

Thickens hot and cold liquids, and food, for adults and children with swallowing difficulties. Thickening feeds is the most successful feeding intervention associated with improved outcomes for children and adults with oropharyngeal dysphagia.<sup>1</sup>

### Simple, Organic Ingredients

USDA certified organic, certified Kosher, vegan and non-GMO, Purathick is made of simple natural ingredients: Organic Tapioca Maltodextrin, Organic Tara Gum and Calcium Carbonate. It does not contain any common allergens.<sup>2</sup>

### Tasteless and Smooth

Purathick is a tasteless, odorless, non-starch based, fine-powder that creates a smooth, viscous consistency when mixed with most liquids.<sup>3</sup> Creates a palatable mouthfeel without being slimy or gritty. Unlike starch-based thickeners, Purathick does not over-thicken with time.

### Contraindications

Do not use for children under 12 months old.<sup>4</sup> Do not use if galactosemia or allergy to galactomannans is suspected. Stop using if rash or other allergic reaction develops. Allergies to galactomannans are rare.

<sup>1</sup> On feeding interventions for dysphagia, see Duncan, Daniel R., et al. "Feeding interventions are associated with improved outcomes in children with laryngeal penetration." *Journal of pediatric gastroenterology and nutrition* 68.2 (2019): 218-224. Mills RH. Dysphagia management: using thickened liquids. *The ASHA Leader*. 2008; 13:12–13. Use of thickened feeds should only be considered under medical supervision. Purathick is not intended to diagnose, treat, cure or prevent any disease. Statements made in this document have not been evaluated by the Food and Drug Administration.

<sup>2</sup> USDA certified organic by QCS. Kosher certified by Kosher Organics (recognized by cRc). Does not contain corn, wheat, gluten, soy, whey, casein, lactose or dairy.

<sup>3</sup> Purathick is suitable for use in most liquids and foods. This product is not intended as a sole source of nutrition.

<sup>4</sup> Presently, insufficient evidence supports the use of Purathick with infants. The innocuousness and absence of carcinogenic effect of galactomannans, including tara, carob and guar gums, in young children has been established. Carob bean gum has been extensively studied for its safety and use with neonates. Guar gum has been considered acceptable for use in infant formula 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 yet with neonates. 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.



**Purathick Jar w/ Scoop**  
Item #: PURJAR125  
125g (52 Servings)



**Purathick Stick Box**  
Item #: PUR30  
72g (30 Servings)

## Supplement Facts

Serving size 2.4g (1 stick OR 1 scoop)

	Amount Per Serving	% Daily Value Ages 1-3* Ages 4+**	
Calories	10		
Total Carbohydrates	2g	1%	1%
Dietary Fiber	<1g	6%	3%
Calcium	10mg	1%	1%

\* Percent Daily Values are based on a 1,000 calorie diet.  
\*\* Percent Daily Values are based on a 2,000 calorie diet.

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

## HYPOALLERGENIC

free of dairy, gluten, soy and GMOs



**NO XANTHAN GUM**



**NO CORN**



Purathick is available in Canada at  
[www.caringsolutions.ca](http://www.caringsolutions.ca)

**1-800-672-3879**  
[sales@caringsolutions.ca](mailto:sales@caringsolutions.ca)

Wholesale pricing available for hospitals, pharmacies and clinics

When thickening liquids is recommended due to swallowing difficulties, always follow healthcare provider's instructions on which consistency to safely thicken up to. Instructions may need to be adjusted based on the viscosity of the original diet.

## USAGE RECOMMENDATIONS\*

- 1 SLIGHTLY THICK (AKA THIN NECTAR)**  
Add **2.4g** (1 scoop or 1 stick) per **7 - 8 fl oz** ( 210-240 ml )
- 2 MILDLY THICK (AKA NECTAR)**  
Add **2.4g** (1 scoop or 1 stick) per **5 - 6 fl oz** ( 150-180 ml )
- 3 MODERATELY THICK (AKA HONEY)**  
Add **2.4g** (1 scoop or 1 stick) per **3 - 4 fl oz** ( 90-120 ml )
- 4 EXTREMELY THICK (AKA PUDDING)**  
Add **2.4g** (1 scoop or 1 stick) per **2 fl oz** ( 60 ml )

\* Each jar includes a 2.4g scoop, equivalent to 1 level tsp.

\* Designed for use with the IDDSI Framework ([www.iddsi.org](http://www.iddsi.org)).  
Tests Performed by Parapharma Tech.

## ADVANCED PREPARATION

- Most liquids can be prepared up to 24 hours in advance. Store thickened liquids in a clean, sealed container in the refrigerator. Thickened water may be stored at room temperature.
- Purathick is freeze-thaw stable, so can be used to make thickened ice cubes or popsicles.

## TIPS ON MIXING

- To avoid clumps, sprinkle powder into liquid, cap & shake quickly. Blender bottles work well to fully assimilate the powder. A fork may also be used. Whisk briskly for 60-90 seconds and mix before serving.
- When shaking is not ideal, like for hot coffee or for nutritional supplements that tend to foam, use a handheld frother/mixer instead. Add the powder to the liquid, submerge the mixer, then turn on for about 10-20 seconds or until powder is completely dissolved.
- For larger batches of liquid, an immersion blender or electric blender can be used.

## MIXING INSTRUCTIONS

Always wash hands thoroughly with soap and water before preparation.



Pour desired amount of liquid into a shaker. Sprinkle Purathick powder into liquid following usage recommendations.



Cap and shake well for about 30 seconds, or until the powder is completely dissolved.

Let cold liquids stand about 5 minutes until desired consistency is achieved. Warm liquids thicken up faster and can be served after 1 minute.



Mix again before serving.