



Links Medical Products Inc.

PRODUCT INFORMATION BULLETIN **PROMOTING HYDRATION WITH HYDRA~AID™** **HOT & COLD BEVERAGE THICKENER**

To facilitate good hydration in those with swallowing problems it has become an accepted practice to thicken their beverages. The decision to use a beverage thickener and how much to use is reserved to those trained for such care. Hydra~Aid was developed to support those efforts by providing the most palatable and easy to prepare thickening product available today.

A thickener designed to help promote hydration

The unappetizing color and poor flavor of corn starch thickeners can discourage compliant acceptance of adequate amounts of fluids. Hydra~Aid eliminates those problems. It does not change the flavor or color of beverages, mixes easily and cleanly in hot or cold beverages and remains stable over time after mixing.

Hydra~Aid is supplied in *nectar-like* and *honey-like* packets for addition to four ounces of beverage. It is also available in an easy to dispense 64 ounce bulk container for mixing larger quantities. The 64 oz. container is especially useful in nursing homes and other institutions where a significant number of residents may require thickened beverages.

Made to strict specifications with proven, widely used ingredients

Hydra~Aid is made in the U.S. and meets the American Dietetic Association's National Dysphagia Diet (NDD)¹ specifications for specific viscosities when mixed as directed. It also carries the Kosher Certification². While Hydra~Aid is relatively new to the market, the ingredients used in it are not. In fact, xanthan gum, the main ingredient in Hydra~Aid, has been used for many years by the food industry in the United States and through out the rest of the world in salad dressings, syrups, ice cream, yogurt and a large number of other products. Xanthan gum received U.S. Food and Drug Administration (FDA) clearance for use as a food additive in 1969 and in 1980 the European Union (EU) approved it under the E-number 415³. Hydra~Aid, a gel, does not absorb water from the body and "*caloric availability and digestibility studies indicated that xanthan gum is not utilized by the body*"⁴. Hydra~Aid is gluten-free and there is no known report of adverse reaction directly attributable to the use of xanthan gum.

To request further information and samples of Hydra~Aid beverage thickener, call toll free (888) 425-1149 or write to Links Medical Products, 330 Goddard, Irvine, CA 92656.

¹ National Dysphagia Diet: What to Swallow? McCullough, Gary, et al (2003,Nov.4) ASHA Leader pp. 16, 27

² Orthodox Rabbinical Council of San Francisco

³ Xanthan Gum Labels Clarified in US; *Beverage Daily*, April 11, 2004

⁴ *World Health Organization (WHO) Food Additives Series 21*

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