

VALENS[®]

a **pharm-d** health science brand 

THIXER[®]  *Liquid*

Mixing Guidance (IDDSI Verification)



VALENS®

THIXER® Liquid



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Valens® Thixer® Liquid: 5.0ml per sachet



Room Temperature Water

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	1	2	3	5
Amount of liquid (ml)	100 - 125ml			
Preparation Method	1. Add the recommended sachets of Valens® Thixer® Liquid into drinking water. 2. Stir well for 30 seconds before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">• After mixing, consume within 6 hours. If not consumed immediately, cover and refrigerate. Use within 24 hours to ensure hygiene.• For best results and to meet IDDSI standards, allow the beverage to return to room temperature before consuming, as cold temperatures may increase thickness.			



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Valens® Thixer® Liquid: 5.0ml per sachet



Hot Water

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	1	2	3	5
Amount of liquid (ml)	100ml			
Preparation Method	<ol style="list-style-type: none"> 1. Add the recommended sachets of Valens® Thixer® Liquid into hot drinking water. 2. Stir well for 30 seconds before drinking or performing the IDDSI verification. 			
Important Notes	<ul style="list-style-type: none"> • Kindly prepare using hot water at a safe temperature for consumption (55 °C to 65 °C). • After mixing, consume within 6 hours. If not consumed immediately, cover and refrigerate. Use within 24 hours to ensure hygiene. • For best results and to meet IDDSI standards, allow the beverage to return to room temperature before consuming, as cold temperatures may increase thickness. 			

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Hot Tea (Lipton Yellow Label)

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	2	2	3	5
Amount of liquid (ml)	125ml	100ml		
Sitting time (minute/s)	2			
Preparation Method	1. Add the recommended sachets of Valens® Thixer® Liquid into hot tea. 2. Stir well and leave it stand for 2 minutes before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">• Kindly prepare using hot tea at a safe temperature for consumption (55 °C to 65 °C).• To enjoy at the best temperature, consume within 30 minutes.			

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Valens® Thixer® Liquid: 5.0ml per sachet



Hot Coffee (Aik Cheong Kopi O)

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	2	2	3	5
Amount of liquid (ml)	125ml	100ml		
Sitting time (minute/s)	2			
Preparation Method	1. Add the recommended sachets of Valens® Thixer® Liquid into hot coffee. 2. Stir well and leave it stand for 2 minutes before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">Kindly prepare using hot coffee at a safe temperature for consumption (55 °C to 65 °C).To enjoy at the best temperature, consume within 30 minutes.			

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Hot Milo

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	2	3	6	7
Amount of liquid (ml)	200ml			150ml
Sitting time (minute/s)	5			
Preparation Method	<ol style="list-style-type: none">1. Prepare Milo according to the instruction on label.2. Add the recommended sachets of Valens® Thixer® Liquid into hot milo.3. Stir well and leave it stand for 5 minutes before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">• Kindly prepare using hot milo at a safe temperature for consumption (55 °C to 65 °C).• The required dosage of Valens® Thixer® Liquid to achieve IDDSI levels may vary depending on concentration and temperature.• If adjustments are needed, please consult a healthcare professional to ensure the correct consistency is achieved.• To enjoy at the best temperature, consume within 30 minutes.			

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The data are verified using IDDSI funnel.

**VALENS**[®]**THIXER**[®] Liquida **pharm-d** health science brand **Valens[®] Thixer[®] Liquid:** 5.0ml per sachet

100 plus (Room Temperature)

IDDSI Level	Valens [®] Thixer [®] Liquid			
	1	2	3	4
Number of sachet(s)	2	3	5	7
Amount of liquid (ml)	150ml			
Preparation Method	<ol style="list-style-type: none">1. Measure and pour the carbonated drink into a clean cup.2. Stir vigorously for 10 seconds to release excess fizz, then let it settle.3. In a separate clean cup, add the required amount of Valens[®] Thixer[®] Liquid.4. Slowly pour the pre-stirred carbonated drink into the cup with Valens[®] Thixer[®] Liquid, pouring along the inner wall to minimize bubble formation.5. Stir gently for 1 minute using a repeated pattern of one “Z” motion followed by two circular motions – continue this sequence for the full minute before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">• The recommended preparation method is designed to minimize bubble formation while maximizing the carbonation effect.• Carbonated water tends to produce a large amount of bubbles when Valens[®] Thixer[®] Liquid is added. To avoid overflow, please use a cup that’s at least twice the volume of the liquid you’re preparing (e.g., use a 300 ml cup for 150 ml of drink).• The required dosage of Valens[®] Thixer[®] Liquid to achieve IDDSI levels may vary depending on concentration, temperature, and the type of carbonated water used. If adjustments are needed, please consult a healthcare professional to ensure the correct consistency is achieved.• For the best carbonation experience, consume within 30 minutes.			

