



Mixing Instructions



Your Guide to Healthier Thickening

INSTRUCTIONS FOR PREPARATION & USE

Always wash hands thoroughly with soap & water and sanitize bottle and/or pitcher before preparation. For best results, mix Gelmix powder into lukewarm liquid (about 100°F) per dosage recommendations below. Mix well until powder is completely dissolved. Allow to thicken 5 minutes, then mix again before feeding. Always test temperature before feeding. Discard leftover preparation.

1 SLIGHTLY THICK
(aka Thin Nectar)

Add 2.4g* for 5-6 fl oz

2 MILDLY THICK
(aka Nectar)

Add 2.4g* for 3-4 fl oz

*Jars include a 1.2g scoop for mixing smaller increments. The single serving stick packs include 2.4g of thickening powder.

Proud Silver Sponsor of IDDSI. Instructions designed for use with IDDSI framework (www.iddsi.org). Tests performed by Parapharma Tech.

For more: gelmix.com/mixing-instructions

Do not use for infants under 6 pounds and/or born preterm currently under a corrected age of 2 weeks (aka 42 weeks postmenstrual age). Moderately thick (aka honey) liquids are not recommended for infants and children less than 1 year old. Moderately thick liquids are more difficult to pass through a nipple/teat and may increase risk of dehydration due to poor oral intake. Do not use if galactosemia or allergy to galactomannans is suspected. If an allergic reaction occurs, discontinue use immediately and seek medical attention. May cause transient gassiness and loose stools in first 1-2 weeks of use. Not intended for use with pre-thickened formula or in addition to other thickening products. Always consult a medical professional before thickening liquids to ensure it is appropriate for your individual needs. This product is not intended as a sole source of nutrition.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Visit CaringSolutions.ca to purchase Gelmix online!

Available in Canada from
CARING SOLUTIONS

www.caringsolutions.ca

sales@caringsolutions.ca

1-800-672-3879



gelmix[®]
infant
thickener

For Breast Milk
& Formula

NATURE'S HEALTHIER
THICKENING OPTION

Get a **SAMPLE PACK** at CaringSolutions.ca!

Sample packs include a coupon for **\$5.00 OFF** of your next order.



Buy in Canada: caringsolutions.ca

For More Information
CARINGSOLUTIONS.CA



Nature's Healthier Thickening Option



Gelmix was designed as a healthier alternative to cereals.



Parents & Pediatricians Recommend Gelmix



Gelmix is the first USDA organic thickener for breast milk and formula specifically formulated for pediatric use in America.

Safe for Infants

Gelmix ingredients have a long history of safe use with infants. It harnesses the power of carob bean gum, also known as locust bean gum, a thickening agent used in Europe for decades in the preparation of infant milk.

Better for Infants with Food Sensitivities

Free of corn, wheat, gluten, lactose, casein, whey and soy. Gelmix does not contain any common allergens.



Corn Free



Gluten Free



Lactose & Casein Free



Soy Free

Thickens Breast Milk & Formula

Thickens breast milk without breaking down the way cereals do.

Tasteless, Odorless, Smooth

Dissolves completely into warm infant milk and flows easily through a nipple.

Maintains Nutritional Balance

Cereals significantly displace fats & proteins in the infant's natural diet. Gelmix thickens without adding bulky starch or excessive calories.

USDA Organic. GMO Free. Arsenic Free.

There are recent concerns over high levels of arsenic in rice cereal. Gelmix is free of heavy metals, hypoallergenic and made without genetically modified ingredients.

gelmix vs **Rice Cereal**

(Based on an average daily consumption of 28 oz)

1 Tablespoon(s)
Per Day

46 Calories
Per Day



210 Calories
Per Day

My son has terrible reflux and was spitting up often. I first tried thickening his bottles with oatmeal cereal, but he continued to spit up. *Both my pediatrician and GI doctor recommended Gelmix.* As soon as we started using it in my son's bottles, he literally stopped spitting up immediately. *It has been a miracle product for my son!*

Our speech therapist recommended Gelmix for my daughter. This has been a game changer for her. We were using rice cereal to thicken her bottles and she wasn't making progress with her aspiration. She has gone from a honey thickness to almost not needing any thickener at all.

My son aspirated and ended up getting a g-tube at 6 months because of it. *His speech therapist recommended Gelmix and it has been a life saver!* My son was able to get his g-tube removed around 14 months of age and now, at 20 months, he still uses the Gelmix for naptime and bedtime bottles. *I would definitely recommend this product to anyone that needs to have their breastmilk or formula thickened.*

Connect With Us!

Visit gelmix.com to read & share more testimonials. Connect & talk with other parents on our social media pages or join our Pediatric Feeding Support Group on Facebook.

Supplement Facts

Amount/serving	%DV for Infants
Calories	10
Total Carb.	2g *
Fiber	1g *

Serv. Size 2 scoops (2.4g)

Servings Per Container 52

* Daily Value (DV) not established

Ingredients: Organic Tapioca Maltodextrin, Organic Carob Bean Gum, Calcium Carbonate