



## PRODUCT

Purathick, a USDA organic powder thickener for hot and cold liquids

## INGREDIENTS

Organic Tapioca Maltodextrin<sup>1</sup>, Organic Tara Gum<sup>2</sup>, Calcium Carbonate<sup>3</sup>

## USES

Increases the viscosity of hot and cold liquids effectively. Thickened beverages are often used in the management of dysphagia or swallowing difficulties.

Supplement Facts	Amount/serving	%DV for	%DV for
		Children Under 4 Years of Age	Adults & Children 4 Years or More of Age*
<b>Total Carb.</b>	<b>2g</b>	**	1%
<b>Fiber</b>	<b>&lt;1g</b>	**	3%
<b>Calcium</b>	<b>10mg</b>	1%	1%

Serv. Size 1 scoop (2.4g)  
Servings Per Container 52  
Calories 10

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established

Ingredients: Organic Tapioca Maltodextrin, Organic Tara Gum, Calcium Carbonate

## CONTRAINDICATIONS

Not for use with infants or children under one year old.<sup>4</sup> Do not use if galactosemia or allergy to galactomannans is suspected. There are very few cases of allergies to galactomannans reported in academic literature. If an allergic reaction occurs, discontinue use immediately and seek medical attention.

Purathick is manufactured at a GMP plant that holds USDA certification by Quality Certification Services.

## BENEFITS OF PURATHICK

- BETTER FOR INDIVIDUALS WITH FOOD SENSITIVITIES.
- EASY TO USE FOR HOT AND COLD BEVERAGES.
- DOESN'T THICKEN EXCESSIVELY OVER TIME.
- TASTELESS. ODORLESS. SMOOTH.
- FAT FREE. LOW CALORIE. LOW DISPLACEMENT.
- USDA ORGANIC. GMO FREE.



Corn Free



Gluten Free



Lactose & Casein Free



Soy Free



## AVAILABILITY

**Purathick 125g jar, \$19.99**  
52 servings, thickens up to 312 ounces

Single serving (2.4g) sticks also available.

Retailers, clinics, hospitals, and other institutional health care centers may purchase Purathick at a wholesale rate.

For a list of available distributors and more info, visit [purathick.com](http://purathick.com).



## CONTACT

Parapharma Tech, LLC  
866-950-7278  
[contact@gelmix.com](mailto:contact@gelmix.com)



## MIXING INSTRUCTIONS

Add 1 stick pack or scoop (2.4g) to fluid ounces per chart below to achieve desired consistency. Mix vigorously until powder is completely dissolved. For best results mix with a fork, whisk or shaker. Let cold liquids stand 5-10 minutes until desired consistency is achieved before serving. Warm liquids thicken faster and can be served after 1 minute. Usage instructions may need to be adjusted based on the viscosity of the original diet.

**LEVEL 4 - EXTREMELY THICK (aka pudding):** Add 1 Scoop for 2 fl oz

**LEVEL 3 - MODERATELY THICK (aka honey):** Add 1 Scoop for 4 fl oz

**LEVEL 2 - MILDLY THICK (aka nectar):** Add 1 Scoop for 6 fl oz

**LEVEL 1 - SLIGHTLY THICK (aka thin nectar):** Add 1 Scoop for 8 fl oz

**Best if consumed within 30 mins of mixing. Usage instructions may need to be adjusted based on the viscosity of the original diet.**

Use only as directed. Keep out of reach of children. Not for use with children less than 1 year old. Do not use if galactosemia or allergy to galactomannans is suspected. Stop using if rash or other allergic reaction develops, and consult physician immediately. Always consult a physician before thickening liquids to ensure it is appropriate for your individual needs.

For tips, advanced preparation and other mixing instructions visit:  
<http://www.purathick.com/mixing-instructions>

## INSURANCE COVERAGE

When thickening is deemed medically necessary, Purathick may be covered by insurance providers under HCPCS Code B9998 under Durable Medical Equipment (DME) billing. This is a miscellaneous code and requires a complete description of the product when billing to insurance, medicaid or medicare. Coverage under Medicaid/Medicare varies by state. Check with your insurance carrier or your local state Medicaid/Medicare office for specific coverage regulations and restrictions.



<sup>1</sup> Organic Tapioca Maltodextrin is an easily digestible polysaccharide used as a food additive, derived from the cassava root. Maltodextrin is widely used in commercial thickeners, however most often it is derived from corn. Purathick does not contain corn or any other common allergens.

<sup>2</sup> Organic Tara Gum, often referred to as Peruvian carob, is a naturally occurring seed gum, consisting of galactomannan-type polysaccharides and is structurally similar to guar gum and locust bean gum. Declared a GRAS food ingredient, Tara Gum is an FAO/WHO and EU approved food additive for food supplements, with an Acceptable Daily Intake (ADI) of "not specified". Tara gum is used by many countries around the world. Borzelleca, J. F., Ladu, B. N., Senti, F. R., & Egle Jr, J. L. (1993). Evaluation of the safety of tara gum as a food ingredient: a review of the literature. Journal of the American College of toxicology, 12(1), 81-89.

<sup>3</sup> Calcium Carbonate is a naturally occurring mineral and is added for its anti-caking properties to improve the consistency of Purathick.

<sup>4</sup> Presently, insufficient research exists to recommend use with infants. The "innocuousness" and "absences of carcinogenic effect" of galactomannans, including tara, carob and guar gums, in young children has been established. Carob (locust) bean gum has been extensively studied for its safety and use with neonates. Guar gum has been considered acceptable for use in infant formulae and foods for infants and young children for over a decade with no adverse reactions. Dietary exposure assessments on high levels of tara gum have been conducted with young children, however not with infants. For more info see: Meunier, L., Garthoff, J. A., Schaafsma, A., Krul, L., Schrijver, J., van Goudoever, J. B., ... & Vandenplas, Y. (2014).; Locust bean gum safety in neonates and young infants: an integrated review of the toxicological database and clinical evidence. Regulatory Toxicology and Pharmacology, 70(1), 155-169.; Mortensen, A., Aguilar, F., Crebelli, R., Di Domenico, A., Frutos, M. J., Galtier, P., ... & Lindtner, O. (2017). Re-evaluation of guar gum (E 412) as a food additive. EFSA Journal, 15(2).; Food Standards Australia New Zealand (FSANZ)(2016). Final Assessment Report: Application A546: Tara Gum as a Food Additive, 33-44.