

# Nutlis Clear

## Description

Nutlis Clear is a Food for Special Medical Purposes for use under medical supervision. Nutlis Clear is a xanthan gum based food and fluid thickener designed to maintain the normal appearance of fluids. Nutlis Clear is designed for the dietary management of dysphagia and can be used to modify the texture of both food and fluids. Nutlis Clear has amylase resistant features to protect against the action of amylase, in order to help ensure a safer swallow by maintaining correct consistency in the mouth.

Available in a 175g re-sealable tin.

A level scoop holds approximately 3g powder.

## Indications

For enteral use only. ACBS approved, prescribable on form FP10 (GP10 in Scotland) for the following indication: dysphagia.

## Contraindications

Not suitable for children under 3 years of age.

## Precautions

Nutlis Clear is intended for use as a food and fluid thickener only and is not intended to contribute significantly to nutritional intake.

Use with caution in patients on a sodium restricted diet.

## Directions for use

Nutlis Clear is suitable for thickening hot and cold drinks and for thickening puréed foods. Follow directions on the Nutlis Clear label.

Use only the scoop provided in the packaging. Allow hot liquids to cool slightly before adding Nutlis Clear. Stir carbonated drinks well until the drink has gone flat. To thicken puréed foods, add Nutlis Clear until the desired consistency is reached.

## Storage

Keep sealed and store in a cool, dry place (5-25°C). Once opened, use contents within 2 months. Replace lid firmly after use. Prepare the food or drink per serving and use within 2 hours. Always discard any unfinished thickened food and beverages.

## Shelf life

18 months. Best before date: see bottom of tin.

## Ingredients

Dried glucose syrup, xanthan gum, guar gum.

**NUTLIS CLEAR IS GLUTEN & LACTOSE FREE.**

AVERAGE CONTENTS	UNIT	per 100g	per 3g scoop
<b>Energy:</b>	kcal	290	8.7
	kJ	1230	36.9
<b>Protein:</b>	g	0.8	0.03
% of total energy	%	1	1
<b>Carbohydrate:</b>	g	57.6	1.7
polysaccharides	g	46.7	1.4
sugars	g	10.9	0.3
% of total energy	%	80	80
<b>Fat:</b>	g	0	0
<b>Dietary fibre:</b>	g	28.0	1.1
% of total energy	%	19	19
<b>Minerals:</b>			
sodium	mg (mmol)	1500 (65.2)	45 (2.0)
potassium	mg (mmol)	40 (1.03)	1.2 (0.03)
chloride	mg (mmol)	30 (0.85)	0.9 (0.03)
calcium	mg (mmol)	<20 (<0.5)	<0.6 (<0.0)
phosphorus	mg (mmol)	50 (1.6)	1.5 (0.1)
magnesium	mg (mmol)	<20 (<0.83)	<0.6 (<0.03)

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## Number of level scoops recommended for thickening<sup>1</sup>

Volume	Stage 1 Syrup consistency	Stage 2 Custard consistency	Stage 3 Pudding consistency
200ml	1 scoop	2 scoops	3 scoops

<sup>1</sup> The quantity of Nutlis Clear required may vary slightly depending on the temperature or thickness of the liquid required.