

Mixing Purathick with your favorite beverages.



## INSTRUCTIONS FOR PREPARATION & USE

Always wash hands with soap & water before preparation.

For best results, use a shaker to mix powder into liquid per recommendations below. Sprinkle powder into liquid. Shake mixture for 30 seconds, or until powder is completely dissolved. 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.

**1 SLIGHTLY THICK**  
(aka Thin Nectar)  
Add 2.4g\* for 7-8 fl oz

**2 MILDLY THICK**  
(aka Nectar)  
Add 2.4g\* for 5-6 fl oz

**3 MODERATELY THICK**  
(aka Honey)  
Add 2.4g\* for 3-4 fl oz

**4 EXTREMELY THICK**  
(aka Pudding)  
Add 2.4g\* for 2 fl oz

\*Individual serving stick packs and jar scoop are equal to 2.4g.

Proud Silver Sponsor of IDDSI, International Dysphagia Diet Standardisation Initiative. Instructions designed for use with IDDSI framework ([www.iddsi.org](http://www.iddsi.org)). Tests performed by Parapharma Tech.

Not for use with infants or children under one year old. Dosage instructions may need to be adjusted based on the viscosity of the original diet. Do not use if galactosemia or allergy to galactomannans is suspected. If an allergic reaction occurs, discontinue use immediately and seek medical attention. Always consult a medical professional before thickening liquids to ensure it is appropriate for your individual needs. This product is not intended as a sole source of nutrition.

For tips and other mixing instructions, visit:  
[www.purathick.com/mixing-instructions](http://www.purathick.com/mixing-instructions)



## THICKENING FOR YOUR LIFESTYLE

NOW AVAILABLE  
**amazon.com**  
Prime

Purathick naturally and effectively increases the viscosity of liquids for adults and children, helping to maintain the nutritional balance of beverages while on a modified texture diet.\*



for more information  
[WWW.PURATHICK.COM](http://WWW.PURATHICK.COM)

\*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.

NATURE'S HEALTHIER  
THICKENING OPTION



pure, simple  
& organic



**purathick™**  
THICKENS HOT AND COLD LIQUIDS

BROUGHT TO YOU BY  
**parapharma tech**

FOR ADULTS & CHILDREN OVER 1

[www.purathick.com](http://www.purathick.com)

parapharma tech

[www.healthierthickening.com](http://www.healthierthickening.com)



# Introducing purathick™

BROUGHT TO YOU BY  
parapharma tech



Harnessing the power of tapioca & tara gum.



The healthier everyday thickener.

Purathick adds less calories and bulk than leading corn starch based thickeners.



You don't have to compromise the quality of your food when on a modified diet.

Better for individuals with food sensitivities.

Free of corn, wheat, gluten, lactose, casein, whey and soy. Purathick does not contain any common allergens.



Corn Free



Gluten Free



Lactose & Casein Free



Soy Free

Tasteless. Odorless. Smooth.

Doesn't thicken excessively over time.

Easy to use for hot and cold beverages.

Fat free. Low calorie. Low displacement.

USDA Organic. GMO Free.

Thickens most hot & cold liquids, including nutritional supplements!

Most commercial thickeners are made of either corn starch or xanthan gum, adding unnecessary calories, bulk and synthetic additives to the liquid diet. *Purathick is pure, simple & organic!*

purathick® compared to the Leading Starch Based Thickener

Added Daily

Based on SIX  
8 oz glasses a day

80 calories

16g carbs

240 calories

64g carbs

## Supplement Facts

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

Calories 10

Amount/serving		% Daily Value for Ages 1-3	Ages 4+*
Total Carb.	2g	**	1%
Fiber	1g	**	3%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established

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

FOR MORE INFORMATION: [www.purathick.com](http://www.purathick.com)



VOLUME  
ADDED

19.2 grams

72 grams

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