SUPPLEMENT MIXING GUIDE

Supplements can usually be thickened with SimplyThick® EasyMix™ with some slight modification to the standard procedures. Supplements are difficult environments for thickeners.

Supplements fall into 3 categories:

A Supplements that use SimplyThick EasyMix without modification.

B Supplements that use SimplyThick EasyMix with modification.

C Supplements that are not compatible with SimplyThick EasyMix.

We recommend these general guidelines for thickening supplements:
1. Stir SimplyThick EasyMix in supplements for 1 full minute.
2. Supplements thickened with SimplyThick EasyMix should be consumed within 4 hours of preparation.

The supplements listed on this sheet are the ones we have tested to date. The most up to date information can be found at: www.simplythick.com/supplements

A Supplements That Use SimplyThick EasyMix WITHOUT MODIFICATION

Arginaid¹
Boost High Protein
Complete Nutritional Drink
Boost Kid Essentials
Boost Kid Essentials 1.5 Fiber
Boost Simply Complete
Carnation Breakfast Essentials – High Protein
Carnation Breakfast Essentials – Powder
Enfagrow Toddler Next Steps
Ensure Light
Ensure Max Protein
Ensure Original
Ensure Pre-Surgery Clear Carbohydrate Drink
Ensure Surgery Immunonutrition Shake
Evolve Classic
Glucerna
Glucerna Hunger Smart
Juven¹
MedPass 2.0
MedPass
No Sugar Added
Muscle Milk
Nestle Isosource 1.5
PediaSmart
PediaSure
PediaSure SideKicks
Premier Protein
ProNurish Low Fodmap
Nutritional Drink
SlimFast Original
Suplena
Unjury Medical Quality Protein

SUPPLEMENTS ABOVE USE SIMPLYTHICK EASYMIX WITHOUT MODIFICATION

<table>
<thead>
<tr>
<th>Per 8 oz.²</th>
<th>Nectar (Level 2 Mildly Thick)</th>
<th>Honey (Level 3 Moderately Thick)</th>
<th>Pudding (Level 4 Extremely Thick)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pump Strokes (6g/stroke)</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Nectar Packet (Level 2 Mildly Thick) (6g)</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>Honey Packet (Level 3 Moderately Thick) (12g)</td>
<td>N/A</td>
<td>2</td>
<td>4</td>
</tr>
</tbody>
</table>

¹ See Juven/Arginaid Supplement Mixing Guide for more detailed approach on how to mix these supplements with SimplyThick EasyMix.
² Most supplements come in 8 oz. containers. This table shows the use rate for thickening the full container.
Supplements That Use SimplyThick EasyMix WITH MODIFICATION

Atkins Protein Rich Shake
Boost Glucose Control
Boost Optimum
Boost Very High Calorie
Carnation Breakfast Essentials
Ensure Compact
Ensure Enlive
Ensure High Protein
Ensure Plus
Enterex Diabetic
Kate Farms Core Essentials Standard Formula
Nepro
Nestle Fiber Source 1.2
NovaSource Renal
Peptamen 1.5 Prebio
Peptamen Junior

Supplements listed to the left use SimplyThick EasyMix at HALF of our standard use rates. 1 packet or 1 pump stroke will effectively thicken 8 oz. of these supplements. The table below is for 8 oz. of the supplement.

SUPPLEMENTS ABOVE USE SIMPLYTHICK EASYMIX WITH MODIFICATION

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*Note: Most supplements come in 8 oz. containers. This table shows the use rate for thickening the full container.

SUPPLEMENTS THAT ARE NOT COMPATIBLE with SimplyThick EasyMix.

The following supplements are not recommended for use with SimplyThick EasyMix:

Boost Breeze — All Flavors
DiabetiShield
Ensure Clear — All Flavors
Hormel Solutions 206 — All Flavors
Isopure — All Flavors
KetoCal 3:1 — 3:1 ratio ketogenic formula (20kcal/fl oz 0.66 Kcal/mL)
Nutren — All Flavors
Optisource — All Flavors
Premier Protein Clear

Questions? Email us at: info@simplythick.com · Visit us at: www.simplythick.com