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Valens® Thixer® Liquid: 5.0ml per sachet



Peel Fresh Orange Juice (Pulp Free)

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	1	3	5	8
Amount of liquid (ml)	200ml			
Sitting time (minute/s)	2			
Preparation Method	<ol style="list-style-type: none">1. Measure and pour pulp-free orange juice into a clean cup.2. Add the recommended sachets of Valens® Thixer® Liquid into the juice.3. Stir well and leave it stand for 2 minutes before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">• Ensure all pulp is removed before adding Valens® Thixer® Liquid, as pulp can clog the syringe and affect the result accuracy.• The required dosage of Valens® Thixer® Liquid to achieve the correct IDDSI level may vary depending on concentration, temperature, and the type of juice used.• If adjustments are needed, please consult a healthcare professional.• To enjoy at the best temperature, consume within 30 minutes.			

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Valens® Thixer® Liquid: 5.0ml per sachet



Ensure Gold Vanilla Powder

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	2	4	5	6
Amount of liquid (ml)	230ml			
Sitting time (minute/s)	10			
Preparation Method	<ol style="list-style-type: none">1. According to Ensure Gold's preparation instruction, prepare 230ml of beverage.2. Add the recommended sachets of Valens® Thixer® Liquid into the prepared beverage.3. Stir well for 30 seconds and leave it stand for 10 minutes before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">• Remove any foam (if present) before IDDSI verification to ensure result accuracy.• Dosage of Valens® Thixer® Liquid for each IDDSI level is based on Ensure Gold's standard concentration and may vary with different flavours, concentrations or serving temperatures; consult a healthcare professional to ensure correct consistency.• Best consumed within 30 minutes, as the beverage will continue to thicken if left to stand.			

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Ensure Gold Vanilla RTD

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	1	2	4	6
Amount of liquid (ml)	220ml			
Sitting time (minute/s)	NA			15
Preparation Method	1. Add the recommended sachets of Valens® Thixer® Liquid into Ensure Gold RTD. 2. Shake/stir well for 30 seconds before drinking or performing the IDDSI verification. NOTE: For Level 4, after stirring for 30 seconds, leave it stand for 15 minutes before drinking or performing the IDDSI verification.			
Important Notes	<ul style="list-style-type: none">For ≤ 2 sachets, Valens® Thixer® Liquid can be added directly into Ensure Gold RTD bottle and shaken well.For > 2 sachets or higher concentrations, pour Ensure Gold into a cup before adding Valens® Thixer® Liquid to avoid overflow, then stir well.Dosage of Valens® Thixer® Liquid for each IDDSI level is based on Ensure Gold's standard concentration and may vary with different flavours, concentrations or serving temperatures; consult a healthcare professional to ensure correct consistency.Best consumed within 30 minutes, as the beverage will continue to thicken if left to stand.			

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Glucerna Vanilla Powder

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	1	2	5	7
Amount of liquid (ml)	237ml			
Sitting time (minute/s)	NA			5
Preparation Method	<p>1. According to Glucerna's preparation instruction, prepare 237ml of beverage.</p> <p>2. Add the recommended sachets of Valens® Thixer® Liquid into the prepared beverage.</p> <p>3. Stir well for 30 seconds before drinking or performing the IDDSI verification.</p> <p><i>NOTE: For Level 4, after stirring for 30 seconds, leave it stand for 5 minutes before drinking or performing the IDDSI verification.</i></p>			
Important Notes	<ul style="list-style-type: none">Remove any foam (if present) before IDDSI verification to ensure result accuracy.Dosage of Valens® Thixer® Liquid for each IDDSI level is based on Glucerna's standard concentration and may vary with different flavours, concentrations or serving temperatures; consult a healthcare professional to ensure correct consistency.Best consumed within 15 minutes, as the beverage will continue to thicken if left to stand.			

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Glucerna Vanilla RTD

IDDSI Level	Valens® Thixer® Liquid			
	1	2	3	4
Number of sachet(s)	1	2	4	6
Amount of liquid (ml)	220ml			
Preparation Method	<ol style="list-style-type: none">1. Add the recommended sachets of Valens® Thixer® Liquid into Glucerna RTD.2. Shake/stir well for 30 seconds before drinking or performing the IDDSI verification. <p>NOTE: For Level 4, stir for 1 minute before drinking or performing the IDDSI verification.</p>			
Important Notes	<ul style="list-style-type: none">• For ≤ 2 sachets, Valens® Thixer® Liquid can be added directly into Glucerna RTD bottle and shaken well.• For > 2 sachets or higher concentrations, pour Glucerna into a cup before adding Valens® Thixer® Liquid to avoid overflow, then stir well.• Dosage of Valens® Thixer® Liquid for each IDDSI level is based on Glucerna's standard concentration and may vary with different flavours, concentrations or serving temperatures; consult a healthcare professional to ensure correct consistency.• Best consumed within 30 minutes (Level 1: within 5 minutes), as the beverage will continue to thicken if left to stand.			

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