



# PRODUCT BROCHURE

2024





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The Precise brand is owned by Trisco Foods an Australian company owned and managed by the Tristram family.

We have been manufacturing food and beverage products in Queensland since 1875.

We saw the opportunity to develop a product that meets the needs of people diagnosed with dysphagia by giving precise control over the consistency of prepared thickened drinks, whilst being quick, easy, stress-free and economical. This led to the development of ‘Precise Thick-N INSTANT’ a liquid thickening concentrate to help those with dysphagia consume their favourite drinks.

## CERTIFICATIONS



LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
SLIGHTLY THICK	MILDLY THICK	MODERATELY THICK	EXTREMELY THICK
1 PUMP	1 PUMP	2 PUMPS	4 PUMPS

# THICK-N INSTANT

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## Liquid

**THICKENING CONCENTRATE**

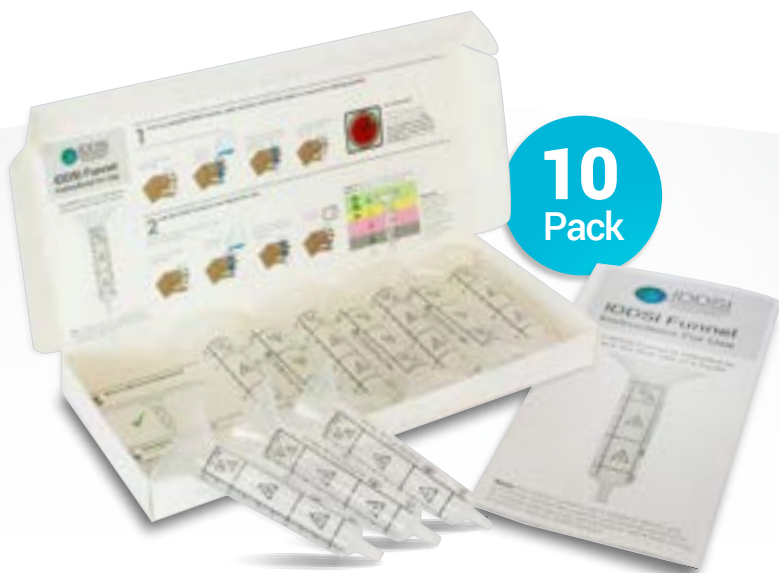
for the management of dysphagia

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Precise Thick-N INSTANT is the GOLD standard for thickening beverages for people living with dysphagia.

This innovative product has been welcomed by the industry as it meets the need for a convenient and accurate way to thicken beverages to precise and predetermined viscosities.



## **IDDSI FUNNEL PACKS NOW AVAILABLE ONLINE**

order at [store.precisethickn.com.au](https://store.precisethickn.com.au)



**Shop Now**

## SINGLE SERVE

GLUTEN  
FREELACTOSE  
FREEHALAL &  
KOSHER  
CERTIFIED

- For making individual serves of thickened fluids.
- Ideal for drink and medication trolleys or home use.
- Aqua colour coded pump.
- Sachet pack available.

Scan here  
for mixing  
guidelines  
and more  
information



Information is for 3L and 500mL Bottles

NUTRITION INFORMATION				
		Average Quantity Per 4.6mL Serve*	Average Quantity Per 100mL	
Energy		9 kJ	205 kJ	
Protein	- total	Less than 1g	Less than 1g	
	- gluten	Not Detected	Not Detected	
Fat	- total	Less than 1g	Less than 1g	
	- saturated	Less than 0.01g	Less than 0.01g	
Carbohydrate	- total	Less than 1g	Less than 1g	
	- sugars	Less than 1g	Less than 1g	
	- lactose	Not Detected	Not Detected	
	- galactose	Not Detected	Not Detected	
Dietary Fibre		1.1g	23.0g	
Sodium		5 mg	107 mg	

## STORAGE &amp; SHELF LIFE INSTRUCTIONS:

- Storage in a cool, dry environment at ambient temperature (18-22°C). Do not store in the refrigerator or in direct sunlight.
- Product is stable for up to 12 months from date of manufacture.
- When stored as recommended, the product will have a shelf life of 12 months. Once opened, drinks should be handled and stored according to your sites' food safety protocols. Precise recommends the use of the '2 hour / 4 hour rule' for serving vulnerable persons, refrigeration between serving, and discarding any leftover product after 24 hours.

