



A Division of Earlee Products

# JANBAK F

Product code 121061

## Mixing instructions & information for patients

- Always follow speech pathologist or dietitian recommendations. Suggested usage for Janbak F is outlined in the table below and levels may be adjusted to suit the patient.

Level 150 being nectar consistency mildly thick, Level 400 is honey consistency moderately thick with Level 900 pudding consistency extremely thick.

Qty of water	Level 150	Level 400	Level 900
250mls	½ tsp 1.5gm	¾ tsp 2.25gm	1 tsp 3.0gm
1 Litre	2 tsp 6.0gm	3 tsp 9.0gm	4 tsp 12.0gm

- The easiest method for mixing is by adding the Janbak F slowly to the fluid whilst the fluid is being agitated. For example, in a blender, in a vitamiser or with a hand whisk.
- The product will appear thinner whilst being agitated but will thicken once the agitation has stopped. Allow to stand for 3-5 minutes.
- Mixture may be retained for approximately 48 hours under refrigeration and can be frozen and thawed without any ill effects. It is not recommended to hold at room temperature for longer than 2 hours for food safety reasons.
- Janbak F will dissolve in hot or cold fluids
- Janbak F is a GRAS (Generally Regarded As Safe) product under the FDA (Food and Drug Administration) and is used in numerous commercially available food products.
- Store the Janbak F powder in a cool and dry place in an airtight container.
- Janbak F is classified as a slightly soluble fibre with 0% to approximately 15% of the product being digested, depending on metabolism. It has a caloric value of 0.5 calories per gram.
- Janbak F is not to be used as a replacement for nutritional supplements.

This information is presented in good faith. Any recommendations are not warranted since the conditions are beyond our control.

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# JANBAK