

# Swalloweze Clear Supplement Thickening Guidelines



## Without shaker:

1. Pour the supplement into a CLEAN and DRY glass
2. Add recommended scoops of Swalloweze Clear (always use a **level scoop**)
3. Stir with a spoon/fork VIGOROUSLY for approximately 20-30 SECONDS until all the powder is dissolved
4. Allow to STAND for RECOMMENDED TIME FRAME to reach the desired consistency

## If using a shaker:

1. Pour the supplement into a CLEAN and DRY shaker
2. Add recommended scoops of Swalloweze Clear (always use a **level scoop**)
3. Add the shaker ball and tightly screw the cap onto the shaker
4. Shake VIGOROUSLY for approximately 20-30 SECONDS until all the powder is dissolved
5. REMOVE the metal mixing ball IMMEDIATELY with a fork
6. Allow to STAND for RECOMMENDED TIME FRAME to reach the desired consistency

\*Supplements can be difficult to thicken given the amount of protein, fat, vitamins and minerals that they contain, therefore for best results in achieving the proper consistency we recommend to use a shaker when thickening supplements.

	GRADE 1	GRADE 2	GRADE 3	GRADE 4**
Altraplen Compact 125ml	<b>No need to thicken</b> (naturally Grade 2 at room temperature)		<b>2 Scoops</b> , let stand 3mins	<b>6 Scoops</b> , let stand 5 mins
Altraplen Protein 200ml	<b>Naturally Grade 1</b> at room temperature	<b>2 Scoops</b> , let stand 3mins	<b>5 Scoops</b> , let stand 3mins	<b>8 Scoops</b> , let stand 5 mins
Altrashot 120ml	<b>No need to thicken</b> (naturally Grade 2 at room temperature)		<b>Recommend add to other thickened drinks or into foods;</b> i.e. porridge, yoghurt, custard, pudding	
Foodlink Complete in 200ml of milk*	<b>2 Scoops</b> , let stand 3mins	<b>5 Scoops</b> , let stand 3mins	<b>7 Scoops</b> , let stand 3mins	<b>10 Scoops</b> , let stand 5 mins

\* Make up Foodlink Complete as per directions first (these recommendations are based on whole/full fat milk), add recommended scoops of Swalloweze Clear to the shaker & follow the rest of the thickening guidelines

\*\* If appropriate we recommend Nutricrem as a supplement if one needs Grade 4 thick fluids as it will provide a creamier/smooth texture than thickened sip supplements

