



# Insulle Vanilla Powder

(Lukewarm water < 40° C)

IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	1	2	3	4
Amount of liquid (mL)	230mL			
Sitting time (minute/s)	5 to 10			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. According to Insulle's preparation instructions, prepare 230mL of Insulle, and make sure it is free from lumps before mixing.</li> <li>2. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry cup.</li> <li>3. Add 50 – 100mL of Insulle into the cup to cover the powder.</li> <li>4. Stir vigorously until the powder is fully dissolved.</li> <li>5. Pour the remaining Insulle into the cup and stir for 3 seconds.</li> <li>6. Leave to stand for 5 to 10 minutes, stir thoroughly and drink or carry out IDDSI verification immediately.</li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to the standard concentration by Insulle's preparation instruction.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for different Insulle concentrations and temperatures may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different Insulle concentrations and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Insulle will continue to thicken if left to stand.</li> </ul>			

The data are verified using IDDSI funnel.

Product Owner:

Pharm-D Health Science Sdn. Bhd.

200101019018 (554775-K)

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**VALENS®**

**THIXER®**  
Clear



# Glucerna Vanilla Powder

(Room Temperature)



IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	2	4	5	7
Amount of liquid (mL)	237mL			
Sitting time (minute/s)	5 to 10			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. According to Glucerna's preparation instruction, prepare 237mL of Glucerna, and make sure it is free from lumps before mixing.</li> <li>2. By using the scoop given, add the required amount of <b>Valens®Thixer®Clear</b> powder into a separate, clean and dry cup.</li> <li>3. Add 50 – 100mL of Glucerna into the cup to cover the powder.</li> <li>4. Stir vigorously until the powder is fully dissolved.</li> <li>5. Pour the remaining Glucerna into the cup and stir for 3 seconds.</li> <li>6. Leave to stand for 5 to 10 minutes, stir thoroughly and drink or carry out IDDSI verification immediately.</li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to the standard concentration by Glucerna's preparation instruction.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for different Glucerna concentrations and temperatures may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different Glucerna concentrations and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Glucerna will continue to thicken if left to stand.</li> </ul>			

*The data are verified using IDDSI funnel.*

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# Glucerna Vanilla Ready-to-Drink

(Room Temperature)



IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	1.5	3	5.5	7
Amount of liquid (mL)	220mL			
Sitting time (minute/s)	5 to 10			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry cup.</li> <li>2. Add 50 – 100mL of Glucerna into the cup to cover the powder.</li> <li>3. Stir vigorously until the powder is fully dissolved.</li> <li>4. Pour the remaining Glucerna into the cup and stir for 3 seconds.</li> <li>5. Leave to stand for 5 to 10 minutes, stir thoroughly and drink or carry out IDDSI verification immediately.</li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to the standard concentration of Glucerna RTD.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for different Glucerna concentrations and temperatures may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different Glucerna concentrations and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Glucerna will continue to thicken if left to stand.</li> </ul>			

*The data are verified using IDDSI funnel.*

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# Ensure Gold / Life Vanilla Powder

(Room Temperature)



IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	2	4.5	5.5	7
Amount of liquid (mL)	230mL			
Sitting time (minute/s)	5 to 10			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. According to Ensure Gold / Life's preparation instructions, prepare 230mL of Ensure Gold / Life, and make sure it is free from lumps before mixing.</li> <li>2. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry cup.</li> <li>3. Add 50 – 100mL of Ensure Gold / Life into the cup to cover the powder.</li> <li>4. Stir vigorously until the powder is fully dissolved.</li> <li>5. Pour the remaining Ensure Gold / Life into the cup and stir for 3 seconds.</li> <li>6. Leave to stand for 5 to 10 minutes, stir thoroughly and drink or carry out IDDSI verification immediately.</li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to the standard concentration by Ensure Gold / Life's preparation instruction.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for different Ensure Gold / Life's concentration and temperature may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different Ensure Gold / Life concentrations and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Ensure Gold / Life will continue to thicken if left to stand.</li> </ul>			

*The data are verified using IDDSI funnel.*

Product Owner:

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# Ensure Gold Vanilla Ready-to-Drink (Room Temperature)



IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	1.5	4	5	8
Amount of liquid (mL)	220mL			
Sitting time (minute/s)	5 to 10			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry cup.</li> <li>2. Add 50 – 100mL of Ensure Gold into the cup to cover the powder.</li> <li>3. Stir vigorously until the powder is fully dissolved.</li> <li>4. Pour the remaining Ensure Gold into the cup and stir for 3 seconds.</li> <li>5. Leave to stand for 5 to 10 minutes, stir thoroughly and drink or carry out IDDSI verification immediately.</li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to the standard concentration of Ensure Gold RTD.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for different Ensure Gold's concentration and temperature may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different Ensure Gold concentrations and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Ensure Gold will continue to thicken if left to stand.</li> </ul>			

The data are verified using IDDSI funnel.

