

## INSTRUCTIONS FOR USE

For the actual amount of THIXO-D® Cal-Free to be used for thickening it is best to be guided by the recommendations of a Clinician, Dietitian or Speech and Language Therapist. If no specific guidelines have been given, then the suggestions made in the table below may be helpful.

Please use the blue 0.5ml scoop provided in each tub of THIXO-D® Cal-Free to add the required amount of thickener. If the thickness is not what is required add more THIXO-D® Cal-Free or liquid to adjust it.

Measure		Fluid Consistency* (No. of Scoops)		
Typical Container	Volume of drink	Syrup	Custard	Pudding
		BDA Stage 1	BDA Stage 2	BDA Stage 3
Small Glass or Cup	170ml (6 fl oz)	4 scoops (1g)	6 scoops (1.5g)	8-10 scoops (2-2.5g)
Tumbler	200ml (7 fl oz)	5 scoops (1.25g)	7 scoops (1.75g)	10-12 scoops (2.5-3g)
Half-pint mug	280ml (10 fl oz)	7 scoops (1.75g)	10 scoops (2.5g)	14-16 scoops (3.5-4g)

\*Based on British Dietetics Association's (BDA) National Descriptors for Texture Modification in Adults

## HOW TO MIX THIXO-D® CAL-FREE

1. Fill a glass/cup with a drink and allow enough space to add THIXO-D® Cal-Free and to stir the drink.
2. Add powder gradually to liquid stirring continuously with a teaspoon or whisk until completely dissolved and ensuring any lumps are dispersed
3. Allow at least 10 minutes for viscosity to fully develop.
4. Further adjustments can then be made to thickness by adding more powder or liquid where necessary by repeating steps 2 & 3.

## WHAT TO DO IF THERE IS A PROBLEM

We advise you to add powder gradually and stir well whilst mixing THIXO-D® Cal-Free into the liquid. Any lumps that do form should disperse after 10 minutes

**CAUTION: If THIXO-D® Cal-Free comes into contact with the eyes it should be flushed out with plenty of water**

## HOW TO THICKEN THE FOLLOWING PRODUCTS

**Food:** Sprinkle THIXO-D® Cal-Free on top of the food, stir in well. The product gives texture to liquidised and pureed food. Food moulds can be used to help produce palatable meals with a similar appearance to food which has not been texture-modified. Consistency is unaffected by cooking and freezing. Add more liquid and blend again if too thick.

**Tea/coffee:** Allow hot liquids to cool slightly before adding THIXO-D® Cal-Free. Sugar should be added before thickening. Milk can be added either before or after thickening.

**Fortified Drinks:** Thixo-D Cal-Free works with drinks fortified by vitamins and minerals.

**Also available in our nutrition range is THIXO-D® Original. It is a modified maize starch containing calories. It is gluten and milk free. Can be used to help improve a patient's fluid intake and hydration levels.**



# THIXO-D®

## CAL-FREE



## A Calorie-free thickener for the management of Dysphagia

# DATA SHEET

# THIXO-D®

## DESCRIPTION

THIXO-D® Cal-Free is a clarified, dispersible grade of free-flowing xanthan gum, suitable for use in food preparations. Xanthan gum is a high molecular-weight polysaccharide manufactured from a pure culture of the organism *Xanthomans campestris*, which occurs naturally on the leaves of members of the brassica family. After a fermentation period it is dried into a powder.

THIXO-D® Cal-Free reduces the risk of aspiration where food and drink can enter the airway and is ideally suited for patients with dysphagia as it helps them eat and drink safely. The condition can be caused by Strokes and may affect those with Parkinson's Disease, Dementia, Motor, Neurone Disease, Cerebral Palsy, or head and neck cancers.

## INDICATIONS FOR USE

- THIXO-D® Cal-Free solutions are unaffected by heat or by the pH of the drink to be thickened.
- THIXO-D® Cal-Free readily disperses in liquids with little or no lumping.
- Full viscosity is achieved after about 10 minutes
- THIXO-D® Cal-Free dissolves with stirring within a short time to give any thickness required. No special equipment needed so drinks can be easily prepared either in the ward or at home with minimum effort or delay.

- Does not mask the flavour or leave an aftertaste.
- Colourless, transparent and odourless.
- Thickened food and drink can be re-heated in a microwave, or frozen for future use.
- Unaffected by the enzyme amylase present in saliva.
- Suitable for use with the Ketogenic diet.
- Normally a concentration level of less than 1% THIXO D® Cal-Free is sufficient to develop a viscosity for foods intended for dysphasic patients.

## NUTRITIONAL DATA

THIXO-D® Cal-Free is a gluten-free, lactose-free and non-GM xanthan gum. It is suitable for vegetarians and vegans and has been approved by the Vegetarian Society. The approximate nutritional content per 100g is as follows:

Energy	nil
Protein	nil
Carbohydrate	nil
Fat	nil
Soluble Fibre	80g
Sodium	1000mg
Potassium	3000mg
Calcium	100mg
Magnesium	100mg
Phosphorous	200mg

## PRECAUTION AND RESTRICTIONS

- The xanthan gum used in THIXO-D® Cal-Free is authorised in foods by the US Food and Drug Administration food additive order 21 CFR 172.695 .
- The xanthan gum used is included in the European Union list of food additives as E415
- The joint FAO/WHO Expert Committee of Food Additives has established an acceptable daily intake (ADI) of "not specified" (no quantitative limit)
- The xanthan gum used meets the purity criteria specified in the above approvals; it also meets the requirements of the current Food Chemicals Codex and the National Formulary
- This product is not recommended to be used for children under 1 year old
- For oral consumption only

## PACKAGING

THIXO-D® Cal-Free is packed in a tamper-evident, resealable plastic tub containing 30g, 10 tubs are packed in a case. Each tub has a 0.5ml blue scoop enclosed inside. One tub is sufficient for at least 20 drinks.

## STORAGE AND HANDLING PROCEDURES

**Sealed:** Store unopened at room temperature

**Opened:** Re-seal and store in cool, dry conditions at room temperature for up to 6 weeks

**Mixed with Foods:** Treat in similar manner to non-thickened foods

**Used in drinks:** At room temperature - maximum 2 hours  
Chilled (4°C) - maximum 24 hours

**Spillage:** A dry method of cleaning up should be used, such as brush or vacuum cleaner. Removal will be made more difficult if water is used as the xanthan gum will rehydrate to form a gel.

**For Batch Number/Best Before Date:** see product label

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