

GENERAL GELMIX QUESTIONS

Is Gelmix a powder or gel?

Gelmix is a powder thickener that gels up when mixed with warm liquids. The reason it is called “Gelmix” is because of the smooth gel-like mouth feel it creates when mixed into liquids.

Is Gelmix free of common allergens?

Yes, Gelmix is free of all common allergens. Gelmix does not contain any dairy, corn, soy, wheat, gluten, lactose or casein. Allergies to carob bean gum (from the galactomannan family) are extremely rare in academic literature. Gelmix is also vegan, GMO free and certified USDA organic and kosher.

Where is Gelmix manufactured?

Gelmix products are 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 and testing.

THICKENING BREAST MILK OR FORMULA

Why do I have to use WARM breast milk or formula?

Gelmix works best with warm breast milk or formula. In order to ensure the powder dissolves easily and creates a thickened consistency, Gelmix must be mixed into lukewarm liquid (around 100°F). Freshly expressed breast milk at body temperature is sufficiently warm. Be careful not to overheat the liquid. Hot water greater than 120°F is too hot and may cause the Gelmix to clump, and breast milk quality deteriorates significantly at temperatures above 120°F.

What kinds of liquids will Gelmix thicken?

Gelmix was specifically formulated to thicken breast milk and formula, however it can thicken any liquid that can be warmed for mixing. If you're looking to thicken milk, water or juice for children over 12 months old, Purathick Natural Thickener, for hot and cold liquids, is a better option.

How thick can Gelmix make liquids?

Gelmix effectively thickens liquids to Slightly Thick (thin nectar), Mildly Thick (nectar) and Moderately Thick (honey).

However, Moderately Thick liquids are more difficult to pass through a nipple/teat and are NOT typically recommended for infants. This difficulty may increase risk of dehydration due to poor oral intake. Always consult a medical professional before thickening liquids to ensure it is appropriate for your infant's individual needs.

I'm getting clumps, what can I do to prevent that?

Hot liquids (>120°F) may cause the Gelmix to clump, so be careful not to overheat. Work quickly when mixing to avoid clumps. When the Gelmix sits in the liquid for too long without mixing, it starts to bind and becomes more difficult to assimilate.

How many teaspoons are in a serving of Gelmix?

A full serving of Gelmix is 2.4g, equivalent to 1 tsp. The scoop that comes with the jar is a half serving 1.2g scoop, equivalent to 1/2 tsp.

Can I mix breast milk ahead of time with Gelmix?

Yes, lukewarm breast milk mixed with Gelmix may be stored in a sealed container at room temperature (up to 77°F) for up to 4 hours, or in the refrigerator up to 24 hours. The thickened mixture is also freeze-thaw stable and can be stored frozen for up to 4 months.

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

Thawed breast milk or pre-thickened feeds can be rewarmed by placing bottles in a container of warm water. Rewarm for no more than 15 minutes and check the temperature – it should feel lukewarm, not hot. Breast milk should not be rewarmed more than once.

Can I mix formula ahead of time with Gelmix?

Gelmix may be prepared with warm formula up to 24 hours in advance. Mix & store in a clean, sealed container in the refrigerator. Feeds can be rewarmed by placing in a container of warm water. Rewarm for no longer than 15 minutes and check the temperature – it should feel lukewarm, not hot. If served cold, the mixture will be thicker.

For powder formulas, you can also mix just water and Gelmix in advance, and then add formula when ready to feed.

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 crosscut the nipple or increase the nipple size for thickened feeds?

Gelmix mixes into a smooth texture that flows easily through regular sized nipples. Not all babies have the same strength or drive, so consult with your pediatrician or feeding therapist on where to start. It may be necessary to go up a size for thickened feedings, however cross cutting the nipple is a very dangerous practice and is not necessary for thickened feeds with Gelmix.

My formula has a probiotic. Can I use it with Gelmix?

Heat can damage the probiotic. Since heating the liquid is required to mix with Gelmix, it is not recommended to use ready to feed formulas that contain a probiotic. For powder formulas, Gelmix can be mixed with warm water to thicken, then allowed to cool down before mixing in the powder formula.

Can Gelmix be used with preterm infants?

Gelmix is contraindicated for preterm and low birth weight infants until they have reached a minimum weight of six pounds and a corrected age of 2 weeks (42 weeks post-menstrual age). Always consult a medical professional before thickening liquids to ensure it is appropriate for your infant's individual needs.

Mixing videos are available by clicking on any Gelmix product at CARINGSOLUTIONS.CA