

Preparation Instructions



Use under medical supervision. For hydration only – not to be used as a sole source of nutrition. Consume orally. Not for under 3's.

1

5 secs

Mix the dry ingredients to evenly disperse the thickener.

4

4 mins

Do not touch the drink. Let it stand for a few minutes.

2

Fill level

Whilst stirring, pour hot, NOT boiling water into the cup and fill to the small raised dashed line.

5

5 secs

Stir the drink once more for a few seconds.

3

1 min

Stir for 1 minute maximum. Press any un-dissolved ingredients against the side of the cup.

6

25 mins

Drink and dispose of within 25 minutes.

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1

5 secs

Mix the dry ingredients to evenly disperse the thickener.

4

1 min

Do not touch the drink. Let it stand for a minute.

2

Fill level

Whilst stirring, pour cold water into the cup and fill to the small raised dashed line.

5

5 secs

Stir the drink once more for a few seconds.

3

1 min

Stir for 1 minute maximum. Press any un-dissolved ingredients against the side of the cup.

6

12 hours

Drink and dispose of within 12 hours.