



Award-Winning Thickener for Dysphagia

purathick[®]
NATURAL THICKENER
thickens hot and cold liquids

Purathick Natural Thickener
30 Single Serving (2.4g) Packets



Purathick Natural Thickener is a premium, natural, gum-based thickener designed for adults and children over 12 months who require thickened liquids for safe swallowing. Odorless and tasteless, it blends smoothly into both hot and cold beverages, creating a stable, consistent texture without altering flavor. Unlike starch-based thickeners, which can add unnecessary calories, break down over time, or affect the taste of drinks, Purathick provides a reliable consistency without compromising nutritional integrity. With a simple, limited-ingredient formula, Purathick offers a natural solution for thickening beverages and select foods, supporting dietary modifications for individuals with dysphagia and swallowing difficulties.

Product Specifications

- **Product Name:** Purathick Natural Thickener
- **Form:** Powder
- **Packaging:** 72g Box with 30 single serving 2.4g packets
- **Intended Use:** Thickens hot and cold liquids, as well as select foods, for adults and children requiring dietary modifications for swallowing difficulties. Not a sole source of nutrition.
- **Storage:** Store in a cool, dry place. Single-serving stick packs are intended for one-time use only. Use or discard after opening.
- **Shelf Life:** 2 years from manufacturing date. Expiration on bottom of box and side of packets.
- **Certifications and Attributes:** Natural, GMO-free, Kosher, Hypoallergenic (Free from all common allergens, including dairy, lactose, casein, whey, soy, corn, gluten, and artificial additives).
- **Regulatory Status:** Dietary supplement for modifying the consistency of the infant diet. Not intended to diagnose, treat, cure, or prevent disease. Does not require a prescription.
- **Country of Origin:** USA

Supplement Facts

- **Ingredients:** Organic Tapioca Maltodextrin, Tara Gum, Calcium Carbonate
- **Serving Size:** 2.4g (1 packet)
- **Servings Per Container:** 30
- **Calories:** 10
- **Total Carbohydrates:** 2g
- **Dietary Fiber:** <1g
- **Calcium:** 10mg

Ordering & Distribution Information

- **Manufacturer:** Parapharma Tech
- **Available Through:** Medline, McKesson Medical-Surgical, Cardinal Health at-Home, US Foods, Amazon
- **Product Code:** PUR-RET-003N
- **MSRP:** \$18.95
- **Wholesale Unit:** Case of 12 (72g Boxes)

Clinical Considerations

- **Indications:**
 - Suitable for adults and children 12 months and older
 - Can be used to thicken hot and cold liquids, as well as select foods
- **Contraindications:**
 - Not for children under 12 months
 - Not suitable for individuals diagnosed with galactosemia or an allergy to galactomannans

Mixing Instructions

- **For best results, use a blender bottle or frother to mix.**
 1. Pour the desired amount of liquid into a shaker or mixer.
 2. Follow the recipe and sprinkle Purathick powder into the liquid.
 3. Shake or blend for 30 seconds until the powder is fully dissolved.
 4. Let cold liquids stand for about 5 minutes to reach the desired consistency. Warm liquids thicken faster and can be served after about 1 minute.
 5. Stir again before serving to ensure an even consistency.
- Most liquids can be batch thickened up to 24 hours in advanced.

Recipes made for use with the IDDSI Framework

- **Slightly Thick (IDDSI Level 1):** 1 packet per 7-8 fl. oz.
- **Mildly Thick (IDDSI Level 2):** 1 packet per 5-6 fl oz.
- **Moderately Thick (IDDSI Level 3):** 1 packet per 3-4 fl. oz.
- **Extremely Thick (IDDSI Level 4):** 1 packet per 2 fl. oz.

- **Standard Measurement:** 1 scoop = 2.4g = 1 tsp
- Recipes provide a general guideline—adjust as needed to achieve the desired consistency.
- Start with a lower fluid ratio for thinner liquids like water or juice.
- Thicker liquids (e.g., whole milk, nutritional supplements) require less thickener.
- Different brands of the same liquid may thicken differently.
- Always perform an IDDSI flow test when trialing a recipe for the first few times.
- Always perform an IDDSI flow test at serving temperature—the same liquid will be thicker when served cold.

Thickening Food

- When thickening food, it is recommended to first create a slurry by mixing Purathick powder with liquid (water, broth, milk, or juice). Then, mix the thickened slurry into purees.

Contact Us

- **Address:** 14149 NW 8th St, Sunrise, FL 33325
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- Samples and educational resources available upon request.