## INGREDIENTS:

Water, Soluble Plant Polysaccharides, Thickeners (E415, E418, E440, E412), Acidity regulators (E575, E330, E331), Preservative (E202), Firming Agent (E509).



## BULK SERVE

GLUTEN  
FREELACTOSE  
FREEHALAL &  
KOSHER  
CERTIFIED

- For making larger quantities of thickened fluids such as water or juice.
- Ideal for drinks prepared in advance in the kitchen.
- Orange colour coded pump.

Scan here  
for mixing  
guidelines  
and more  
information



## NUTRITION INFORMATION

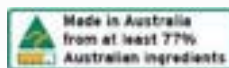
		Average Quantity Per 32mL Serve	Average Quantity Per 100mL
Energy		66 kJ	205 kJ
Protein	- total	Less than 1 g	Less than 1g
	- gluten	Not Detected	Not Detected
Fat	- total	Less than 1g	Less than 1 g
	- saturated	Less than 0.01 g	Less than 0.01g
Carbohydrate	- total	Less than 1 g	Less than 1 g
	- sugars	Less than 1 g	Less than 1 g
	- lactose	Not Detected	Not Detected
	- galactose	Not Detected	Not Detected
Dietary Fibre		7.4 g	23.0g
Sodium		34 mg	107 mg

## STORAGE &amp; SHELF LIFE INSTRUCTIONS:

- Storage in a cool, dry environment at ambient temperature (18-22°C). Do not store in the refrigerator or in direct sunlight.
- Product is stable for up to 12 months from date of manufacture.
- When stored as recommended, the product will have a shelf life of 12 months. Once opened, drinks should be handled and stored according to your sites' food safety protocols. Precise recommends the use of the '2 hour / 4 hour rule' for serving vulnerable persons, refrigeration between serving, and discarding any leftover product after 24 hours.

## INGREDIENTS:

Water, Soluble plant polysaccharides, Thickeners (E415, E418, E440, E412), Acidity regulators (E575, E330, E331), Preservative (E202), Firming agent (E509),



# THICKENED Water

Available in



GLUTEN  
FREE

LACTOSE  
FREE

ENERGY #  
**23kJ**  
Per Serve



## FLAVOURS

Water

Crisp Apple

Lemon Lime

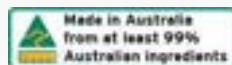
# Information is for Water L2

### NUTRITION INFORMATION

		Average Quantity Per 185mL Serve	Average Quantity Per 100mL
Energy		23 kJ	12 kJ
Protein	- total	Less than 1g	Less than 1g
	- gluten	Not Detected	Not Detected
Fat	- total	Less than 1g	Less than 1g
	- saturated	Less than 0.1g	Less than 0.1g
Carbohydrate	- total	0.9g	0.5g
	- sugars	0.7g	0.4g
	- lactose	0.0g	0.0g
	- galactose	0.0g	0.0g
Dietary Fibre		0.9g	0.5g
Sodium		70 mg	38 mg
Moisture		183g	99g

### INGREDIENTS:

Water, Thickener (E415), Sugar, Acidity regulator (E514), Preservative (E202).



