

# Vitaquick™

An instant food and drink thickener.

## PRESENTATION

A pregelatinised modified starch derived from maize in powder form.

## INDICATIONS

Vitaquick is indicated for the dietary management of dysphagia.

Nutritional Information			
		per 100g	per 5g (1 scoop)
Energy	kJ	1590	79.5
	kcal	380	19
Carbohydrate	g	95	4.8
Fat	g	trace	trace
Protein	g	trace	trace
<b>Minerals</b>			
Sodium	mg	<200	<10
	mmol	<8.6	<0.4
Potassium	mg	<1	<0.05
	mmol	<0.03	<0.002



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## DOSAGE & ADMINISTRATION

To a 150ml serving of a liquid (hot or cold) add the following number

of Vitaquick scoops.  
1 level scoop = 5g Vitaquick.

Thickness	Description	VQ / Addition	Consistency / Like
Thick Fluids	Can be sipped from a cup or through a drinking straw.	1 Scoop	Tomato Juice etc.
Thin Puree	Can be sipped from a glass or cup but not through a straw.	2 Scoops	Commercial Tomato Sauce
Thick Puree	Can be eaten with a spoon but does not hold its shape.	3 Scoops	Apple Sauce, Yoghurt etc.
Soft Food	Can be eaten with a spoon or fork. Holds its shape.	4 Scoops	Thick Custard, Spreading Margarine etc.

Additional powder may be required for milk based drinks and certain commercial sip feeds.

## PREPARATION GUIDELINES

Add Vitaquick to hot or cold liquid or pureed food whilst stirring briskly. Stir until completely dissolved and leave to thicken (approximately 1 minute).

## IMPORTANT NOTICE

Not to be used as a sole source of nutrition.

To be used under medical supervision.

Not for intravenous use.

Not suitable for children under 1 year except in cases of failure to thrive.

## STORAGE

Store in a cool dry place.

Once tub is opened use within one month.

## PACK SIZE

300g tub / 2kg tub / 6kg tub

ACBS and GMS APPROVED

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