berthelet
PROFESSIONAL | PROFESSIONNEL

Tasty hydration... all day long

WITH OUR THICKENED BEVERAGE MIXES

Our thickened beverage mix is specially designed for texture modified diets.

Simply add the thickened beverage mix to the required amount of water to achieve desired beverage thickness.

AVAILABLE IN
4 REFRESHING FLAVOURS

- PEACH
- ORANGE
- LEMONADE
- WATERMELON

1 (800) 361-9326 • berthelet.com

EASY TO PREPARE!

- Just add water and mix.
- For optimal consistency, refrigerate and let stand 4 hours, re-stir before serving.
- Our thickened beverage will remain stable at least 48 hours.
- Made using a xanthan gum base, non-sticky, safe and ideal for hydration.
- No preservatives.
- Kosher - Vegetarian - Gluten-free.

DIRECTIONS

1. Measure the recommended amount of cold water to achieve the desired consistency.
2. Slowly incorporate a packet of thickened beverage mix into the water while quickly whisking until completely dispersed. Let it thicken for a few minutes. Refrigerate and let stand 4 hours, re-stir before serving.

Our recommended dosages follow Bostwick and IDDSI flow recommendations.

IDDSI **			
LEVELS	2	3	4
Amount of water to add per **20 g pack***	1000 mL	750 mL	300 mL
BOSTWICK * **			
Thickened liquids **PRESCRIPTIONS**	B18	B10	
Amount of water to add per **20 g pack***	750 mL	500 mL	300 mL

* Tests were performed by Berthelet R&D Department. Variations in thickness may occur with change in serving temperature. IDDSI or Bostwick flow tests are recommended to check thickness prior to serving.
** IDDSI flow tests available on www.IDDSI.org.
*** Bostwick flow tests according to "Lignes directrices en dysphagie de l'Ordre professionnel des diététistes du Québec".

Store in a cool dry place. This product is only suitable for people over the age of 3.

Nutrition Facts / Valeur nutritive

Per 1 pouch / pour 1 sachet (20 g)

	% Daily Value* / % valeur quotidienne*
Calories 66	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 18.2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 5.4 g	5 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 194 mg	8 %
Potassium 8 mg	0 %
Calcium 2 mg	0 %
Iron / Fer 0.04 mg	0 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

CODE	PRODUCT NAME	FORMAT
5134001	THICKENED BEVERAGE MIX - LEMONADE	25 x 20 g
5135001	THICKENED BEVERAGE MIX - WATERMELON	25 x 20 g
5136001	THICKENED BEVERAGE MIX - ORANGE	25 x 20 g
5137001	THICKENED BEVERAGE MIX - PEACH	25 x 20 g

berthelet®

PROUD MEMBER OF SOLINA

Contact us today for more information. 1 (800) 361-9326 • **berthelet.com**