SCAN HERE  
for more  
information





# THICKENED Juice

Available in



GLUTEN  
FREE

HALAL &  
KOSHER  
CERTIFIED

ENERGY #  
**422kJ**  
Per Serve



## FLAVOURS

Pear Orange Apple & Raspberry

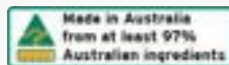
\* Pear Juice only available in L2 and L3

# Information is for Pear Juice L2

NUTRITION INFORMATION			
		Average Quantity Per 185mL Serve	Average Quantity Per 100mL
Energy		422 kJ	228 kJ
Protein	- total	Less than 1 g	Less than 1 g
	- gluten	Not Detected	Not Detected
Fat	- total	Less than 1 g	Less than 1 g
	- saturated	Less than 0.1 g	Less than 0.1 g
Carbohydrate	- total	21.3 g	11.5 g
	- sugars	18.1 g	9.8 g
	- lactose	0.0 g	0.0 g
	- galactose	0.0 g	0.0 g
Dietary Fibre		4.8 g	2.6 g
Sodium		30 mg	16 mg
Moisture		168 g	91 g

## INGREDIENTS:

Reconstituted pear juice (98%),  
Fibre (inulin), Thickener (E415),  
Acidity regulator (E330),  
Preservative (E202).



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for more  
information



# THICKENED Cordial

Available in



GLUTEN  
FREE

HALAL &  
KOSHER  
CERTIFIED

ENERGY #  
**387kJ**  
Per Serve



FLAVOURS

Lime

Citrus

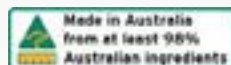
Raspberry

# Information is for Lime Cordial L2

NUTRITION INFORMATION			
		Average Quantity Per 185mL Serve	Average Quantity Per 100mL
Energy		387 kJ	209 kJ
Protein	- total	Less than 1 g	Less than 1 g
	- gluten	Not Detected	Not Detected
Fat	- total	Less than 1 g	Less than 1 g
	- saturated	Less than 0.1 g	Less than 0.1 g
Carbohydrate	- total	22.2g	12.0g
	- sugars	21.5g	11.6g
	- lactose	0 g	0 g
	- galactose	0 g	0 g
Dietary Fibre		0.7g	0.4g
Sodium		89 mg	48 mg
Moisture		170g	92g

## INGREDIENTS:

Water, Sugar, Thickener (E415),  
Acidity Regulators (E330, E331),  
Natural Flavour, Preservative (E202),  
Colours (E102, E133).



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for more  
information



THICKENED

# Low Joule Cordial

Available in


**GLUTEN  
FREE**
**HALAL &  
KOSHER  
CERTIFIED**
**ENERGY #**  
**24 kJ**  
 Per Serve

**FLAVOURS**

Lemon

Raspberry

\* Low Joule Lemon Cordial only available in L2 and L3

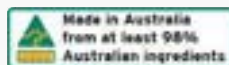
# Information is for Low Joule Raspberry Cordial L2

**NUTRITION INFORMATION**

		Average Quantity Per 185mL Serve	Average Quantity Per 100mL
Energy		24 kJ	13 kJ
Protein	- total	Less than 1 g	Less than 1 g
	- gluten	Not Detected	Not Detected
Fat	- total	Less than 1 g	Less than 1 g
	- saturated	Less than 0.1 g	Less than 0.1 g
Carbohydrate	- total	Less than 1 g	Less than 1 g
	- sugars	Less than 1 g	Less than 1 g
Dietary Fibre		Less than 1 g	Less than 1 g
Sodium		81 mg	44 mg
Moisture		184 g	99 g

**INGREDIENTS:**

Water, Natural flavour, Thickener (E415), Acidity regulators (E330, E331), Preservative (E202), Sweeteners (E950, E955), Colour (E122).


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 for more  
 information


# THICKENED Tea & Coffee

Available in



GLUTEN  
FREE

VEGETARIAN  
SUITABLE

ENERGY #  
**135kJ**  
Per Serve



## FLAVOURS

White Coffee

White Tea

Black Tea

\* White Coffee and Black Tea only available in L2 and L3

# Information is for White Coffee L2

NUTRITION INFORMATION			
		Average Quantity Per 175mL Serve	Average Quantity Per 100mL
Energy		142 kJ	81 kJ
Protein	- total	1.3 g	Less than 1.0 g
	- gluten	Not Detected	Not Detected
Fat	- total	1.3g	Less than 1.0g
	- saturated	Less than 0.1g	Less than 0.1g
Carbohydrate	- total	3.7 g	2.1 g
	- sugars	2.6 g	1.5 g
	- lactose	1.6 g	0.9 g
Dietary Fibre		1.2 g	Less than 1.0 g
Sodium		117 mg	67 mg
Moisture		170 g	97 g

## INGREDIENTS:

Water, **Whole milk powder** (2.5%), Coffee concentrate (1%), Thickener (E415), Sugar, Natural flavour, Acidity regulator (E339).

