



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



FOR BREAST MILK & FORMULA

**Safe for Infants**

Use with term infants weighing at least 6 pounds. If born preterm, wait until 2 weeks corrected age (aka 42 weeks postmenstrual age).

**Better for Food Sensitivities**



CORN FREE



DAIRY FREE



SOY FREE



GMO FREE



GLUTEN FREE

**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*

Contact Us  
contact@gelmix.com  
866-950-7278



gelmix.com



For Normal Spit-Up & Swallowing Difficulties

ORDER A FREE SAMPLE AT GELMIX.COM

Use the following coupon code:

**FREESAMPLE**

Limit 1 coupon per user. Cannot be used in conjunction with other coupons. Valid only at healthierthickening.com.



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BROUGHT TO YOU BY  
**parapharmatech**



## How to Prepare when Thickening is Recommended to Reduce Spit-Ups



Always wash hands thoroughly with soap and water before preparation.

Warm bottled milk to ~98.6°F/37°C. Freshly expressed milk at body temperature is sufficient.



Add Gelmix powder, starting with 2.4g (1 stick or 2 scoops) per 6 fl. oz. Cap and mix well for 30 seconds, until powder is completely dissolved.

Allow to thicken and cool at least 5 minutes, then mix again. 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 to Prepare When Thickening for Dysphagia or Swallowing Difficulty

Scan here for recipes designed for use with the IDDSI Framework.



## Comparing Gelmix to Other Thickening Options



Infant Rice Cereal

Infant Oatmeal

	<b>gelmix</b> INFANT THICKENER	Infant Rice Cereal	Infant Oatmeal
Thickens Breast Milk	YES	NO	NO
Thickens Formula	YES	YES	YES
Causes Constipation	NO	YES	20%
Amount Added per 6 fl. oz.	1 tsp	6 tsp	6 tsp
Calories Added per 6 fl. oz.	10 calories	30 calories	30 calories
Cost Added per 6 fl. oz.	\$0.58	\$0.40	\$0.40



## Advance Preparation and Storage

Thickened freshly expressed breast milk and prepared formulas can be stored in a clean, sealed container, in the refrigerator, for up to 24 hours. Rewarm for feeding.

Thickened water can be stored at room temperature for 24 hours. When ready to feed, just mix in powder formula.

Always follow CDC guidelines on safe handling and storage of expressed milk and prepared infant formulas.

**We Care**  
Helping Families in Need

Medicaid patients that are denied coverage may be eligible for our patient assistance program to purchase Gelmix at a reduced cost.

For More Details  
[wecare.gelmix.com](http://wecare.gelmix.com)

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