



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

Arginaid ¹	Enfagrow Toddler Next Step	Glucerna Hunger Smart	PediaSure
Boost High Protein Balanced Nutritional Drink	Ensure Light	Juven ¹	PediaSure SideKicks
Boost Kid Essentials	Ensure Max Protein	MedPass 2.0	Premier Protein
Boost Kid Essentials 1.5 Fiber	Ensure Original	MedPass No Sugar Added	ProNourish Low Fodmap Nutritional Drink
Boost Simply Complete	Ensure Pre-Surgery Clear Carbohydrate Drink	Muscle Milk	Pro-Stat
Carnation Breakfast Essentials – High Protein	Ensure Surgery Immunonutrition Shake	Nestle Impact Advanced Recovery	Pro-Stat MAX
Carnation Breakfast Essentials – Powder	Evolve Classic	Nestle Isosource 1.5	SlimFast Original
	Glucerna	Pedialyte	Suplena
		PediaSmart	Unjury Medical Quality Protein

SUPPLEMENTS ABOVE USE SIMPLYTHICK EASYMIX WITHOUT MODIFICATION

Per 8 oz. ²	Nectar (Level 2 Mildly Thick)	Honey (Level 3 Moderately Thick)	Pudding (Level 4 Extremely Thick)
Pump Strokes (6g/stroke)	2	4	8
Nectar Packet (Level 2 Mildly Thick) (6g)	2	4	8
Honey Packet (Level 3 Moderately Thick) (12g)	N/A	2	4

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.

B Supplements That Use SimplyThick EasyMix WITH MODIFICATION

Atkins Protein-Rich Shake	Ensure High Protein	Nestle Fibersource 1.2HN	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 require 15-minute hold time
Boost Glucose Control	** Ensure Plant-Based Protein	NovaSource Renal	
Boost Optimum	Ensure Plus	** Nutren 1.5	
Boost Plus	Enterex Diabetic	** Nutren Junior	
Boost Very High Calorie	Kate Farms Core Essentials Standard Formula	** PediaSure Peptide 1.0	
Carnation Breakfast Essentials	Nepro	Peptamen 1.5 Prebio	
Ensure Compact		** Peptamen Junior	
Ensure Enlive			

SUPPLEMENTS ABOVE USE SIMPLYTHICK EASYMIX WITH MODIFICATION

Per 8 oz.*	Nectar (Level 2 Mildly Thick)	Honey (Level 3 Moderately Thick)	Pudding (Level 4 Extremely Thick)
Pump Strokes (6g/stroke)	1	2	4
Nectar Packet (Level 2 Mildly Thick) (6g)	1	2	4
Honey Packet (Level 3 Moderately Thick) (12g)	N/A	1	2

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

C SUPPLEMENTS THAT ARE NOT COMPATIBLE with SimplyThick EasyMix.

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

Boost Breeze — All Flavors	KetoCal 3:1 — 3:1 ratio ketogenic formula (20kcal/fl oz 0.66 Kcal/mL)
DiabetiShield	Optisource — All Flavors
Ensure Clear — All Flavors	Premier Protein Clear
Hormel Solutions 206 — All Flavors	
Hormel Vital Cuisine 500 Shakes	
Isopure — All Flavors	

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

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