

## DYSPHAGIA PRODUCT GUIDE: PRODUCTS AVAILABLE IN THE UK (prices right to July 2020)

Manufacturer	Product	IDDSI level	Starch/gum	Cost	Prescription cost	Information
<b>Abbott</b>	Multi-thick	1-4	Starch	£4.83 per tin	£4.83 per tin	Per scoop (2.7 g): 9.9 kcal; protein 0.01 g (trace); carbs 2.4 g; fat 0
<b>Anaiah Healthcare Ltd</b>	EnergieShake Dessert	Pureed/ Extremely thick (Level 4)	Starch		£3.30 per tray (3x125g pots)	per 125 g: 1.5 kcal/mL; 188 kcal; protein 9.4 g; carbs 23.8 g; fat 6.1 g;
<b>AYMES</b>	Thicken Aid	1, 2, 3,4	Starch-based thickener	£3.71 per 225g tin	£25.47 for 28 days of thickening 1600ml fluid per day to level 1 (quantity required per day: 18.4g) prepared according to manufacturer's instructions*	Per levelled scoop 2.3g: 8.9 kcal; protein 0.01g; carbohydrates 2g; fat 0g
<b>AYMES</b>	ActaCal Creme, Vanilla, Chocolate	4	Starch-based dessert pots	4 x 125 g pots @ £1.17 per pot	£1.17 per pot	Per pot: 188kcal; protein 9.4g; carbohydrates 23.8g; fat 6.1g
<b>Fresenius Kabi</b>	Thick & Easy Clear	All	Gum		£6.50	Average content per 100 g: 291.1 kcal (4.08 kcal per scoop); protein 1.24%; fat 0.24%
<b>Fresenius Kabi</b>	Thick & Easy Original	All	Starch		£5.57	Average content per 100 g: 373 kcal (5.6 kcal per scoop); protein 0.4%; fat 0.1%
<b>Fresenius Kabi</b>	Fresubin Thickened	2 and 3	n/a		£2.55	1.5 kcal/ml; protein/100 ml 10 g
<b>Fresenius Kabi</b>	Fresubin 2Kcal Crème	4	n/a		£2.04	2 kcal per g; milk protein/100 g 10 g
<b>Fresenius Kabi</b>	Fresubin YOcreme	4	n/a		£2.17	1.5 kcal per g; protein 7.5 g
<b>Slō Drinks</b>	Slō Drinks Cold, Hot, Fizzy	1, 2, 3	Pre-thickened gum-based powder 1 sachet = 500ml	7 sachets/ £10.50	Prescription cost per serving (and cost per month if 1600 ml fluid pro-vided per day)* 0.30p (£116.87)	per 100 g: 286 kcal; protein 0.9 g; carbs 86 g; fat 6 g
<b>Slō Drinks</b>	Slō Milkshakes Strawberry, chocolate	1-4	Pre-thickened gum-based powder 1 sachet 50g	7 sachets/ £10.50	Prescription cost per serving* (£) 0.84p per sachet	Per sachet: 197.5 kcal; protein 7.4g; carbs 25.5g; fat 2.6 g
<b>Nestle Health Science</b>	Resource ThickenUP	1-4	starch		£4.66 for 227 g tin	Per 4.5 g scoop: 16.4 kcal; protein 1 g; fat 0 g
<b>Nestle Health Science</b>	Resource ThickenUp Clear	1-4	gum		£8.46 for 127 g tin	Per 100 g: 306 kcal;
<b>Nestle Health Science</b>	Resource Thickened Drinks	3	starch		78p for 114 ml cup	Per 114 ml serving: 101 kcal; protein 0.46 g; fat <0.11 g;
<b>Nualtra</b>	Nutricrem Vanilla, strawberry, chocolate orange, mint chocolate	4	Starch-based dessert pots	4 x 125 g pots/£6.78 £1.69 per pot	N/A	Per pot: 225 kcal, protein 12.5 g; carbs 23.5 g; fat 9 g
<b>Nualtra</b>	Swalloweze Clear	1-4	Gum-based thickener	165 g tub/£5.50	Prescription cost per month of thickening 1600ml fluid per day to level 1 = £12.99 (prepared according to manufacturer's instructions)*	Per 100 g: 286 kcal; protein 1g; carbs 57g; fat 0g
<b>Nutricia</b>	Nutilis Clear	1-4	Maltodextrin, xanthan gum, guar gum	175 g tub/£8.46	Prescription cost per month of thickening 1600ml fluid per day to level 1= £13.54 (prepared according to manufacturer's instructions)*	Per scoop: 3.6 kcal; protein 0.01 g; 0.0 g fat;
<b>Nutricia</b>	Nutilis Powder*	1-4 *Nutilis Powder tin is not IDDSI labelled	Maltodextrin, modified starch (E1442), tara gum, xanthan gum, guar gum	300 g tub/£5.66	Prescription cost per month of thickening 1600ml fluid per day to level 1= £25.36 (prepared according to manufacturer's instructions)*	Per scoop: 14.5 kcal; protein 0.0 g; fat 0.0 g
<b>Nutricia</b>	Nutilis Complete Drink	Level 3	Pre-thickened ready-to-drink-milkshake style supplement arabic gum, resistant starch		Per serving £2.27	Per 125 ml bottle: 306 kcal; protein 12 g
<b>Nutricia</b>	Nutilis Complete Crème	Level 3	Pre-thickened desert-style pots, arabic gum, resistant starch		Per serving £2.27	Per 125 pot: 306 kcal; protein 12 g
<b>Nutricia</b>	Nutilis Fruit	Level 4	Pre-thickened desert-style pots arabic gum, resistant starch		Per serving £2.52	Per 150g pot: 206 kcal; protein 10.5 g