.com](http://www.simplythick.com)

Customer Service: (800) 205-7115 — 7:00AM-6:00PM Central, M-F  
Home Office: (888) 721-2023 — 8:30AM-4:30PM Central, M-F  
Fax: (800) 508-2990

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