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# Malaysia Peel Fresh Orange Juice 200mL Removed Pulp (Refrigerated Temperature)



IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	2.5	3.5	5	7
Amount of liquid (mL)	200mL			
Sitting time (minute/s)	5			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry glass.</li> <li>2. Add 50 – 100mL of beverage into the glass to cover the powder.</li> <li>3. Stir vigorously until the powder is fully dissolved.</li> <li>4. Pour the remaining beverage into the glass and stir well.</li> <li>5. Leave to stand for 5 minutes, stir thoroughly and drink or carry out IDDSI verification immediately.</li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The pulp must be removed before drinking to prevent choking as it may stick on the wall of the throat.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to Peel Fresh Orange Juice.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for other fruit juices and different temperatures may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different fruit juices and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Orange Juice will continue to thicken if left to stand.</li> </ul>			

The data are verified using IDDSI funnel.

Product Owner:

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# Malaysia Milo Powder

## 200mL

(Warm Water - 70°C)



IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	1.5	3	4	6
Amount of liquid (mL)	200mL			
Sitting time (minute/s)	5			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. According to Milo's preparation instructions, prepare 200mL of Milo, and make sure it is free from lumps before mixing.</li> <li>2. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry glass.</li> <li>3. Add 50 – 100mL of beverage into the glass to cover the powder.</li> <li>4. Stir vigorously until the powder is fully dissolved.</li> <li>5. Pour the remaining beverage into the glass and stir well.</li> <li>6. Leave to stand for 5 minutes, stir thoroughly and <u>drink or carry out IDDSI verification immediately.</u></li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to the standard concentration by Milo's preparation instruction.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for different Milo concentrations and temperatures may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different Milo concentrations and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Milo will continue to thicken if left to stand.</li> </ul>			

The data are verified using IDDSI funnel.

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# Malaysia Milo Ready-To-Drink (Refrigerated Temperature)



IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	3	4	5	6
Amount of liquid (mL)	200mL			
Sitting time (minute/s)	5			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>1. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry glass.</li> <li>2. Add 50 – 100mL of beverage into the glass to cover the powder.</li> <li>3. Stir vigorously until the powder is fully dissolved.</li> <li>4. Pour the remaining beverage into the glass and stir well.</li> <li>5. Leave to stand for 5 minutes, stir thoroughly and <u>drink or carry out IDDSI verification immediately.</u></li> </ol> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to the standard concentration of Milo RTD.</li> <li>• The dosage of <b>Valens® Thixer® Clear</b> for different Milo concentrations and temperatures may vary.</li> <li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with different Milo concentrations and temperatures to ensure it reaches the correct consistency.</li> <li>• Best consumed immediately. Milo will continue to thicken if left to stand.</li> </ul>			

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**VALENS®****THIXER®**  
*Clear*

# 100 Plus 200mL

(Room Temperature)

IDDSI Level	Valens® Thixer® Clear			
	1	2	3	4
Number of scoop(s)	1	2	3	5
Amount of liquid (mL)	150mL			
Sitting time (minute/s)	2 to 5			
Procedure	<p><b>Instructions:</b></p> <ol style="list-style-type: none"><li>1. By using the scoop given, add the required amount of <b>Valens® Thixer® Clear</b> powder into a separate, clean and dry glass.</li><li>2. Add 50 – 100mL of beverage into the glass to cover the powder.</li><li>3. Stir vigorously until the powder is fully dissolved.</li><li>4. Pour the remaining beverage into the glass and stir well.</li><li>5. Leave to stand for 2 to 5 minutes, stir thoroughly and drink or carry out IDDSI verification immediately.</li></ol> <p><b>Note:</b></p> <ul style="list-style-type: none"><li>• Carbonated water will produce a big head of bubbles when <b>Valens® Thixer® Clear</b> is added into carbonated water that is not degassed.</li><li>• The dosage of <b>Valens® Thixer® Clear</b> for each level is according to 100 plus at room temperature.</li><li>• The dosage of <b>Valens® Thixer® Clear</b> for other carbonated water and different temperatures may vary.</li><li>• Please refer to a healthcare professional when mixing <b>Valens® Thixer® Clear</b> with other carbonated beverages to ensure it reaches the correct consistency.</li><li>• Best consumed immediately. 100 plus will continue to thicken if left to stand</li></ul>			

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