

## Technical Bulletin

### Osmolality of water thickened with SimplyThick® EasyMix™ to IDDSI standards.

The following data are provided to health professionals and consumers as “typical” osmotic pressure of water thickened with SimplyThick EasyMix to the standards of the IDDSI<sup>1</sup> framework for thickened fluids. Results are expressed as mOsm/kg. Analysis was performed by an independent and accredited third party laboratory<sup>2</sup>.

IDDSI Level Classification	Other Consistency Terminology	Result	Reference Method
2	Nectar (Mildly Thick)	11.00 mOsm/kg	USP 785
3	Honey (Moderately Thick)	29.00 mOsm/kg	USP 785
4	Pudding (Extremely Thick)	46.33 mOsm/kg	USP 785

#### References

1. Chicero et al. Development of International Terminology and Definitions for Texture-Modified Foods and Thickened Fluids Used in Dysphagia Management: The IDDSI Framework Dysphagia (2017) 32:293–314.
2. Certificate of Analysis from accredited third party available on request.

**Questions in Canada? Please contact your CMI representative:**



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