**Contains: Milk**



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for more  
information



THICKENED

## Creamy

Available in

GLUTEN  
FREE

PROTEIN

7.5g

Per Serve

ENERGY #

795kJ

Per Serve



FLAVOURS

Dairy

Chocolate

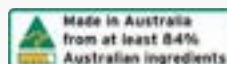
# Information is for Creamy Dairy L2

## NUTRITION INFORMATION

		Average Quantity Per 175mL Serve	Average Quantity Per 100mL
Energy		795 kJ	454 kJ
Protein	- total	7.5 g	4.3 g
	- gluten	Not Detected	Not Detected
Fat	- total	9.1 g	5.2 g
	- saturated	2.9 g	1.7 g
Carbohydrate	- total	19.1 g	10.9 g
	- sugars	15.6 g	8.9 g
	- lactose	6.2 g	3.6 g
Dietary Fibre		Less than 1g	Less than 1 g
Sodium		136 mg	74 mg
Moisture		147 g	84 g

## INGREDIENTS:

Water, Whole **milk** powder (9%), Sugar, **Milk** solids (4%), Maltodextrin, Thickeners (E415, E1442), Colour (E171), Acidity regulators (E341, E331), Emulsifier (E471), Stabiliser (E407).

**Contains: Milk**

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information



THICKENED

# High Energy High Protein

Available in



GLUTEN  
FREE

PROTEIN

15g

Per Serve

ENERGY #

1241kJ

Per Serve



FLAVOURS

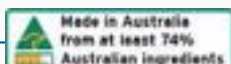
Tropical

Butterscotch

# Information is for HEHP Tropical L2

## TROPICAL INGREDIENTS:

Water, Maltodextrin, Sugar, Hydrolysed collagen, Dietary fibre (Inulin), Acidity regulators (E514ii, E330, E331), Vitamins and Minerals premix (Magnesium Sulphate, Vitamin C, Zinc sulphate, Ferric pyrophosphate, Vitamin E, Vitamin B3, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin A, Folate, Vitamin D3), Flavours, Thickener (E415), Preservative (E202).



## BUTTERSCOTCH INGREDIENTS:

Water, **Milk** solids, Maltodextrin, Sugar, Fibre (inulin), Acidity regulators (E339, E341), Caramelised sugar, Thickeners (E1442, E415), Flavours, Emulsifier (E471), Magnesium citrate, Colour (E171), Salt, Stabiliser (E407).

**Contains: Milk.**



TROPICAL L2		Serving size: 185mL	
Nutrient	Unit	Per serve (185mL)	Per 100 g
Macronutrient Profile			
Energy	kJ	1241	671
Protein, total	g	15.7	8.5
gluten	mg	not detected	not detected
Fat, Total	g	Less than 1.0	Less than 1.0
Saturated	g	Less than 0.1	Less than 0.1
Carbohydrate, total	g	55.9	30.2
Sugars	g	24.4	13.2
lactose	g	0.0	0.0
Dietary Fibre	g	2.4	1.3
Sodium	mg	422	228
Moisture	g	137	74
Vitamin & Mineral Profile			
Magnesium	mg	64 (20% RDI*)	34.6
Zinc	mg	3.0 (25% RDI*)	1.62
Potassium	mg	56	30
Phosphorus	mg	74	40
Calcium	mg	57	31
Vitamin A	µg	214	116
Vitamin B1	mg	0.3	0.2
Vitamin B2	mg	0.4	0.2
Vitamin B6	mg	0.3	0.2
Vitamin C	mg	21.7	11.7
Vitamin D3	µg	3.6	2.0
Vitamin E	mg	2.4	1.3
Folate	µg	64.5	34.9
Vitamin B3	mg	1.3	0.7
Iron	mg	1.6	0.9

