

Option 1 - Recommended

Using the shaker:*

1. Pour the drink into the shaker
2. Add the recommended amount of Nutilus
3. Screw the lid on tightly and shake vigorously until the powder is well dissolved (approx 5-10 seconds)
4. Stir the drink gently for 1 to 2 minutes
5. Leave to stand for a few minutes whilst the drink reaches the desired thickness.

Do not add additional Nutilus during standing time as the liquid is continuing to thicken.

Option 2

Using a fork or small whisk in a shaker/tall cup:

1. Pour the drink into a shaker or tall cup
2. Add the recommended amount of Nutilus
3. Stir vigorously until the powder is well dissolved (20-30 seconds),
4. Stir gently for 1 to 2 minutes
5. Leave to stand for a few minutes whilst the drink reaches the desired thickness.

Do not add additional Nutilus during standing time as the liquid is continuing to thicken.

Option 3

Using a fork or small whisk in a cup:

1. Pour half the drink into a cup
2. Add the recommended amount of Nutilus
3. Stir until the powder is moistened and a smooth consistency is achieved
4. Add the rest of the liquid to the cup
5. Stir the drink for approx 1-2 minutes until a smooth thickened drink is achieved
6. Leave to stand for a few minutes whilst the drink reaches the desired thickness.

Do not add additional Nutilus during standing time as the liquid is continuing to thicken.

** The use of the shaker is not recommended for hot drinks. If using the shaker for hot drinks, please ensure the lid is securely tightened.*

Please see next page for additional tips for hot, cold and carbonated drinks.

Hot drinks* (Temperature > 60 °C):

For optimal results and safety please allow hot drinks to cool slightly prior to thickening. If needed, drinks may be heated in the microwave after the addition of Nutilus.*

Let the prepared drink stand for a few minutes to achieve the desired thickness.

Do not add additional Nutilus during this time as the liquid is continuing to thicken.

**Please note: if reheating thickened hot drinks, please ensure they are reheated immediately after thickening and not left standing at room temperature. Please be especially careful with milky drinks to prevent microbiological contamination.*

Cold drinks (Temperature < 7 °C):

For optimal results allow the cold drink to stand for a few minutes prior to thickening.

Carbonated drinks (cola, lemonade):

For optimal results stir carbonated drinks to remove bubbles and allow most of the foam to settle before adding Nutilis powder.

**The use of the shaker is not recommended for hot drinks.*

If using the shaker for hot drinks, please ensure the lid is securely tightened.

Nutilis Mixing Instructions: Large Volumes

For consumption within 8 hours of preparation:

1. Pour the required amount of liquid into a container
2. Add the recommended amount of Nutilis
3. Mix vigorously with a whisk until the powder is well dissolved (approx 20-30 seconds)
4. Stir gently for 1 to 2 minutes
5. Pour the drinks into individual cups after 3 to 5 minutes
6. Leave to stand for 10 minutes whilst the drinks are reaching the desired thickness for consumption.
Do not add additional Nutilis during standing time as the liquid is continuing to thicken
7. Serve the drinks.

For bulk preparation of drinks to be consumed over 8 hours after preparation it is recommended to use about 95% of the advised amount of powder to ensure the consistency does not become too thick. The consistency should be judged after 10 minutes, and additional Nutilis may then be added if required.

The following tables indicate the number of scoops required to reach the desired consistency for stage 1 (mildly thick), stage 2 (moderately thick) and stage 3 (extremely thick)* thickened drinks for dysphagia patients:

	Volume	Stage 1 (mildly thick)	Stage 2 (moderately thick)	Stage 3 (extremely thick)
Scoops of Nutilis				
Water	200 ml	2 - 3	3 - 4	4 - 5
Cordial	200 ml	2 - 3	3 - 4	4 - 5
Orange juice	200 ml	2 - 3	3 - 4	4 - 5
Apple juice	200 ml	2 - 3	3 - 4	4 - 5
Milk	200 ml	3 - 4	4 - 5	5 - 6
Cola	200 ml	3	4	5
Lemonade	200 ml	3	4	5
Tea	200 ml	2 - 3	4	5
Coffee	200 ml	2 - 3	4	5
Hot chocolate	200 ml	2 - 3	3	4
Lager beer	200 ml	3	4	5
White wine	200 ml	4	5	6
Red wine	200 ml	3 - 4	5	6
Fortisip	200 ml	3	4 - 5	7
Fortisip Multi Fibre	200 ml	3	4 - 5	7
Fortijuice	200 ml	3 - 4	5 - 6	8

**Please note: the quantity of Nutilis required may vary slightly depending on the temperature or thickness of the liquid to be thickened.*