



## PRODUCT SPECIFICATIONS

### PRODUCT

Purathick, a hypoallergenic, USDA organic thickener for cold and hot liquids, consists of an off-white fine powder that is tasteless, odorless and smooth when dissolved. Purathick is free of corn, wheat, gluten, soy, whey, casein, lactose & dairy. It is non-GMO, Kosher & vegan.<sup>1</sup>

### USES

Increases the viscosity (thickness) of cold and hot liquids effectively. Thickened beverages are sometimes recommended for the management of conditions present with dysphagia. Always consult a medical professional before thickening liquids to ensure it is appropriate for your individual needs.<sup>2</sup>

### INGREDIENTS

Organic Tapioca Maltodextrin<sup>3</sup>, Organic Tara Gum<sup>4</sup>, Calcium Carbonate<sup>5</sup>

### CONTRAINDICATIONS

Not for use with infants or children under one year old.<sup>6</sup> Do not use if galactosemia or allergy to galactomannans is suspected. There are very few cases of allergies to galactomannans reported in academic literature. If an allergic reaction occurs, discontinue use immediately and seek medical attention.

Supplement Facts	Amount/serving	% Daily Value for	
		Ages 1-3	Ages 4+*
<b>Total Carb.</b> 1 scoop (2.4g)	<b>2g</b>	<b>**</b>	<b>1%</b>
<b>Fiber</b> 52	<b>1g</b>	<b>**</b>	<b>3%</b>

**Serv. Size** 1 scoop (2.4g)  
**Servings Per Container** 52  
**Calories** 10

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

Ingredients: Organic Tapioca Maltodextrin, Organic Tara Gum, Calcium Carbonate

<sup>1</sup> Purathick is manufactured at a GMP (Good Manufacturing Practice) plant that holds a USDA organic certification by Quality Certification Services (QCS). Each batch undergoes strict quality control testing with necessary precautions for its safe use with children.

<sup>2</sup> Only use under medical supervision. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. This product is not intended as a sole source of nutrition.

<sup>3</sup> Organic Tapioca Maltodextrin is an easily digestible polysaccharide used as a food additive, derived from the cassava root. Maltodextrin is widely used in commercial thickeners, however most often it is derived from corn. Purathick does not contain corn or any other common allergens.

<sup>4</sup> Organic Tara Gum, often referred to as Peruvian carob, is a naturally occurring seed gum, consisting of galactomannan-type polysaccharides and is structurally similar to guar gum and locust bean gum. Declared a GRAS food ingredient, Tara Gum is an FAO/WHO and EU approved food additive for food supplements, with an Acceptable Daily Intake (ADI) of "not specified". Tara gum is used by many countries around the world. Borzelleca, J. F., Ladu, B. N., Senti, F. R., & Egle Jr, J. L. (1993). Evaluation of the safety of tara gum as a food ingredient: a review of the literature. Journal of the American College of toxicology, 12(1), 81-89.

<sup>5</sup> Calcium Carbonate is a naturally occurring mineral and is added for its anti-caking properties to improve the consistency of Purathick.

<sup>6</sup> Presently, insufficient research exists to recommend use with infants. The "innocuousness" and "absences of carcinogenic effect" of galactomannans, including tara, carob and guar gums, in young children has been established. Carob (locust) bean gum has been extensively studied for its safety and use with neonates. Guar gum has been considered acceptable for use in infant formulae and foods for infants and young children for over a decade with no adverse reactions. Dietary exposure assessments on high levels of tara gum have been conducted with young children, however not with infants. For more info see: Meunier, L., Garthoff, J. A., Schaafsma, A., Krul, L., Schrijver, J., van Goudoever, J. B., ... & Vandenplas, Y. (2014).; Locust bean gum safety in neonates and young infants: an integrated review of the toxicological database and clinical evidence. Regulatory Toxicology and Pharmacology, 70(1), 155-169.; Mortensen, A., Aguilar, F., Crebelli, R., Di Domenico, A., Frutos, M. J., Galtier, P., ... & Lindtner, O. (2017). Re-evaluation of guar gum (E 412) as a food additive. EFSA Journal, 15(2).; Food Standards Australia New Zealand (FSANZ)(2016). Final Assessment Report: Application A546: Tara Gum as a Food Additive, 33-44.



## INSTRUCTIONS FOR PREPARATION AND USE

Always wash hands thoroughly with soap & water before preparation. For best results, use a shaker to mix Purathick powder into liquid per dosage recommendations below. Shake mixture for 30 seconds, or until powder is completely dissolved. A whisk or fork may also be used. Let cold liquids stand about 5 minutes until desired consistency is achieved. Warm liquids thicken faster and can be served after 1 minute. Mix again before serving.

## DOSAGE INSTRUCTIONS\* 7

- 1 SLIGHTLY THICK (AKA THIN NECTAR)**  
Add 2.4g\*\* Purathick for 7 - 8 fl oz
- 2 MILDLY THICK (AKA NECTAR)**  
Add 2.4g Purathick for 5 - 6 fl oz
- 3 MODERATELY THICK (AKA HONEY)**  
Add 2.4g Purathick for 3 - 4 fl oz
- 4 EXTREMELY THICK (AKA PUDDING)**  
Add 2.4g Purathick for 2 fl oz

\*Dosage instructions may need to be adjusted based on the viscosity of the original diet. For example, to achieve mildly thick with a thin liquid, like water, mix 2.4g with 5 fl oz. For a thicker liquid, like a nutritional supplement, mix 2.4g with 6 fl. oz.

\*\*2.4g equals ONE scoop or a single serving stick pack. Purathick jars include a 2.4g scoop

## TIPS FOR USE

- To avoid clumps, mix powder into liquid quickly. Blender bottles work great to fully assimilate powder into liquids.

- Thickened cold liquids may be stored in the refrigerator for up to 24 hours. The mixture may continue to gradually thicken over time, but not significantly. Warm liquids thicken faster and should not be saved.

For more tips on mixing, advanced preparation and specific recipes, visit our website, [www.purathick.com](http://www.purathick.com).

<sup>7</sup> Designed for use with IDDSI framework ([www.iddsi.org](http://www.iddsi.org)). Tests performed by Parapharma Tech using IDDSI flow test with a BD 10ml slip-tip syringe.

<sup>8</sup> When thickening is deemed medically necessary, Purathick may be covered by insurance providers under Durable Medical Equipment (DME) billing. Include a complete description of the product when billing to insurance, medicaid or medicare. Coverage under Medicaid/Medicare varies by state. Check with your insurance carrier or your local state Medicaid/Medicare office for specific coverage regulations and restrictions.

## SERVINGS PER CONTAINER

**PURATHICK 4.4oz Jar (125g)**  
contains 52 servings, thickening 312 fl oz to Mildly Thick; *MSRP \$19.95*

**PURATHICK 2.4g Stick Pack Box**  
contains 30 servings, thickening 180 fl oz to Mildly Thick; *MSRP \$16.95*

## AVAILABILITY

Purathick is available at select local retailers, pharmacies and DME providers.<sup>8</sup> Visit our website for a current list of retailers near you.

Purathick may also be purchased online at [purathick.com](http://purathick.com) or [Amazon Prime](https://www.amazon.com).

Healthcare facilities receive a discount for bulk purchases. Please visit our website for a current list of distributors and for more information on purchasing wholesale.

**amazon.com**  
*Prime*

## CONTACT

**Parapharma Tech, LLC**  
3700 NW 124th Ave  
Suite 133  
Coral Springs, FL 33065

**866-950-7278**  
[contact@gelmix.com](mailto:contact@gelmix.com)