BUTTERSCOTCH L2		Serving size: 175mL	
Nutrient	Unit	Per serve (175mL)	Per 100 g
Macronutrient Profile			
Energy	kJ	1255	717
Protein, total	g	15.0	8.6
gluten	mg	not detected	Not detected
Fat, Total	g	8.9	5.1
Saturated	g	6.0	3.4
Carbohydrate, total	g	38.0	21.7
Sugars	g	14.5	8.3
lactose	g	0.01	0.01
Dietary Fibre	g	2.1	1.2
Sodium	mg	380	217
Moisture	g	130	74
Vitamin & Mineral Profile			
Calcium	mg	161 (20% RDI*)	92
Magnesium	mg	56	32
Potassium	mg	96	55
Phosphorus	mg	350	200
Iron	mg	0.2	0.1

## Tablet Ease

Available in

L4

GLUTEN  
FREE

DAIRY  
FREE

SUGAR  
FREE

Easy to  
Swallow

Pleasant  
Crisp Apple  
Flavour!



# Take it easy!

Introducing a new & improved medication lubricant  
that aids in swallowing tablets with ease!

*it's as easy as 1, 2, 3!*



1

Place the recommended  
dosage of medication  
on a spoon.



2

Add 1 pump (5mL) of  
Precise Tablet Ease.  
Ensure medication is  
well covered.



3

Take your  
medication and  
swallow with ease!

### INGREDIENTS:

Water, Carrageenan (E407), Flavours, Calcium chloride (E509), Sodium Citrate (E331), Malic acid (E296), Potassium sorbate (E202), Acesulfame potassium (E950), Sucralose (E955), Colours (E102, E133).

### STORAGE & SHELF LIFE INSTRUCTIONS:

- Store between 4- 25°C. Do not freeze.
- 12 month shelf life. After opening store in the original closed packaging. Use within 3 months of opening.



To find out more visit our website [tabletease.com.au](http://tabletease.com.au)



# THIN Juice

Available in



HIGH IN  
FIBRE

GLUTEN  
FREE

ENERGY  
**418 kJ**  
Per Serve



FLAVOURS

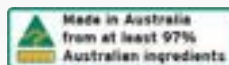
Pear

## NUTRITION INFORMATION

		Average Quantity Per 185mL Serve	Average Quantity Per 100mL
Energy		418 kJ	226 kJ
Protein	- total	Less than 1.0 g	Less than 1.0 g
	- gluten	Not Detected	Not Detected
Fat	- total	Less than 1.0 g	Less than 1.0 g
	- saturated	Less than 0.1 g	Less than 0.1 g
Carbohydrate	- total	21.3 g	11.5 g
	- sugars	17.9 g	9.7 g
	- lactose	Not Detected	Not Detected
	Dietary Fibre	4.4 g	2.4 g
Sodium		21 mg	11mg

## INGREDIENTS:

Reconstituted pear juice (98%), Fibre (Inulin), Thickener (E415), Acidity regulator (E330), Preservative (E202).



SCAN HERE  
for more  
information



Dysphagia Suitable

# Jelly

Available in

L4

GLUTEN  
FREEHIGH  
PROTEIN

ENERGY

508 kJ  
Per Serve

FLAVOURS

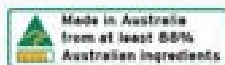
Mango

## NUTRITION INFORMATION

		Average Quantity Per 125g Serve	Average Quantity Per 100g
Energy		508kJ	406kJ
Protein	- total	10.0g	8.0g
	- gluten	Not detected	Not detected
Fat	- total	Less than 1g	Less than 1g
	- saturated	Less than 0.1g	Less than 0.1g
Carbohydrate	- total	19.2g	15.4g
	- sugars	16.6g	13.3g
	- lactose	0.02g	0.02g
Dietary Fibre		1.3g	1.0g
Sodium		91mg	73mg
Moisture		94 g	75 g

