



Premium Gum-Based 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, tara gum-based thickener made without xanthan gum or starch. Designed for adults and children over 12 months who require modified liquid consistencies, its odorless and tasteless formula blends smoothly into hot or cold liquids to create a stable, consistent texture without significantly altering flavor. Unlike starch-based thickeners, Purathick maintains consistency over time and is not broken down by salivary amylase. Its simple, limited-ingredient formula provides a convenient solution for thickening beverages and select foods for individuals with dysphagia or other 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:** GMO-free, Kosher Pareve, Kosher for Passover. Free from dairy, lactose, casein, whey, soy, corn, gluten, and artificial additives.
- **Regulatory Status:** Dietary supplement*
- **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, US Foods, Amazon
- **Wholesale Unit:** Case of 12 (72g Boxes)
- **Product Code:** PUR-WHO-003N
- **MSRP:** \$18.95

*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.

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

Instructions for Preparation

- For smooth mixing, use a shaker bottle with a mixing ball or a handheld frother.
1. Follow the recipe below, and start with the liquid.
 2. Sprinkle Purathick powder into the liquid.
 3. Mix or shake well until fully dissolved (~30 seconds). When using a frother, keep the whisk fully submerged to avoid adding air.
 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.

Recipes made for use with the IDDSI Framework

- **Slightly Thick (Level 1):** 1 stick per 8 fl. oz.
 - **Mildly Thick (Level 2):** 1 stick per 6 fl oz.
 - **Moderately Thick (Level 3):** 1 stick per 4 fl. oz.
 - **Extremely Thick (Level 4):** 1 stick per 2 fl. oz.
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- **Standard Measurement:** 1 stick = 2.4g = 1 tsp
 - **Most liquids can be batch thickened up to 24 hours in advance.**
 - Recipes provide a general guideline—adjust as needed to achieve the desired consistency.
 - Thicker liquids (e.g., whole milk, nutritional supplements) may 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:** 1117 Sawgrass Corporate Parkway, Sunrise, FL 33323
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- **Phone/Fax:** 866-950-7278
- Samples and educational resources available upon request at:
healthierthickening.com/healthcare-professionals/

Scan for
purathick.com/recipes

