



**gelmix**<sup>®</sup>  
INFANT THICKENER



FOR BREAST MILK & FORMULA

**Safe for Infants**

Do not use for infants under 6 pounds or born preterm currently under a corrected age of 2 weeks (aka 42 weeks postmenstrual age).

**Better for Food Sensitivities**



**Supplement Facts**

Serving size 2.4g (1 stick OR 2 scoops)

	Amount Per Serving	% Daily Value for Infants through 12 months
Calories	10	
Total Carbohydrates	2g	2%
Dietary Fiber	<1g	
Calcium	10mg	4%

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

Healthier Happier Feeding

Visit [CARINGSOLUTIONS.CA](http://CARINGSOLUTIONS.CA) to purchase Gelmix online!

Available in  
Canada from



CARINGSOLUTIONS

[www.caringsolutions.ca](http://www.caringsolutions.ca)

[sales@caringsolutions.ca](mailto:sales@caringsolutions.ca)

1-800-672-3879

CONNECT WITH US!

[facebook.com/groups/GelmixSupport](https://facebook.com/groups/GelmixSupport)

[instagram.com/HealthierThickening](https://instagram.com/HealthierThickening)



For Normal Spit-Up & Swallowing Difficulties

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For More Information [CARINGSOLUTIONS.CA](http://CARINGSOLUTIONS.CA)

## Instructions for Preparation & Use



Always wash hands thoroughly with soap and water before preparation.

Pour desired amount of lukewarm liquid (about 100°F) into bottle. Freshly expressed breast milk at body temperature is sufficient.



ADD 2.4g (1 Stick or 2 Scoops) FOR:

<b>1 SLIGHTLY THICK</b> (thin nectar)	<b>4 - 6 FL OZ</b> (120 - 180 ml)
<b>2 MILDLY THICK</b> (nectar)	<b>3 - 4 FL OZ</b> (90 - 120 ml)

Each jar includes a 1/2 serving scoop (1.2g), equivalent to a level 1/2 tsp. Moderately thick (aka honey) consistency is NOT generally recommended for infants. It can be difficult for some infants to pass this thicker consistency through a nipple and may increase risk of dehydration due to poor oral intake.

Sprinkle in Gelmix powder following usage recommendations. Cap and shake well for about 30 seconds, until powder is completely dissolved. Work quickly to avoid clumps.



Wait 5-10 minutes until desired consistency is reached. Mix again before feeding. Always test temperature before feeding.

May cause gassiness and loose stools at start. This usually subsides on its own within 1-2 weeks of use or by reducing amount used.

## How Much To Thicken

If thickening is recommended to reduce spit-ups, start with a slightly thick consistency and increase if needed. If thickening is recommended due to swallowing difficulties, follow your healthcare provider's instructions carefully.

Always follow CDC guidelines on safe handling and storage of breast milk and prepared formula. Most liquids can be prepared with Gelmix up to 24 hours in advance & rewarmed for feeding. If served cold, the mixture will be thicker.

## Tips on Thickening Breast Milk

Breast milk tends to be thinner than regular infant formulas. For best results, mix Gelmix with freshly expressed breast milk at body temperature.

Gelmix may also be mixed with previously frozen or thawed milk, however once breast milk is brought to room temperature or warmed after storing, it should be used within 2 hours. Breast milk should not be rewarmed more than once.

## Tips on Thickening Formula & Water

Thickened water may be stored in a clean, sealed container at room temperature for up to 24 hours. When ready to feed, just mix in powder formula.

Elemental formulas tend to be thinner than regular infant formulas. Prepared formula with Gelmix may be stored in the refrigerator for up to 24 hours. Use prepared infant formula within 1 hour from when feeding begins.



**gelmix**  
INFANT THICKENER

vs

Baby Cereal

(Based on an average daily consumption of 28 oz)

1  
Tablespoon(s)  
Per Day



**46** Calories  
Per Day

**210** Calories  
Per Day

ORDER A FREE GELMIX SAMPLE PACK  
AT [CARINGSOLUTIONS.CA](http://CARINGSOLUTIONS.CA)

Use the following coupon code:

**TRYGELMIX**

Limit 1 coupon per user. Cannot be used in conjunction with other coupons. Valid only at [caringsolutions.ca](http://caringsolutions.ca).