## INGREDIENTS:

Water, Sugar, Hydrolysed collagen, Thickener (E415), Whey protein isolate (Milk), Acidity regulator (E330), Gelling agent (E407), Gelling salt (E508), Natural flavour, Preservative (E202), Colours, (E102, E110). **Contains: Milk**



SCAN HERE  
for more  
information



No Melt

## Ice Cream

HALAL &  
KOSHER  
CERTIFIEDGLUTEN  
FREEENERGY #  
**1472kJ**  
Per Serve

## FLAVOURS

Vanilla

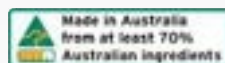
Chocolate

# Information is for Vanilla

NUTRITION INFORMATION			
		Average Quantity Per 120g Serve	Average Quantity Per 100g
Energy		1472 kJ	1226kJ
Protein	- total	2.7g	2.3g
	- gluten	Not Detected	Not Detected
Fat	- total	24.5g	20.4g
	- saturated	14.3g	11.9g
Carbohydrate	- total	30.1g	25.1g
	- sugars	28.3g	23.6g
	- lactose	4.1g	3.4g
Dietary Fibre		0.7g	0.6g
Sodium		66 mg	55 mg
Moisture		61 g	51 g

## INGREDIENTS:

Water, Sugar, Anhydrous **milk** fat (18%), Whole **milk** powder (9%), Thickeners (E1442, E415), Humectant (E422), Colour (E171), Flavour.

**Contains: Milk**

SCAN HERE  
for more  
information



Enprocal 10kg  
Enprocal 900g

ENERGY  
**609 kJ**  
Per Serve

PROTEIN  
**15 g**  
Per Serve

CALCIUM  
**49%\***  
RDI

ENERGY  
PROTEIN  
CALCIUM

**19**

vitamins &  
minerals

Gluten  
Free



## Nutritional Supplement for Everyday Healthy Living

900g

**25**  
SERVES



10 kg

**285**  
SERVES



A scientifically formulated high energy, high protein nutritional supplement powder that provides concentrated nutrition. Easily fortify food and make nutritional supplement drinks.

✓ Gluten Free    ✓ Neutral Flavour    ✓ Low GI =20

Simply whisk, blend or shake 1 level scoop (35g) with 200mL of water, milk or juice.



Scan here for more food first recipes

\* Based on Australia New Zealand Food Standards Code – Schedule 1 – RDIs and ESADDIs (<https://www.legislation.gov.au/F2015L00491/latest/text>).

**Serving size: 35g**

Nutrient	Unit	Per Serve (35g)	per 100 g	% DI** or RDI <sup>1</sup> per serve
<b>Macronutrient Profile</b>				
Energy	kJ	609	1739	7%
Protein, Total	g	15.0	42.8	30%
Gluten		not detected	not detected	
Glycomacropeptide	g	2.3	6.6	
Alpha Lactalbumin	g	1.0	2.8	
Alpha Lactoglobulin	g	4.5	12.9	
Serum Albumin*	g	0.2	0.6	
Lactoferrin*	g	0.05	0.14	
Immunoglobulin G*	g	0.2	0.6	
Fat, Total	g	4.7	13.3	7%
Saturated	g	1.6	4.5	7%
Trans	g	less than 1.0	less than 1.0	
Polysaturated	g	less than 1.0	1.0	
Monounsaturated	g	2.3	6.6	
Carbohydrates	g	9.9	28.3	
Sugars	g	9.7	27.6	11%
Dietary Fibre	g	1.5	4.4	5%
Sodium	mg	82.6	236	4%
<b>Vitamin &amp; Mineral Profile</b>				
Vitamin A	ug	191	547	25%
Thiamin (B1)	mg	0.3	0.9	28%
Riboflavin (B2)	mg	0.7	2.0	40%
Niacin (B3)	mg	1.2	3.3	11%
Pantothenic Acid (B5)	ug	0.6	1.7	11%
Pyridoxine (B6)	mg	0.3	0.9	19%
Biotin (B7)	ug	6.0	18	20%
Folate (B9)	mg	64	183	32%
Cyanocobalamin (B12)	ug	2.0	5.8	100%
Vitamin C	mg	21	60	52%
Vitamin D	ug	3.0	8.9	31%
Vitamin E	mg	2.0	5.8	20%
Calcium	mg	395	1130	49%
Iodine	ug	56.5	162	38%
Iron	mg	1.5	4.3	12%
Magnesium	mg	79.1	226	25%
Phosphorus	mg	184	525	18%
Zinc	mg	3.0	8.6	25%
Potassium	mg	327	935	
<b>Amino Acid Profile</b>				
Arginine	mg	436	1245	
Isoleucine	mg	880	2513	
Leucine	mg	1533	4381	
Lysine	mg	1318	3765	
Methionine	mg	338	967	
Phenylalanine	mg	558	1593	
Threonine	mg	924	2639	
Tryptophan	mg	269	769	
Valine	mg	900	2573	

