



GELMIX FAQ'S

What is Gelmix made of?

Gelmix is a USDA organic thickener for liquids. Its ingredients include organic tapioca maltodextrin (a starch), organic carob bean gum (a vegetable gum) and calcium carbonate.

Does Gelmix contain any common allergens?

No, Gelmix is free of all common allergens. Gelmix does not contain corn, soy, wheat, gluten, lactose or casein. Allergies to galactomannans are rare, however if it is suspected, do not use Gelmix.

Is Gelmix manufactured in the USA?

Yes, Gelmix is manufactured at a USDA organic certified GMP plant in South Florida. The USDA seal means that Gelmix follows the National Organic Program, which means less contamination with potentially harmful chemicals and no GMOs. Gelmix also undergoes strict manufacturing testing.

GENERAL MIXING QUESTIONS

Why is it necessary to heat up liquids before mixing in Gelmix?

It is required to warm liquids to allow Gelmix to dissolve entirely and bind with the liquid, ensuring a lasting viscosity. For best results, mix Gelmix powder into lukewarm liquid (about 100°F).

What kinds of liquids will Gelmix thicken?

Gelmix will thicken any liquids that can be warmed first. If you prefer your beverages cold, just warm the liquid to mix with Gelmix, then refrigerate for up to 24 hours.

How thick can Gelmix make liquids?

For term born infants and children under 3 years old, Gelmix easily achieves Slightly Thick (aka Thin Nectar) and Mildly Thick (aka Nectar) viscosity.

Moderately Thick (aka Honey) liquids are not recommended for infants less than 1 year old, as they are more difficult to pass through a nipple and may increase risk of dehydration due to poor oral intake

THICKENING BREAST MILK OR FORMULA

Is it safe to warm breast milk? How should I do it?

Gelmix mixes best in liquids warmed between 95-110°F. Freshly expressed breast milk at body temperature (around 98.6°F) will suffice. Thawed breast milk can be safely brought back to that temperature by placing it in a bottle and then placing the bottle in a glass with hot water until lukewarm. Breast milk should not be warmed more than once.

Can I mix breast milk ahead of time with Gelmix?

We do not recommend mixing breast milk and Gelmix in advance. In order to activate Gelmix, the milk has to be warmed, but in order to preserve the nutrients in breast milk it should not be warmed twice. Breast milk mixed with Gelmix may be stored in a sealed container at room temperature (up to 77°F) for up to 3 hours.

What is the best way to mix Gelmix with breast milk that does not involve shaking?

Gelmix will dissolve in breast milk at body temperature (freshly expressed or warmed), so you just need to swirl it gently to mix Gelmix in thoroughly. Although vigorous shaking could potentially take away the natural qualities of proteins present in breast milk, such as lysozyme and other proteins, gently swirling does not exert enough force to break the amino acid bonds of those proteins.

Is it safe to heat up formula?

According to formula manufacturers, the temperature required to dissolve Gelmix is not high enough to affect the nutrients in formula. However, they recommend against heating up formulas containing probiotics. Always follow your formula manufacturer's instructions on heating and reheating formula.

Can I mix formula ahead of time with Gelmix?

Most formulas can be mixed in advance with Gelmix and the mixture will remain thick after they are mixed. Always follow your formula's preparation and storage instructions. Our suggestion is that you use about 1/3 less Gelmix per bottle because if the mixture will gradually thicken slightly over time.

For powder formulas, **you can also prepare just the water and Gelmix in advance, and then add formula when ready to feed.** Gelmix continues to thicken liquids over time, so reducing concentration may be necessary (approx 1/3 less Gelmix). **Gelmix + water can be stored in a clean sealed container at room temperature for up to 24 hours.**

What if my infant experiences gassiness or loose stools when starting Gelmix?

Gelmix contains natural fiber, and transient gassiness is a common side effect among infants using Gelmix for the first time. Gassiness usually subsides within two weeks of use or by reducing the amount used. Always consult a physician if your infant exhibits any signs of dehydration.

Do I need to change the nipple size for thickened feeds?

Check nipple flow, as it may be necessary to change the nipple size for thickened feeds. If your infant appears to be working too hard to get the milk out of the bottle, try one size bigger. Not all babies have the same strength or drive, so it is not an exact science. For AR or half-nectar thick, Dr. Browns #2 or Y-Cut Nipple is popular.

The label on Nutramigen says it should not be heated. Can I use Gelmix with it?

Nutramigen LGG contains a type of probiotic that cannot withstand heat, if you want to preserve this probiotic, Gelmix should not be used with this type of Nutramigen. Nutramigen Lipil's manufacturer says it is safe to heat up to 100°F; at this temperature Gelmix should dissolve as long as the bottle is mixed properly.

Can Gelmix be used with premature infants?

No, it is not recommended for preterm infants until they are 2 weeks corrected age (42 weeks postmenstrual age) and weigh over 6 lbs. Gelmix is safe for infants born term (> 37 weeks) who weigh at least 6 lbs.