\*a sub-group of nutrient. \*\*Percentage daily intakes are based on average adult diet of 8700 kJ. Your daily needs may be higher or lower depending on your energy needs. <sup>1</sup>Recommended Dietary Intake.

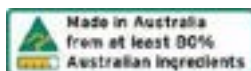
**INGREDIENTS:**

Whey protein concentrate [Whey protein concentrate (**Milk**), Sunflower lecithin], **Milk** solids [**Milk** solids, **Soy** lecithin], Vegetable oil powder [Sunflower oil, Corn syrup solids, Sodium caseinate (**Milk**)], Emulsifier (E471), Flowing agent (E551), Thickener (E451), Vegetable fibre, Vitamins and Minerals (Calcium Carbonate, Magnesium Sulphate, Vitamin C, Zinc Sulphate, Ferric Pyrophosphate, Vitamin E, Vitamin A, Vitamin D, Vitamin B3, Vitamin B2, Vitamin B1, Vitamin B6, Folic Acid), Maltodextrin.

**Contains: Milk, Soy.**

**STORAGE & SHELF LIFE INSTRUCTIONS:**

- Store in a cool dry place. Do not store in the refrigerator or in direct sunlight.
- When stored as recommended, the product will have a shelf life of 12 months as indicated by the best before date.
- Once prepared, food or drinks should be handled and stored according to your sites' food safety protocols. Precise recommends the use of the '2 hour / 4 hour rule' for serving vulnerable persons, refrigeration between serving, and discarding any leftover product after 24 hours.



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SCAN HERE  
for more information



## Enprocal Repair



## Nutritional Support During Wound Healing



**Enprocal Repair is a nutritional supplement powder fortified with L-Arginine designed to support wound recovery.**

Developed from the nutrient-dense food supplement Enprocal, Repair provides an additional source of energy, protein and micronutrients known to be beneficial to wound healing.

- ✓ Fortified with L-Arginine to provide nutritional support during wound healing.
- ✓ Provides energy and protein. Inadequate energy and protein are proven independent risk factors for pressure ulcer progression\*.
- ✓ Contains high levels of key micronutrients, including calcium, zinc, vitamins C, D, A, B1, B2, B12 and folate.
- ✓ Gluten Free.



Enprocal Repair can also be easily mixed with water, juices or yoghurt.

**Scan here for more recipe ideas!**



\* Australian Wound Management Association (AWMA). Clinical Practice Guidelines for the prediction and prevention of pressure ulcers. WA: Cambridge Publishing; 2001.

**Serving size: 17.5g (1 sachet)**

Nutrient	Unit	Per serve (17.5g)	Per 100 g	% DI** or RDI* per serve
<b>Macronutrient Profile</b>				
Energy	kJ	279	1592	3%
Protein - total	g	7.5	43.0	15%
Gluten	mg	Not detected	Not detected	
Fat - Total	g	1.6	9.2	2%
- Saturated	g	0.5	3.0	2%
- Trans	g	less than 0.1	less than 1	
- Polyunsaturated	g	less than 1	less than 1	
- Monounsaturated	g	less than 1	4.7	
Carbohydrates, total	g	4.6	26.4	1%
Carbohydrates - Sugars	g	4.5	25.6	5%
Dietary Fibre	g	1.5	8.8	5%
Sodium	mg	51	294	
<b>Vitamin &amp; Mineral Profile</b>				
Vitamin A	ug	95	540	12%
Thiamin (B1)	mg	0.15	0.83	13%
Riboflavin (B2)	mg	0.28	1.6	16%
Niacin (B3)	mg	0.57	3.3	5%
Pantothenic Acid (B5)	ug	201	1150	4%
Pyridoxine (B6)	mg	0.14	0.78	8%
Biotin (B7)	ug	1.8	10	7%
Folate (B9)	ug	29	168	15%
Cyanocobalamin (B12)	ug	0.32	1.85	16%
Vitamin C	mg	10	56	25%
Vitamin D	ug	1.5	8.9	15%
Vitamin E	mg	1.02	5.8	10%
Calcium	mg	159	907	20%
Iodine	ug	11	63	7%
Iron	mg	0.72	4.1	6%
Magnesium	mg	36	204	11%
Phosphorus	mg	366	2092	36%
Zinc	mg	1.6	9.0	13%
Potassium	mg	100	570	
<b>Amino Acid Profile</b>				
Arginine	mg	3089	17651	
Isoleucine	mg	260	1487	
Leucine	mg	438	2503	
Lysine	mg	375	2143	
Methionine	mg	95	541	
Phenylalanine	mg	160	916	
Threonine	mg	272	1554	
Tryptophan	mg	82	471	
Valine	mg	263	1504	

\*\*Percentage daily intakes are based on average adult diet of 8700 kJ. Your daily needs may be higher or lower depending on your energy needs.

\*Recommended Dietary Intake.

**INGREDIENTS:**

L-Arginine peptides (L-Arginine, Hydrolysed Whey Protein Isolate (**Milk**)), Instant Skim **Milk** Powder, Whole **Milk** Powder, Vegetable Fibre (Inulin), Fructose, Vegetable Oil Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate (**Milk**), Emulsifiers (E471, E451(i)), Anticaking Agent (E551), Whey Protein Concentrate (Whey Protein Concentrate (**Milk**), **Soy** Lecithin), Vitamin and Mineral Pre-Mix (Maltodextrin, Magnesium Sulphate, Vitamin C, Zinc Sulphate, Ferric Pyrophosphate, Vitamin E, Vitamin A, Vitamin D, Vitamin B3, Vitamin B2, Vitamin B1, Vitamin B6, Folic Acid), Calcium Carbonate, Natural Flavour, Sweeteners (E950, E955).

**Contains: Milk, Soy**

**STORAGE & SHELF LIFE INSTRUCTIONS:**

- Store in a cool, dry place away from odours and sunlight.
- When stored as recommended, the product will have a shelf life of 24 months.
- Once prepared, food or drinks should be handled and stored according to your sites' food safety protocols. Precise recommends the use of the '2 hour / 4 hour rule' for serving vulnerable persons, refrigeration between serving, and discarding any leftover product after 24 hours.



Visit the Precise E-learning centre for staff training on the use of Precise Thick-N INSTANT under the IDDSI Framework



Learn how to use Precise Thick-N INSTANT to thicken drinks to IDDSI levels.



Watch video demonstrations on mixing instructions and new Precise Thick-N INSTANT packaging.



Receive a certification of completion, upon successful training.





# WE ARE LAUNCHING NEW TRAINING RESOURCES ON THE IDDSI FRAMEWORK



SCAN HERE TO ACCESS TRAINING VIDEOS



IDDSI training resources available at [www.IDDSI.org](http://www.IDDSI.org)



These are NOT official IDDSI resources, educational materials or education programs and they are NOT meant to replace materials and resources on [www.IDDSI.org](http://www.IDDSI.org)

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PRODUCTS AND TO SEE  
WHAT'S COMING SOON.**



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## CONTACT US

For sales support and more product information  
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